

The Compass Alliance Pathways: Quiet Room Expanded Guide

Mental health is one of the most common challenges that students face today. According to the National Alliance on Mental Illness, 1 in 5 children between the ages of 13 and 18 have or will have a serious mental illness, and currently, suicide is the third leading cause of death in youth between 10 and 24 years old (NAMI, 2015). The issue of mental health translates directly to the world of *FIRST*[®] Robotics Competition as students are subject to long hours of work, stressful tasks, and a fast-paced environment throughout the build and competition season. As stated by the Constitution of the World Health Organization, health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (WHO, 2016).

A Quiet Room provides students, mentors, and volunteers with a safe place during the competition to get away from common competition stressors. The volume of the room should be quiet, and there should be stress-relieving activities, such as coloring sheets or stress balls. This safe place can lead to increased happiness and decreased levels of stress. In turn, this room can help individuals to enjoy *FIRST*[®] Robotics Competition more during events.

This guide is a reference for how to set up and run a Hear For You Quiet Room at your event.

If you have any questions or suggestions, please email us at thefirstcompassalliance@gmail.com

Table of Contents

[Quiet Room Overview](#)

[What the Quiet Room is Not](#)

[Expectations of participants using the Quiet Room:](#)

[Before The Event](#)

[Space](#)

[Volunteers: Quiet Room Attendants \(2\)](#)

[Role / Responsibilities of Quiet Room Attendant:](#)

[Role Requirements:](#)

[Role Description to put in VMS:](#)

[Email to Volunteer Coordinators:](#)

[Promoting the Quiet Room](#)

[Event Scripts Updates](#)

[Emails to Send to Teams](#)

[General Email](#)

[Greetings Teams!](#)

[Email Reply to Teams Helping with Supplies](#)

[Supplies](#)

[Required Supplies](#)

[Optional Supplies](#)

[During the Event](#)

[Use of Signage](#)

[Emcee Announcement](#)

[Additional Information](#)

[References](#)

[Revision History](#)

Quiet Room Overview

The purpose of the Quiet Room is to provide a space where our participants can relax, regroup, and prepare for the stress and commotion of the competition.

This room is staffed by volunteers who are not trained mental health professionals. If you or anyone you know needs professional help or is experiencing an emergency, please find the EMT on site or otherwise contact emergency services.

What the Quiet Room is Not

Quiet Rooms are aimed to help relieve stress and create a welcoming environment at *FIRST* competitions. There are some rules and regulations that **MUST** be followed. There will be no professional counselors in the room. Quiet rooms are not a place to seek professional assistance.

Furthermore, the Quiet Room is not a place for:

- Scouting
- Team meetings
- Talking
- Loud noises
- Leaving children unattended
- Playing video games
- Destroying materials/room
- Disrespectful language

Expectations of participants using the Quiet Room:

- Respect the space
- Respect others
 - Confidentiality - Giving others space
- Keep noise level down
- Clean up after yourself
 - Don't leave materials you used behind

Before The Event

The Planning Committee will need to create a specific environment and to supply certain items to have a functional Quiet Room at events. These are the minimum standards suggested to host a successful Quiet Room at each event:

Space

There are some considerations to take into play regarding where a Quiet Room should be set up at the competition.

- Comparable size to the judges' meeting room which is 500-750 sq. ft. The space should allow individuals using the room to spread out.
- Should be located within easy walking distance of the field and pits
- Should have chairs for people to sit on and desks or tables for people to rest their head on or work independently on the materials that the room offers.
 - Other seating options would be nice too if they are available (bean bags, etc.)

Volunteers: Quiet Room Attendants (2)

The Quiet Room Attendants should be part of the General Event Volunteers recruited by the Volunteer Coordinator

Role / Responsibilities of Quiet Room Attendant:

- Maintain the supplies in the Quiet Room
- Help ensure that individuals using the room respect the nature of the space

Role Requirements:

- Please ensure that 2 attendants are assigned to any one shift due to YPP restrictions
- Quiet Room Attendants must be post-high school or equivalent (minimum age of 19 at time of service)
- This volunteer does not require any specific training; however, the volunteer should know what is allowed in a Quiet Room and what is not (see below for more information).

Role Description to put in VMS:

- The Quiet Room Attendant maintains the supplies in the Quiet Room and helps to ensure that individuals using the room respect the nature of the space.

