

Health and Wellness

Welcome!

Welcome to the inaugural issue of TCNJ’s Division of Student Affairs’ Health and Wellness Newsletter. We hope this newsletter provides you with some useful information about the departments, programs and initiatives taking place at the college that focus on the health and wellness of students. Our hope is to start with bi-monthly newsletters. In this first issue we start by introducing you to the departments which comprise the Health and Wellness Unit at The College of New Jersey. For the 2017-2018 academic year the Health and Wellness Unit will be focusing many of their programming efforts around the four basic elements of health and wellness, namely Eat, Sleep, Move and Breathe. As simple as it may sound, eating right, getting good sleep, regular exercise and staying present through mindfulness practices is a great way to ensure optimal mental, physical and spiritual health. Check out some of the programs being offered this semester on the following pages. Here’s hoping you have a productive semester and don’t forget to stay HEALTHY and WELL!



TCNJ Wellness Wheel

JUST FOR LAUGHS



Health and Wellness Departments

The following departments comprise the Health and Wellness Unit within the Division of Student Affairs. While these departments are most closely related to maintaining health and wellness, they are by no means the only departments that deal with the health and wellness of students, faculty and staff at The College of New Jersey. We collaborate with a wide variety of other offices and departments that provide support and assistance throughout the college.

Alcohol and Other Drug Education (609) 771-2571	http://adep.tcnj.edu/ Forcina Hall 308
Anti-Violence Initiatives (609) 771-2272	http://oavi.tcnj.edu/ Forcina Hall 308
Counseling and Psychological Services (609) 771-2247	http://caps.tcnj.edu/ Eickhoff Hall, Suite 107
Collegiate Recovery Program (609) 771-2134	https://adep.tcnj.edu/collegiate-recovery-program/ Forcina Hall 308
Recreation (609) 771-2223	http://recreation.tcnj.edu/ Rec Center
Religious and Spiritual Life (609) 771-2571	http://religiousandspiritualife.tcnj.edu/ Forcina Hall 308; Spiritual Center
Student Health Services (609) 771-2889	http://health.tcnj.edu/ Eickhoff Hall, Suite 107

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TCNJ Wellness Wheel

The Wellness Wheel provides a visual representation of the concept of wellness that demonstrates the need for “balanced” or “well-rounded” lives. To attain and maintain harmony and balance in our lives, we must pay attention to each of the seven dimensions of wellness.

We believe health and wellness to be foundational to the pursuit of knowledge. Our mission is to promote and nurture a community of care supportive of healthy life long personal and relational behaviors. We provide TCNJ students with opportunities for develop-

ment in all areas of wellness: intellectual, spiritual, occupational, emotional, physical, social, and environmental through advocacy, education, services, and programs.

The Health and Wellness Unit within the Division of Student Affairs offers a variety of resources and programs within each of the seven dimensions of the wellness wheel.

Check out the list of resources by following the link below:

<https://healthwellness.tcnj.edu/wellness-wheel/>

“Not everything that is faced can be changed, but nothing can be changed until it is faced” James Baldwin

CAPS GROUP OFFERINGS

Perfectly Imperfect	Wed	3-4:15
Living Well	Wed	11-12:15
Food, Mood & You	Thurs	3-4:15
SAFE Group	Wed	1-2:15
Race, Culture & Identity	Wed	10:45-12
Chill Out	Wed	1:30-2:45
Fit to a “T”	Mon	3:30-5
Making Connections	Tues	2-3
Mindful U	Tues	11-12
Friendship & Intimacy	Mon	11-12:15
Moderate Your Mood	Tues	3:30-4:45
Transfer Student Support	Fri	11-12
LGBQ	Mon	2-3
Not the Perfect Family	Thurs	3-4:15
iTHRIVE	Fri	11-12
Parent/Step Loss Support	Thurs	5-6:30
New Student Drop In :	Wed	8/30 1-2
	Thurs	8/31 11
	Thurs	9/7 11
	Fri	9/1 10
	Fri	9/8 10
	Mon	9/11 1
Anxiety Management Workshop:		
	Thurs	11-12
		9/7—9/28
		10-5—10/26
		11/30—12/21
SMART Recovery	Thurs	7-8

Counseling and Psychological Services

The mission of Counseling and Psychological Services (CAPS) is to support the academic goals of the College through assisting students with personal challenges that interfere with their academic progress. We encourage students to attend to all of their developmental needs, whether they are academic, personal, physical, interpersonal, social, or spiritual. Toward this end, we provide an environment that is safe, confidential, and supportive. Our work is guided by the ethical and practice standards of our professions, with the goal of providing the best services possible. CAPS is accredited by the International Association of Counseling Services, Inc.

CAPS Services

CAPS provides group counseling, workshops, brief individual counseling and referral services to TCNJ students. Services are confidential; no record of counseling appears on the student’s permanent academic record. CAPS is staffed by a team of licensed mental health professionals as well as interns from both master’s and doctoral degree granting programs, under direct supervision from licensed professionals. During the initial consultation with the student, the student and the therapist will create a plan best suited to meet the students’ needs. Resources that may be included are those within CAPS, other campus offices, and/or through an outside provider.

