

# The Thrive Program

## Psychology Practicum Photo Tour



# Where is Thrive located?

The Thrive Program is a work-study that operates out of the Counseling Center at Robert Morris University. The counseling center is tucked away on the side of the Nicholson Front Lawn.





# Who are the Thrive Leaders?



The Thrive leaders are a group of students on campus who work to bridge the gap between the student population and the Counseling Center through outreach, tabling, and social media. We are most identifiable when we are wearing our Thrive shirts!





# Bulletin Boards



The Thrive Program has its own bulletin board located in Nicholson in the hallway leading to the mailroom. Every month, we change the bulletin board to promote different awareness months or to spread positive messages.





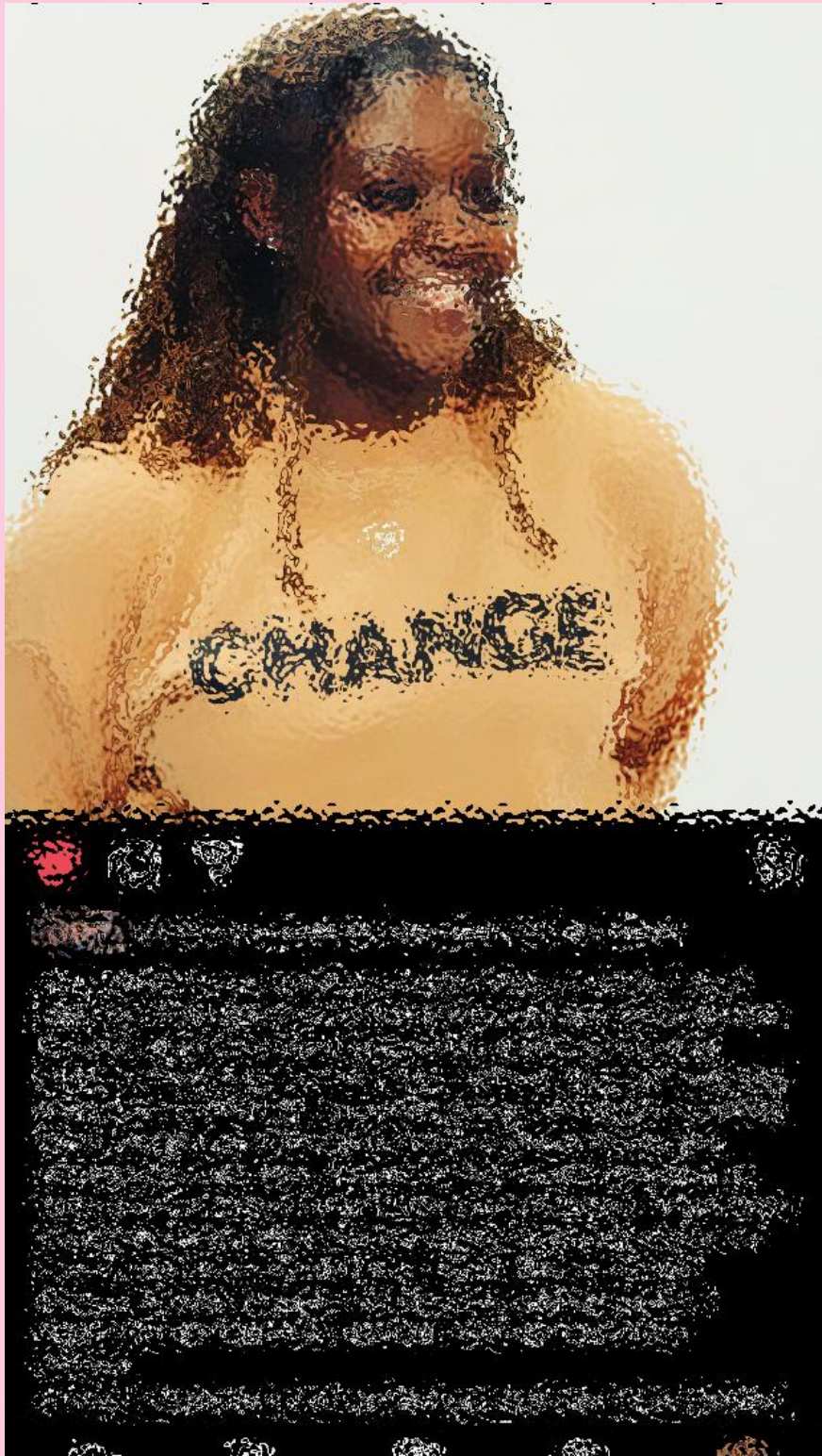
# Our Instagram and Twitter!