If you need assistance with this, please contact Volunteer Resources at Volunteer@firstinspires.org

Email to Volunteer Coordinators:

- Hello Volunteer Coordinators,

As you may or may not have heard, *FIRST* has added the option for events to have a Quiet Room for participants. A Quiet Room provides a space where our participants can relax, regroup, and prepare for the stress and commotion of the competition.

This room would have 2 volunteers to ensure the room is being utilized correctly, they do not need to be trained mental health professionals. Like other roles, this role is easy to have shifts. Please ensure that 2 attendants are assigned to any one shift due to YPP restrictions. Quiet Room Attendants must be post-high school or equivalent (minimum age of 19 at time of service). No special training is required.

Please talk with your planning committee to see if your event will be having a Quiet Room. If so, add a custom volunteer role in VMS and call the role 'Quiet Room Attendant'. You can use this brief description to post with it "The Quiet Room Attendant maintains the supplies in the Quiet Room and helps to ensure that individuals using the room respect the nature of the space."

If you have other questions, please contact the *FIRST* Robotics Competition Team Advocate at FRCTeamAdvocate@firstinspires.org

Promoting the Quiet Room

The Committee Chair should include information about the Quiet Room in the welcome email or a follow up email before the event. Other ways to promote the Quiet Room at your event are hanging signs directing individuals to the room and providing information so the MC can announce the Quiet Room at events.

Event Scripts Updates

In addition to the MC, you can have your Pit Admin occasionally use these scripts to promote the Quiet Room throughout the event.

- MC Event Scripts can be found [here](#).

Emails to Send to Teams

- **General Email**

Greetings Teams!

We're excited to be offering a Quiet Room at the **INSERT EVENT NAME HERE** this year. A Quiet Room provides a space where our participants can relax, regroup, and prepare for the stress and commotion of the competition. This room is staffed by volunteers who are not trained mental health professionals.

If you would like to provide supplies for this room such as markers and colored pencils, please reach out to **INSERT NAME HERE**.

The Quiet Room will be located **INSERT LOCATION HERE** and will open on **INSERT DAYS FROM INSERT TIMES IT WILL BE OPEN**. If you have any questions, please feel free to let us know.

We would suggest having the Quiet Room open following Opening Ceremonies on competition days of the event until the last match of the day. The hours of operation are up to the event.

- **Email Reply to Teams Helping with Supplies**

Hello **INSERT TEAM OR PERSON'S NAME**,

Thank you so much for your interest in providing supplies for the Quiet Room at **INSERT EVENT NAME HERE**.

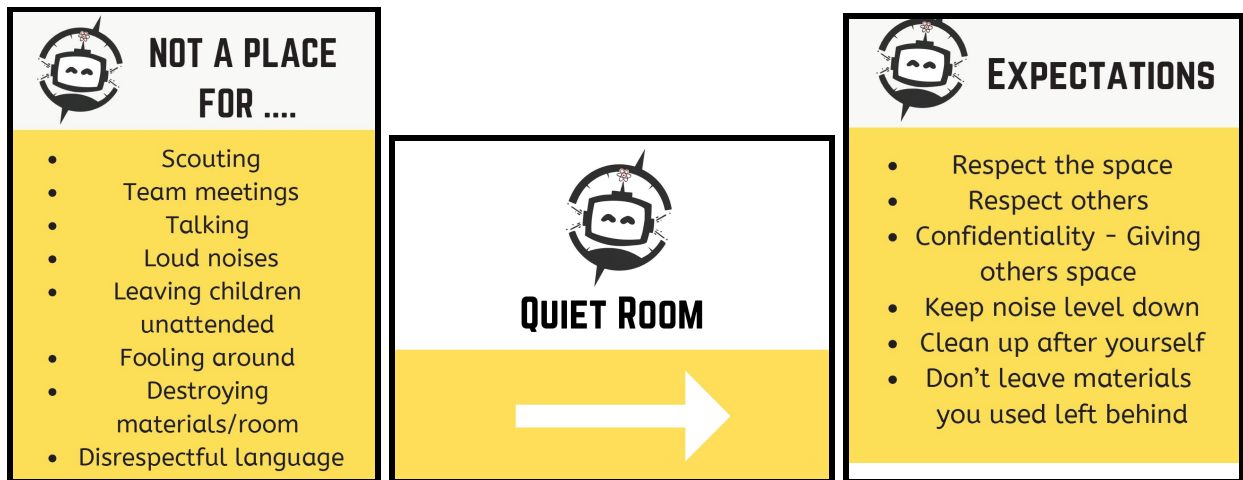
During load-in day, please bring the supplies to Pit Admin so that they can be placed in the Quiet Room before the event begins.