Please familiarize yourself with CAPS services:

<https://caps.tcnj.edu/clinical-services/caps-clinical-services/>

Requesting Services

To request services at CAPS, please fill out a [Request for Services Form \(RFS\)](#):

<https://caps.tcnj.edu/counseling-services/request-for-services-form/>



The Benefits of Mindfulness

Mindfulness, whether practiced as a form of meditation, or whether it is practiced as an activity, can yield tremendous psychological, emotional and physical health benefits. But how exactly will mindfulness benefit you?

1. Stability of Mind

Mindfulness benefits include a much more balanced outlook on life, and a state of mind that is less likely to bounce around from one thought to the next.

2. Flexible Awareness

Mindfulness will help train you to take command of your awareness, so that you can shift your attention from depressing or angry thoughts to more positive ones with greater ease.

3. Self Awareness

Mindfulness trains you to become aware of what is going on inside you and how your inner world of thoughts and feelings is reacting to the events that are taking place in the world around you. When you develop this kind of awareness, you will be more aware of inner disturbances if they arise, and therefore more able to take steps to maintain a positive outlook if they do. Often-times, stress and anxiety build up over a period of time because we are not paying attention to what is going on inside us.

4. Non Reactivity

Through mindfulness, and especially through the practice of mindfulness meditation, you learn to observe your thoughts and feelings and any environmental circumstances with a more detached outlook. You learn to stop labelling the events in your life as “bad” or “irritating” or “boring” and so on. Instead, you learn to simply accept things as they are without reacting to them. Of course, this does not mean that you stop working to change the things in your life that problematic for you, but it does mean that you will not be so burdened by problems that you may once have deemed to be intolerable. Non reactivity is summed up nicely by the ever popular “serenity prayer”:

Mindfulness leads to a strengthening of your ability to concentrate, and a dramatic reduction in stress. Through the practice of mindfulness you will experience a greater sense of wholeness and aliveness, even during seemingly mundane moments in life, and you’ll find that your mind begins to disentangle itself from negative thoughts, negative reactions and negative judgements. You will become aware that your thoughts and feelings are not the sum total of who you are, and that you need not be a victim of your own thinking. There is a great sense of freedom in this realization.

Taken from: <http://www.the-guided-meditation-site.com/mindfulness-benefits.html>

You’ll also find that you greatly improve your ability to deal with any major upheavals that might arise in your life. But mindfulness is more than just a good coping mechanism. It is also very powerful for clearing the mind and developing space for deeper awareness, spiritual connectedness, and deep meditation.

Upcoming Center for Mindfulness and Compassion Events

[Circle of Compassion Dinners & Discussion: Mondays at 7:00pm](#)

9/11: A Fresh Start

9/18: Stopping Self-Criticism

9/25: Boundaries for Better Relationships

10/2: Getting in Sync with Your Body

10/16: The Power of Now

10/23: Are You Really Listening?

10/30: Facing Your Fears

[FREE EIGHT-WEEK COURSE](#)

Making the Most of Life with Mindfulness.

Deadline: September 17

Apply at: CMC Course Fall 2017

This non-credit experiential course includes a variety of meditation practices, mindful movement, information on the science of mindfulness and other activities that research has shown to reduce stress, improve clarity of thinking, memory, and overall psychological and physical well being.

Tuesday Classes: 9/19—11/14

Session A: 12:30—1:30pm

Session B: 2:00—3:00pm

Session C: 4:00—5:00pm

[DROP-IN MINDFULNESS MEDITATION](#)

Mondays 6:30—7:00pm

Tuesdays 11:30—12:00noon

Wednesdays 7:00—7:30pm

Thursdays 7:00—7:30pm

Student Health 101

Student Health 101 is a magazine written for students by students. Each month they publish an online magazine for students to look to for healthy living topics and advice. Here's some highlights from the current issue:

Eating:

"Go to the source: Figuring out where your food comes from": <http://tcnj.readsh101.com/go-to-the-food-source/>

"Five 5-ingredient mug meals—in 5 minutes or less": <http://tcnj.readsh101.com/5-ingredient-mug-meals/>

Sleeping:

"Sleep debt might be the reason you're always tired—here's how to avoid it": <http://tcnj.readsh101.com/sleep-debt/>

"Take a nap or push on through?": <http://tcnj.readsh101.com/take-a-nap/>

Moving:

"3 workouts that work for your schedule, your skills, and your life": <http://tcnj.readsh101.com/3-workouts-that-work/>

"Push (yourself) up to better fitness": <http://tcnj.readsh101.com/push-yourself-up-to-better-fitness/>

Breathing:

"Meditation is having a moment. Here's how (and why) to join in": <http://tcnj.readsh101.com/meditation-is-having-a-moment/>

"Mind your mind: Troublesome thoughts & what to do with them": <http://tcnj.readsh101.com/mind-your-mind-april-2017/>



Peer Institute 2017

In June of 2017, ADEP and The College of New Jersey held their annual Peer Institute. This year students and staff from eight different colleges came to the three day conference that incorporates the nationally recognized BACCHUS Network Certification Curriculum and provides testing for Peer Educator Certification at the completion of the event. 25 TCNJ students were Nationally recognized through the BACCHUS Certification Exam! On the last

day of the Peer Institute Conference over 150 high school students from Hamilton, Lawrenceville, South Brunswick, Ewing, and Katzenbach joined in on the program and got to see a special presentation by Dr. Matthew Bellace! The ADEP team is already busy planning the 2018 Peer Institute Conference, if you are interested in attending keep a lookout for information early in the Spring Semester!

