



Student Health and Counseling Center

UNIVERSITY of ALASKA ANCHORAGE

The UAA Student Health and Counseling Center is participating in a project to make STAIR, a treatment for trauma-related symptoms, available in university and college counseling centers across the US.

What is STAIR?

STAIR is an evidence-based therapy that aims to help someone heal from past trauma. Students meet in small groups (either in person or virtual) and learn skills to make changes in thoughts and behaviors to improve emotional health and relationships.

Group STAIR meetings are structured around specific topics related to how past trauma commonly impacts a person in their present life. STAIR has been shown through research to help people who have experienced trauma or an adverse event(s) make significant life changes.

Who is STAIR for?

STAIR is a therapy for UAA students who have:

- Experienced trauma or a distressing adverse event (past or more recent)
- Difficulties managing feelings, such as worry, fear, sadness, or anger
- Challenges with relationships
- Trouble sleeping because of nightmares, or unsettling thoughts and memories

What can I expect?

Students who engage in STAIR treatment will:

- Set goals to work towards with a licensed mental health provider
- Attend 12 weekly meetings offered by SHCC, either in personal or virtual (all costs are free)
- Practice and apply skills between sessions
- Understand how trauma impacts thoughts, behaviors, and moods
- Learn how to cope with challenging feelings
- Improve the ability to manage stress
- Explore new ways to manage close relationships and improve communication

How long will it last?

Group STAIR includes 12 free meetings, beginning the week of February 4, 2025. Group STAIR is offered at two different times:

- Tuesdays (via Zoom) from 11:00 am - noon or
- Fridays (in person) from 11:00 am - noon at Gorsuch Commons, room #105 (with free snacks)

Information Gathering

To guide treatment and track your symptoms over time, you will be asked to complete questionnaires that assess trauma-related symptoms, depressive symptoms, and how you are getting along academically. You can skip any questions that you do not wish to complete. The purpose of these questionnaires is to provide you and your clinician with feedback on your progress and to guide treatment.

Additionally, your responses will be shared with the STAIR implementation project staff. No identifying information (such as your name or address) will be connected to your responses. We will use a unique code to track your responses over time. Your responses will be combined with other students. The data will be used to provide SHCC with feedback and in reports to PCORI, the agency that funds this project, which will be monitoring the progress of this implementation project. No one will be able to identify you from your responses.

You will be asked to complete measures again three and six months after your last STAIR session. This is to provide information for PCORI reports regarding the longer-term impact of the implementation project and will not be used for the purposes of your treatment. Your responses will only be connected to your unique code and no identifying information will be collected.

This project is led by Tiffany Artime, PhD at Pacific Lutheran University and Katie Buchholz, PhD at Wellesley Centers for Women and is funded by Patient-Centered Outcomes Research Institute (PCORI). This project was reviewed by the Institutional Review Board at Pacific Lutheran University which determined the project is Quality Improvement and not a research study.

If you would like to participate in STAIR treatment or have any questions about the treatment, please contact Becky at SHCC (907) 786-4040.