# Social Media.

A lot of what Thrive does is promoted on social media. With most of our events being virtual this year, we had to use social media more than ever to talk about mental health.





# Blog Posts

## Thrive Leader's Choice

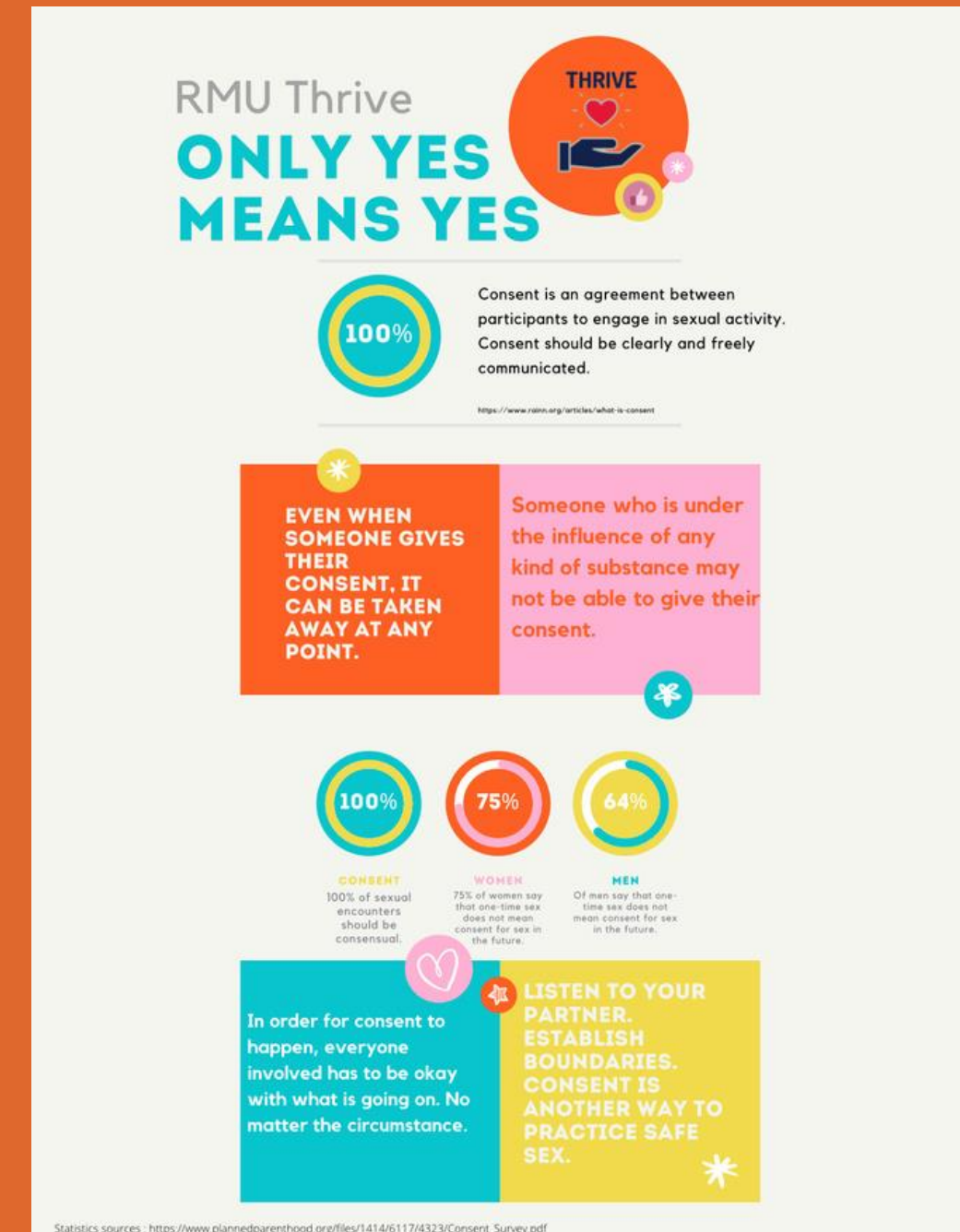
Every Thrive Leader is required to create a blog post that will be posted onto our Instagram page. My post was during the month of February, so I decided to talk about Black History Month and the effects of covid and racial trauma on black people.