TIPS

TIPS (Training for Intervention ProcedureS) is the global leader in education and training for the responsible service, sale, and consumption of alcohol. TIPS is a skills-based training program that is designed to prevent intoxication, underage drinking, and drunk driving. The program encompasses behavioral cues, leadership skills, and intervention techniques to help you make a difference in your life and your real life experiences.

If you are interested in running a TIPS program for your class, team, club, or organization, please note that at least fifteen students will have to attend the course.

For more information please contact:

Stephanie Bond - Health and Wellness Program Assistant: bonds@tcnj.edu
Forcina Hall Room 308

eCHECKUP to GO

The Alcohol eCHECKUP TO GO program is a brief self-assessment that will provide you with accurate and detailed information about:

- Your personal risk patterns
- Your individual level of alcohol tolerance
- Your unique family risk factors
- Harm reduction strategies
- Helpful resources at The College of New Jersey and in our community

eCHECKUP TO GO will only take about fifteen minutes to complete but will supply to you a detailed and personal feedback that can be used to access your habits and your lifestyle.

Try out this FREE tool by visiting <https://adep.tcnj.edu/services/e-checkup/> and clicking on the Alcohol eCHECKUP TO GO link.

Introducing the Collegiate Recovery Program

Addiction issues have been in the news lately. America is waking up to the sheer number of people impacted and the way a substance use disorder turns life upside down. Whether it is ourselves, a friend, classmate, or family member, we are learning that an addiction does not discriminate and impacts people of all walks of life. As we see people we know and love struggle with a substance use disorder, we are also learning that addictions are not “bad behavior” or “moral failings” but a medical issue. The American Society of Addiction Medicine defines an addiction as “a primary, chronic disease of brain reward, motivation, memory and related circuitry.” Because an addiction is a health issue, TCNJ provides resources and support programs to assist students dealing with substance use disorders through the Collegiate Recovery Program. We do this by offering counseling, community, and recovery housing.

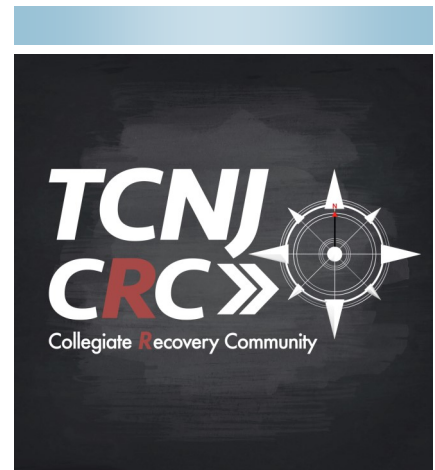
Counseling services are available to help students wherever they are on their journey. Whether a student wants to learn strategies to reduce their substance use or has concerns that their substance use

has become unmanageable, students have the opportunity to partner with a counselor that will help them navigate the process of

change and discovery. We also offer SMART Recovery Meetings. SMART Recovery helps empower participants by teaching skills to address all types of addictive behaviors. We believe that our ability to change and grow is unlimited.

The Collegiate Recovery Community (CRC) is a place where those that have been impacted by addiction find belonging, purpose, and support. It is a place for students in recovery and a place for allies of recovery. The CRC’s mission is to support and advocate for anyone affected by a substance use disorder. CRC members, whether they are in recovery or allies of recovery, work together to increase their understanding of addiction and recovery, create a “recovery friendly campus” by engaging in advocacy and education programs, and build community and relationships through social activities. We believe that recovery, like all of life, is best done in a community.

Lastly, we offer recovery housing called Lion’s House. Lion’s House is a place where students in recovery can live together and fully participate in the college experience—all while growing in their recovery. Students must apply to live in Lion’s House and is only available to students dedicated to recovery and committed to abiding by the Lion’s House Community Contract. Scholarships are available to Lion’s House residence. Lion’s House is a place dedicated to personal growth, sobriety, fellowship, and academic excellence. For more information, or to participate in any of these programs or services, please contact Christopher Freeman, Community Recovery Supervisor at free-manc@tcnj.edu or (609) 771-2134.





TCNJ THE COLLEGE OF NEW JERSEY
Is proud to present our
Collegiate Recovery Community

Promoting a healthy campus by reducing substance abuse and supporting students in recovery

Lion’s House

A supportive housing and community option for students in recovery. A place for students dedicated to personal growth, sobriety, and academic excellence.

RECreate Your Night

A late night activity program providing healthy options for having fun. Open to all students!