Supplies

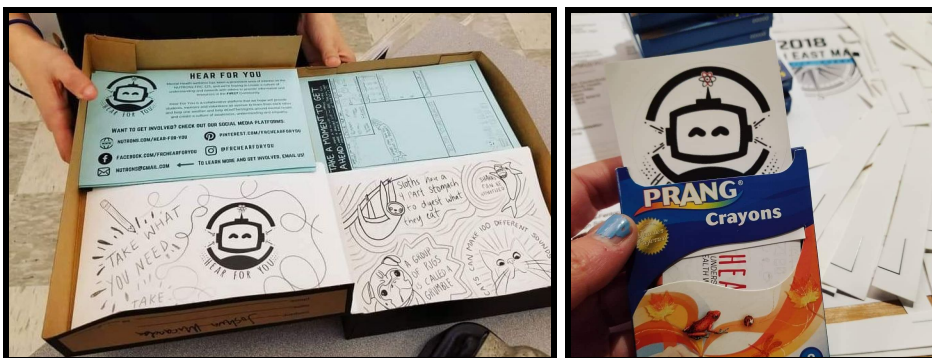
The supplies listed below are highly recommended because, according to the Cleveland Clinic, it has been found that coloring can help to decrease stress and increase mood.

Required Supplies

- Print and hang [signs](#) to direct participants to the Quiet Room and explain what the Quiet Room expectations:



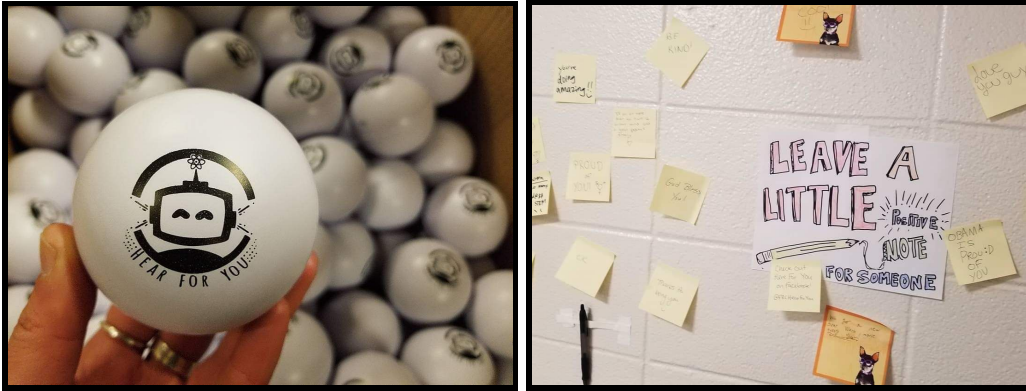
- [Coloring sheets](#), [weekly planners](#), informational sheets, crossword puzzles, etc. provided by The Compass Alliance’s Hear For You team



- Colored pencils, crayons, markers, or any other writing medium
 - These materials may be donated by other teams

Optional Supplies

- Stress balls ([4imprint](#) is where these are from)



- Reading material
 - Magazines, crossword puzzles, etc.
- Post It Notes to leave notes of encouragement

If you have any additional questions about supplies, please feel free to let us know.

During the Event

Use of Signage

[Signs](#) directing individuals to the Quiet Room should be located throughout the event venue so that the room is accessible to everyone.

Emcee Announcement

Ideally the Quiet Room will be announced during opening ceremonies each day and at various other times during the day, such as when there is a field delay. More information about scripts is coming soon.

Additional Information

For more information about Hear For You check out The Compass Alliance website:

<https://www.thecompassalliance.org/hear-for-you>.

Additionally, to see some mental health resources in your area, please look at the [Hear For You Pinterest page](#) here.

If you have any additional questions, please reach out to us at thefirstcompassalliance@gmail.com with the email title “HFY Quiet Room at **INSERT EVENT NAME.**”

Connect with us on our social media platforms

- Instagram: @FRCHearForYou / @TheCompassAlliance
- Facebook: www.facebook.com/FRCHearForYou/ / <https://www.facebook.com/TheCompassAlliance/>
- Facebook Group: https://www.facebook.com/groups/452664458481931/?ref=pages_profile_groups_tab&source_id=935272636620918

References

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<https://www.nami.org/learn-more/mental-health-by-the-numbers>

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Revision History

This guide will continue to be updated with more information.

Revision #	Revision Date	Revision Notes
1.0	Feb. 2019	Initial Release