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‘Crisis, Compassion, and Resiliency in Student Affairs’ Offers Strategies for Responding to College and University Crises with Mindfulness

Washington, DC – Crisis events on college and university campuses have become all too common. In these most challenging situations, student affairs professionals are expected to be among the first to respond. A new book from NASPA–Student Affairs Administrators in Higher Education examines the significant personal impact campus crises have on staff and students, with recommendations for practices to foster well-being.

Crisis, Compassion, and Resiliency in Student Affairs: Using Triage Practices to Foster Well-Being by seasoned student affairs administrators Katie L. Treadwell, Marijo Russell O’Grady, and their associates features wide-ranging perspectives based on the authors’ personal experiences leading through unthinkable tragedies and high-profile incidents. Scenarios include active shooter situations, intentional violence, citywide terrorism, natural disasters, transportation accidents, student suicide and death, campus activism, and more. They share essential steps for responding to and managing crisis events and emergencies, as well as advice for maintaining personal well-being and achieving healing when the work demands 24/7/365 dedication.

“This book offers insight into the often unspoken need for grit, perseverance, and self-care. The authors demonstrate how compassionate leadership in student affairs includes granting one’s self grace in the midst of grief, tragedy, and uncertainty,” says Radford University President Brian Hemphill.

The book explores how to apply triage practices—doing what matters most in the moment during a crisis event—to support the holistic well-being of students and staff through both institutional crises as well as daily critical incidents. Readers will benefit from instruction on applying frameworks, developing training and protocols, learning through reflection, and supporting staff well-being.

“The authors provide fresh insights and new perspectives on understanding traumatic events, with emphasis on how to use triage and other trauma-informed practices to support students, staff, and ourselves,” says DePaul University Vice President for Student Affairs Eugene Zdziarski II.

As colleges and universities grapple with difficult issues, the demands of student affairs work will continue to grow. It is more important than ever for student affairs professionals to have reliable strategies for promoting self-care and encouraging environments for mindfulness and well-being.

The book is available on the [NASPA website](#) or by calling 202-265-7500 and retails for \$44.95.

About the Authors

Marijo Russell O’Grady has been a student affairs leader and practitioner for more than 30 years, developing her professional identity at public, private, and religiously affiliated universities. She has been quoted in *Business Officer Magazine* and *The Chronicle of Higher Education*, and provided input on ECAR-EDUCAUSE Center for Applied Research Post-9/11 Emergency Response and Business Continuity at Pace University and New York University (ECAR Case Study 2007). She holds BS and MS degrees in art education with a concentration in art therapy from State University of New York College at Buffalo, and a PhD in higher education administration from New York University. Since 1998, Russell O’Grady has served as the associate vice president/dean for students at Pace University’s New York City campus; she also owns www.innovativecollegesolutions.com, a consulting company.

Katie L. Treadwell researches and writes extensively about the aftermath of university crises and the subsequent experiences of campus first responders. Her work has appeared in *The Chronicle of Higher Education*, *Encyclopedia of Strategic Leadership and Management*, *Journal of Student Affairs Research and Practice*, *About Campus*, and other higher education publications. She has more than 15 years of experience in student affairs administration, including significant roles in crisis response, residential life, sexual assault prevention, suicide prevention and response, alcohol risk reduction, and mental health outreach. Treadwell currently leads student conduct and community standards at The University of Kansas. She holds undergraduate degrees in journalism and religion, a master’s degree in higher education administration from Baylor University, and a doctoral degree in adult learning and leadership from Teachers College, Columbia University.

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