Counseling

Counseling for students that want to make changes to their alcohol and/or drug use.

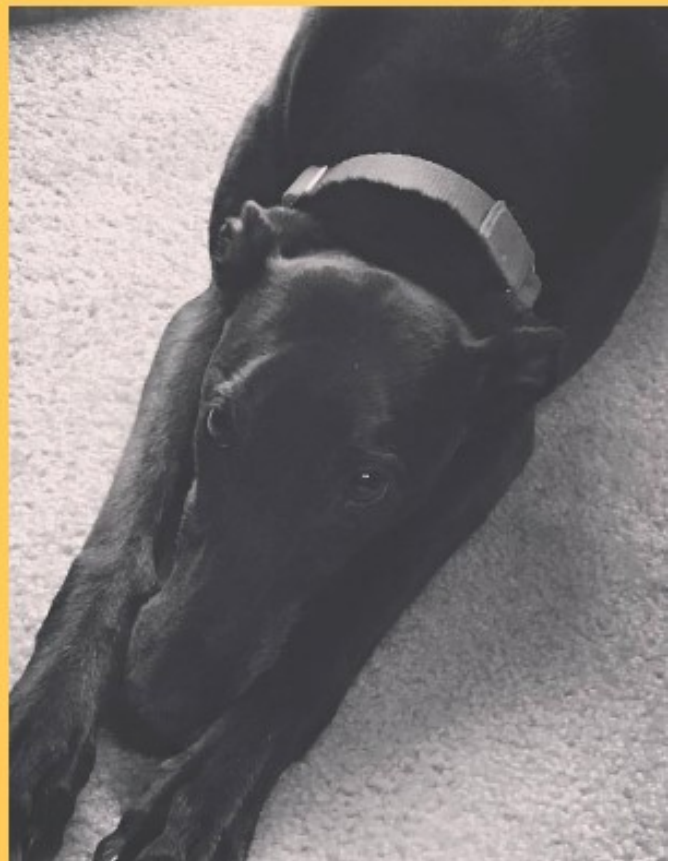
If you are interested in participating in any of these services and programs or would like more information please contact: Christopher Freeman, LPC, LCADC, Community Recovery Supervisor, Forcina 308, (609) 771-2134, crc@tcnj.edu, or go to facebook.com/TCNICRC



MEET THE HEALTH AND WELLNESS DOG!

PET PEPPY!

Every Friday
Forcina 308
[@peppy_the_pupper](#)



Anti-Violence Initiatives

Counseling • Advocacy • Prevention

TCNJ's Anti-Violence Initiatives (AVI) leads the campus effort to address issues of sexual assault, domestic/dating violence, and stalking. We work with our community partners to create a campus environment that is intolerant of abuse, responsive to the needs of victims/survivors, and holds perpetrators accountable for their actions. Our objective is to establish a campus culture for safety, free from power-based personal violence, resulting in a safer living and learning environment.

Introducing this year's team...



Pictured from left to right, bottom row: Alli Londres (intern), Abbey Moor (SAVE PE), Surbhi Chawla (intern), Carolyn Mandracchia (intern); Second row: Amada Ianucilli (Greeks 4 Change), Bridget Kneisel (SAVE PE), Kat Bednarsky (SAVE PE), Kiara Mayhand (Intern), Trystan Irmiere (SAVE PE); Third row: Melissa Garfinkel (SAVE PE), Molly Knapp (SAVE PE), Rachel Murphy (SAVE PE), Laura Brennan (SAVE PE), Katharine Smith (SAVE PE), Rachel Craig (Intern); Staircase, in descending order: Savanna Cartagena (Greeks 4 Change), Maggie Leppert (Intern), Rosie Driscoll (SAVE PE), Brittany Cruz (SAVE PE), Drew Hopkins (Intern), Katherine MacQueen (Intern), Mark Doughten (Greeks 4 Change), Gabe Salazar (SAVE PE), Jenna MacDonald (SAVE PE)

AVI is made up of professional staff, interns, SAVE peer educators, and Greeks 4 Change Leaders. Each year, we all gather for fall training to learn the foundations of our work in addressing power-based personal violence, bond as a team, and form a shared vision for the year.

This year was our largest training yet with 30 student and professional staff! Over the course of four days, we covered basic questions like “what is power-based personal violence?” and “what is Green Dot?” and more in-depth conversation like “how do we program effectively?” and “what is our shared vision for prevention?”.

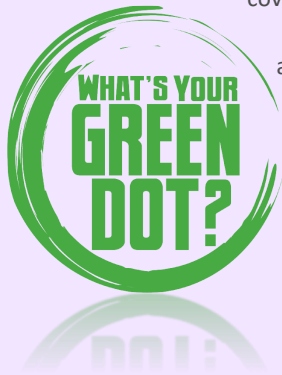
Fall training is always informative and useful for strategic planning but we also strive for it to be a great team building and energy generating experience. More so than ever, those latter goals were accomplished this year through fun team games, in-depth discussions about personal strengths and team dynamics, and great brainstorming sessions for this year's events and programs.

Interested in volunteering with AVI?