# Infographics



In order to spread awareness about various mental health topics, I had to create infographics and flyers about Thrive events and all of the topics that we typically cover.







# Tabling.

One of the biggest components of Thrive is our tabling events. We table all over campus for our "Wellness Wednesdays". This was our last tabling event of the year. My event, You Matter: Unpacking Race-Based Trauma.





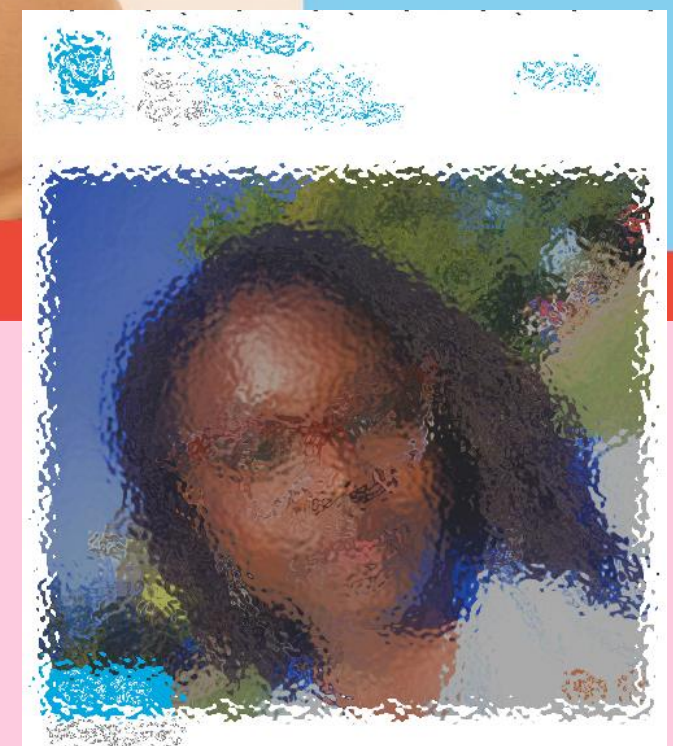
3,482 likes  
abercrombie As part of our commitment to social and racial justice through The Abercrombie Equity Project, we've partnered with @thestevefund, the nation's leading nonprofit organization specifically devoted to the mental health and well-being of young people of color.

# Special Opportunities

JED, The Steve Fund, Unpack U

As a Thrive Leader, I have been presented a few opportunities to represent Thrive and Robert Morris University in many ways. These screenshots are some of my work with Abercrombie & Fitch, Unpack U, and The JED Foundation's Student Ambassadors program.

## You Matter: Unpacking Race Based Trauma



Text from a social media post, partially obscured by a purple brushstroke effect.



# Thank you!

My experience as a Thrive Leader has challenged me in many ways. I learned a lot about myself, mental health, and different ways to be creative in this field. I highly recommend the Thrive program and the utilization of the Counseling Center to any and all students at Robert Morris University.