Are you interested in getting involved with AVI and the prevention work that we do? Come join our group of volunteers: **The Street Team!** This team is a valued part of our work that strives to engage the community, raise awareness of AVI issues, and share violence prevention information. If you are interested in volunteering with the Street Team or have any questions, contact Kiara Mayhand at mayhank1@tcnj.edu. Those who apply for the Street Team must be available for a mandatory training on Wednesday, September 27 at 1pm.

Green Dot Week

Anti-Violence Initiatives (AVI) utilizes the Green Dot strategy to spread the message of bystander intervention and communicate that TCNJ is a place where violence is not tolerated. A red dot is any act of violence within our community. Green Dots replace or cover red dots. Green dots can



be reactive: instances where a potential act of violence on our campus has been stopped through an intervention or proactive: attending an AVI event or making a social media post promoting Green Dot. Green Dot teaches us that everyone can do something to end

violence here at TCNJ!

To start off the school year, AVI hosted its first ever Green Dot Week. On Tuesday, we offered lemonade in Alumni Grove while talking about bystander intervention and the rest of the week's events. Later in the evening, we partnered with Recreation and Wellness to host RECreate Your Night. We played a game of Human Hungry Hungry Hippos and crafted mason jar bamboo terrariums lined with students' personal green dot commitments. Green Dot Party followed on Wednesday. We covered Eickoff Hall with



Green Dots in the form of cupcakes and decked out the hallway, creating a photobooth for students to take pictures with their green dots and post to their social media. This event was an absolute blast that propelled us right into Thursday's Green Dot Cornhole games. The last event of the week was Friday's REC Fest where AVI had a Green Dot themed obstacle course filled with physical challenges and brain teasers. The success of Green Dot Week got us energized and ready for the year. Every event was both an opportunity for education and a chance to meet and have fun with fellow students. Plan to see us every week outside with an activity and come chat about Green Dot!



First Year Programming

After orientation training, the SAVE Peer Educators set off into a sprint during the first month of school this year in order to provide training around bystander intervention to every single incoming freshman. The Bystander Intervention Program teaches students several safe intervention strategies for addressing high risk situations and how to set personal goals for intervening. SAVE PEs have trained over 700 freshmen so far, and have worked with CAs in FYE to schedule the remaining programs by the end of September.

October is Domestic Violence Awareness Month

Anti-Violence Initiatives has been preparing for Domestic Violence Awareness Month in October. Throughout the month, there will be purple lights strung around Alumni Grove. As you walk under these lights, please take a moment to honor those impacted by domestic/dating violence and consider what you will do to join in the prevention efforts.

We're kicking off the month with Purple Party on Monday, October 2nd. This event will have a purple cupcake giveaway and info about all our other plans for the month. Students will be encouraged to stamp their hands on our banner to show their support for victims and survivors of domestic

violence. Stop by the table to pick up purple AVI gear to show your support for the month.



Please join us for TCNJ's first Escalation Workshop on Friday, October 27th. The film follows a college-aged couple through the very beginnings of their relationship and shows how unhealthy behaviors can escalate into abuse. After watching the film, workshop participants dive into a discussion about the film—led by trained facilitators—discussing the early warning signs of relationship abuse and what they can do if they witness or experience these warning signs. The conversation will be led by a facilitators from campus who have been trained by the One Love Foundation.

During the last week of October, visit the photo display in the Eickhoff Hallway, library side. This exhibit will feature portraits and messages designed to convey the psychological impact of domestic /dating violence. Messages of belief and hope will be present throughout the exhibit, demonstrating ways in which the TCNJ campus can support victims and survivors of domestic/dating violence.

Greeks 4 Change

Greeks 4 Change is formed of members of the Greek community who seek to end power-based personal violence in their spheres of influence.

Last year, G4C started the conversation by facilitating an open forum to develop a shared vision as we work together to prevent violence in the Greek community.

We recently held our first meeting of the fall 2017 semester and our plans for this year are to increase visibility on campus and to broaden our group to

incorporate more and more members who feel strongly about our work.

The next Greek 4 Change is Tuesday, October 3, at 11:00 A.M. in BSC 208 and is open to the entire Greek community.



Upcoming Events for Domestic Violence Awareness Month

Purple Lights

October 1st– 31st
Alumni Grove

Purple Party

October 2nd
10AM-2PM
Brower Student Center

Escalation Workshop

October 27 @ 12:30PM
Education 212

Many Faces of Domestic Violence

October 23rd-27th
Eickhoff Hallway

Follow us on social media!



/tcnjavi @tcnjavi @tcnj_avi

Are you interested in staying updated with AVI? Join our mailing list to receive emails about what we're up to! You can join our mailing list [here](#).



MEN FOR INTEGRITY, LEADERSHIP, AND ETHICS IN SOCIETY

MILES (Men for Integrity, Leadership, and Ethics, in Society) is a group for students interested in discussing gender roles and socialization, the challenges faced by men-identifying folks on campus, and how we can come together to promote a healthier, more inclusive definition of masculinity and reduce violence in our community.

We meet weekly on Tuesdays at 1 PM in Forcina Hall 308. Please feel free to drop-in and join the conversation. We'll have coffee and tea but feel free to bring lunch or a snack!

Follow MILES on Social Media!



/milestcnj



@tcnj_miles



Violence prevention programming on college campuses has taken many forms over time and for quite a while, it wasn't super clear what was effective and what was not. More recently some best practices have emerged and it has become easier to hone programming. One of these best practices is healthy masculinity programming (HM). At its most basic level, HM meant to re-educate students about gender norms and their effects on day to interactions and the committing of violence. This form of programming occasionally gets criticized as overreaching, that it is not the place of an institution to teach students how to act or what "healthy" masculinity looks like. In some ways, this may be true but only insofar as there is no one right way to do masculinity. The idea behind the programming is that to truly reduce violence, we need to reshape the cultural and societal factors that contribute to it. Yes, the committing of violence is the choice of the individual who does so and they hold the sole responsibility for those actions, but to ignore the fact that our popular media and many of our long held cultural norms normalize violent acts would be irresponsible.

We often teach men as they grow up to show little emotion, to be strong in every situation, to prize physical prowess and economic achievement above all else, and that their worth is determined by the amount of sexual activity they engage in. The goal of HM programming is to break down these trends, and the idea that they are somehow innate to men, and suggest a more flexible view of masculinity and what it means to be a man. It's important to pause here and explain two things about HM programs. First, they do not (or should not) presuppose that most men are violent. We know that most sexual assaults are committed by men but that it is a small number of men committing multiple assaults. Second, these programs need not be exclusive to men. While there is value in creating space for those identifying as men to talk and process experiences related to

their own socialization, and a good HM program will have this, the reshaping of cultural beliefs doesn't work if one is engaging only half of the population. Part of how these ideals of masculinity are perpetuated is through gender policing: words and actions with the intention of controlling gendered behavior. This policing is committed by people of all genders and everyone can stand to reexamine some of these beliefs. HM seeks to create a more flexible and inclusive masculinity but also a larger community and cultural space where that flexibility is accepted and supported.

HM might involve elements of bystander intervention and it may include education on rape myths and victimization statistics. It almost certainly will focus on the socialization of men and gender policing and it should include the intersectional identities of men of color and those of the LGBTQ community. At the same time, HM should focus on skill building and giving those participating in it tangible ways to work towards change. The way HM is meant to affect change is not necessarily apparent, the connection between the reduction of power-based personal violence and two men being able to talk about their feelings to one another is not always clear. For this reason, some HM programs do intentionally focus on bystander skills and how it is the responsibility of men to end assaults. However, a more holistic HM program need not necessarily do this. By creating new cultural norms where self-expression and emotionality are more accepted, we reduce violence by wicking away some of the societal pressures that contribute to its committal. We also make it more possible for men to intervene with each other. For example, if social status is not gained by the number of hook-ups one has had, it is possible to more comfortably call-out predatory behavior and not fear social rejection. In this way, HM is a form a primary violence prevention, that is, it seeks to prevent violent acts before they even begin.

Recreation and Wellness

The Department of Recreation and Wellness here at TCNJ enhances lifelong learning through outstanding recreational services, programs, and facilities that promote the well-being of the body, mind, and spirit of the campus community.

RECreate Your Night provides an inclusive and fun environment for students to participate in various programs. RECreate Your Night events are held every Tuesday, Thursday, Friday, and Saturday nights in the Recreation Center. These events range from Dorm Room DIY nights to intense dodgeball tournaments. Popular events have included: NERF Capture the Flag, Terrarium Making, Bubble Soccer, and Laser Tag. RECreate Your Night collaborates with many TCNJ student organizations to facilitate successful late night programming on campus, and we invite and encourage all TCNJ students to participate in our programs.

Members of the TCNJ community also have the opportunity to participate in intramural sports. Our intramural program offers 16 different sports for students and faculty to partake in, including dodgeball, tennis, soccer, and bowling. Feed your competitive side with a team or individual competition. While some sports last the length of the weekend, others span five or more weeks. Students can go to www.imleagues.com/tcnj to register for intramural sports.

For those looking to get fit, the Fitness Center in Campus Town offers training equipment including treadmills, bikes, ellipticals, and steppers for various cardio exercises. The center also offers a large variety of dumbbells, barbells, and weighted plates, as well as various benches for different types of weight lifting. In addition, the Fitness Center also provides a large synergy area, perfect for ab workouts, stretching, kettleball and free weight exercises. The TCNJ Fitness Center's hours for the fall semester are:

Monday – Thursday: 6:30am – 11pm

Friday: 6:30am – 8:00pm

Saturday – Sunday: 10:00am – 6:00pm

To learn more about these and other programs, check us out on social media:

Facebook: www.facebook.com/tcnjrecwell

Snapchat, Twitter, Instagram: @tcnjrecwell



And don't forget to check out our "Workout of the Week".

The Work out of the Week will provide insights to new methods, principles and exercises that will allow you to take your training to the next level.

<https://recreation.tcnj.edu/fitness/work-out-of-the-week/>

The mission of TCNJ Student Health Services (SHS) is to provide confidential, cost-effective, quality evaluation and treatment of acute illness and injury to TCNJ students, to promote, support and integrate individual healthcare according to the learning and development needs of students, and to meet public health responsibilities to the TCNJ campus community. This mission is achieved in accordance with the mission of the College, state and national regulations and professional standards. Our mission is also to guide students toward a personal commitment to wellness and self-care that will lay the foundation for a healthy life, assist them to become self-directed and well-informed, active consumers of health care. Students currently taking classes are eligible to be seen in SHS, regardless of insurance coverage.

SHS' team of a national board-certified and licensed healthcare professionals have chosen college health as their area of expertise and interest, and are dedicated to assisting students meet their unique health care needs. Services include primary outpatient health care including preventive care and evaluation/management of acute medical problems, international travel consultation and immunizations, curriculum-required physical examinations, tuberculosis testing, routine immunizations, emergency contraception, suture removal, STI testing, and on-site laboratory testing for strep, flu, mono, pregnancy, urinary infections, HIV, & blood glucose. Please note that management of chronic medical conditions is not available. Hours of operation during the Fall/Spring semesters are Mon—Fri, 8:30 a.m. to 4:00 p.m. Call 609-771-2889 to schedule an appointment or log in to the patient portal, OWL (<https://tcnj.medicatconnect.com/>). Check out our website at <https://health.tcnj.edu/> for more info.

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Free HIV Test Dates for the Fall 2017 Semester:

Monday, October 2, 10 a.m.—3:30 p.m.

Wednesday, October 25, 10 a.m.—3:30 p.m.

Monday, November 6, 10 a.m.—3:30 p.m.

Wednesday, December 6, 10 a.m.—3:30 p.m.

Location: Student Health Services, 107 Eickhoff Hall

Schedule your appointment today by logging on to OWL at <https://tcnj.medicatconnect.com/>.

STI testing for chlamydia, gonorrhea, syphilis & HIV is always available in SHS for \$21. Call 609-771-2889 to schedule an appointment.



**TCNJ Email is the official
method of communication
at TCNJ. Please**

Need Help Now?
Stop and Call:

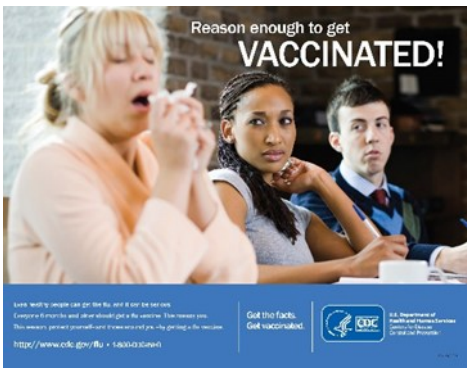
911

Planned Parenthood

The mission of Planned Parenthood is to provide high-quality, comprehensive, accessible, and affordable reproductive and complementary health care services, emphasizing privacy, confidentiality, dignity and sexual self-determination. They advocate for public policies that guarantee these rights and ensure access to such services. They provide and support education programs that expand understanding of human sexuality. Planned Parenthood has been on campus providing reproductive health care services to TCNJ students since 1973. Their office is located within the SHS/CAPS suite at 107 Eickhoff Hall.

Services are available for both women and men and include annual gynecological exams, birth control including IUD's, STI/HIV testing, PEP & PREP, HPV (Gardasil®) vaccination, pregnancy testing, LGBT services, and transgender healthcare & referral. Hours of operation during the Fall/Spring semesters: Tuesdays & Fridays: 9:00 a.m. to 4:00 p.m. Call 609-771-2110 to schedule an appointment or log in to OWL at <https://tcnj.medicatconnect.com/>.





Flu Shot Season Is Here!

"I do make a point to get my flu shot every Fall. My Dad has diabetes and my roommate has bad asthma and I don't want to be the one who gives them the flu – it can be really dangerous for them. They also get a flu shot but no vaccine works 100%. Last year, I was really busy with classes and I just didn't get around to it. I thought maybe I don't need it. I'll just try to stay away from sick people; I know, a little hard to do when you live on a college campus. I figured if I made it through Winter Break, I was probably good. In February, I went home for my mom's birthday. A lot of my family came over and we all had a great time. The next morning, I felt fine, but by the early afternoon, I started to feel really exhausted while watching TV with my sister. It was hard just getting off the couch. My muscles ached terribly and I had a pounding headache – it felt like I was hit by a truck. And I had this constant little cough and I noticed that my sister was coughing too. Then it dawned on me. I took my temperature – 102°F. Oh no, I think we have the flu! Someone must have been coming down with the flu yesterday and gave it to us. The next three days were miserable. We could not stop coughing and it made our heads pound more. My throat was killing me and we had to take Tylenol every 4 hours just to bring down my fever and help with the muscle aches. I was so upset that I was missing class and getting so behind on things. And I was worried that we would infect my mom and dad so we tried to stay away and cover our mouths when we coughed. The flu just knocked us down. By day 5, I was feeling better and had been fever-free for a whole day. My mom drove me back to campus. I couldn't believe how winded I got walking across campus to classes and the Stud. I still had this nagging cough. It was more than 2 weeks before I felt myself again."

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

Flu can affect anyone, but several lifestyle factors of college students can put them at increased risk of contracting the flu. These factors may include: close contact at places such as residence halls, classrooms, public transportation, parties, and sporting events. Further, lack of sleep, unhealthy eating, and irregular exercise can weaken the immune system, making college students more vulnerable to the flu. Last year, Student Health Services saw a high percentage of students with flu. Most were unvaccinated. The students who were vaccinated had milder symptoms and recovered faster.

The first and most important step in preventing flu is to get a flu vaccination each year. If you missed the campus flu vaccination dates in September, vaccination is readily available in the community at your local pharmacy and is covered by health insurance.

CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of viruses that cause res-

RESPONDING TO MEDICAL EMERGENCIES

If you or someone else is experiencing any of the following, call 9-1-1 immediately

- ◆ Sudden change in mental status:
 - Passed out
 - Unable to wake up or extreme sluggishness
 - Confusion or unusual behavior
- ◆ Severe or intense chest pain, especially if accompanied by signs of sweating, nausea, dizziness, or shortness of breath
- ◆ Respiratory problems
 - Severe shortness of breath or difficulty breathing
 - Coughing up blood
 - Lack of oxygen from choking, drowning, strangulation
 - Acute, severe asthma attack
- ◆ Signs of a possible stroke
 - Weakness or numbness of face, arm or leg; usually occurring on only one side of the body
 - Sudden confusion, difficulty speaking
 - Loss of balance or coordination, difficulty walking
 - Sudden, severe headache with no known cause
- ◆ Seizures
 - A seizure that lasts longer than a person’s usual seizure or is much different from usual episodes
 - The presence of breathing problems or other unusual or serious problems associated with the seizure
- ◆ Severe gastrointestinal problems
 - Severe, persistent abdominal pain of sudden onset
 - Severe or persistent vomiting, especially if vomiting blood or a very dark substance that could be blood
 - Ingestion of a poisonous substance
- ◆ Trauma
 - Head injury associated with decreased responsiveness
 - Possible spine injury
 - Possible bone fracture
 - Serious burn
 - Deep or large wound
 - Continuous or severe bleeding
- ◆ Heat stroke: Hot dry skin which is red, blotchy or blue. Often accompanied by weakness, confusion, dizziness
- ◆ Anaphylaxis: A serious allergic response that often involves swelling, hives, & trouble breathing

What if you're not sure?

If you're not sure about the answer to the above questions, call 9-1-1 and the trained dispatcher will help advise you. It is better to be safe and let the 9-1-1 call-taker determine if you need emergent assistance. Always err on the side of caution. **When in doubt, make the call!**

Who will answer your 9-1-1 call and what information will they want?

9-1-1 calls are answered by trained dispatchers who will ask you questions to determine what kind of help you need. As soon as you call, a response is in action but you *must stay on the line to answer more questions* until the dispatcher tells you to hang up. You may be asked:

- What happened?
- Where are you? (Be specific. This is especially important if you are using a cell phone as the dispatcher may not be able to track your exact location like is possible when you use a land-line)
- What is your name?
- What is your phone number?

What if you call 9-1-1 by mistake?

If you call by mistake, **do not hang up**, just stay on the line and tell the dispatcher that everything is OK. If you hang up, they may send a police officer or fire truck to your location to investigate if there is a problem

Note: This information is intended as a general guideline. Specific situations may require different solutions.

May 2016. Reference: American College of Emergency Physicians at <http://www.emergencycareforyou.org/> - accessed May 2016

TCNJ'S ALPHA PHI OMEGA AND
CAPS PEER EDUCATORS
PRESENT
RUN FOR RESILIENCE

5K RUN AND 1 MILE FUNWALK
SATURDAY, OCTOBER 14TH
THE COLLEGE OF NEW JERSEY

Proceeds go to Active Minds, a nonprofit organization raising awareness for the mental health of college students.

Registration begins at 8 am, in Lot 5 outside Trenton Hall. The 5k will begin at 9 am, and the FunWalk will begin at 9:15. TCNJ is located at 2000 Pennington Road in Ewing.

REGISTER NOW

Before 9/29:
\$10 for FunWalk
\$15 for 5k
Free T-Shirt

After 9/29:
\$15 for FunWalk
\$20 for 5k

PARKING IN LOT 4
COURSE IS
CERTIFIED AND
OFFICIALLY TIMED

SIGN UP BEFORE
9/29 FOR A FREE
T-SHIRT!
LIGHT SNACKS
PROVIDED.

Register here:

<https://runsignup.com/Race/Events/NJ/EwingTownship/ElectricRace5K>



Student Health Services is an institutional Member of American College Health Association



Counseling and Psychological Services is a member of the JED Campus Program.



Counseling and Psychological Services is accredited by the International Association of Counseling Services.



Till next time.....stay Health and Well!

