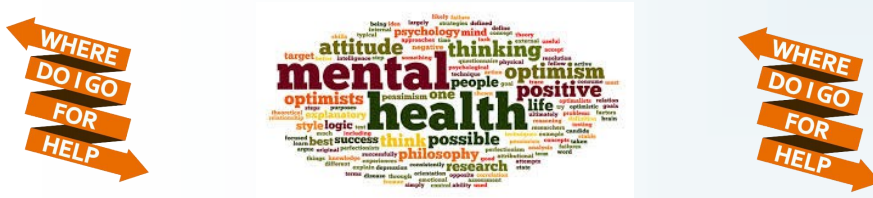


Health and Wellness Newsletter



Mental Health and Wellness Resources at TCNJ Where to Go for Help?

The college has expanded mental health and wellness services over the past year. In order to reduce some of the confusion about exactly what is available and where students should seek help, we offer the following summary of services. Also, check out the infographic chart on page 3 of the Newsletter.

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS): CAPS is still the primary office for mental health services on campus. If in doubt about where to start, fill out a CAPS ‘request for service’ form online to initiate the process. Of course if it’s an urgent situation, CAPS has walk-in hours every day (M-F) from 8:30am—4:30pm. CAPS services include *short-term problem-focused individual counseling*; a variety of groups; crisis intervention; prevention, postvention and outreach services; consultation to faculty and staff; and graduate student clinical training. *Location: Eickhoff Hall, Suite 107. 609.771.2247*

COMMUNITY COUNSELING COLLABORATIVE (CCC): The CCC is a new initiative at the college that brings licensed, local mental health providers to campus to offer *accessible, low-cost, longer-term* counseling services to students in need of ongoing care, but who lack transportation and financial resources. A list of available clinicians and their specialties are located on the CAPS website. *Location: Forcina Hall, Suite 413-415. https://bit.ly/2JTwisA*

CENTER FOR INTEGRATIVE WELLNESS (CIW): The CIW is a newly restructured training clinic (the old TCNJ Clinic) and holistic health center on campus that provides *low-cost, longer-term counseling services* to TCNJ students, faculty, staff, and community members. The training program draws upon graduate students in training from the TCNJ School of Education; Nursing, Health and Exercise Science; and Public Health. *Location: Forcina Hall, Room 124. 609.771.2901*

ALCOHOL AND OTHER DRUG EDUCATION PROGRAM (ADEP): The ADEP office offers *education and counseling support* for students struggling with substance use/misuse, and is responsible for all students mandated for arrests or violations of alcohol and drug policy. *Location: Forcina Hall, Room 308. 609.771.2571*

Continued on next page....

TCNJ Health and Wellness Offices

Alcohol and Other Drug Education

<http://adep.tcnj.edu/>
(609) 771-2571
Forcina Hall 308

Anti-Violence Initiatives

<http://oavi.tcnj.edu/>
(609) 771-2272
Forcina Hall 308

Counseling and Psychological Services

<http://caps.tcnj.edu/>
(609) 771-2247
Eickhoff Hall, Suite 107

Collegiate Recovery Program

www.recovery.pages.tcnj.edu
(609) 771-2134
Forcina Hall 308

Recreation and Wellness

<http://recreation.tcnj.edu/>
(609) 771-2223
Rec Center

Religious and Spiritual Life

<http://religiousandspiritualife.tcnj.edu/>
(609) 771-2571
Forcina Hall 308; Spiritual Center

Student Health Services

<http://health.tcnj.edu/>
(609) 771-2889
Eickhoff Hall, Suite 107

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Mental Health and Wellness Resources cont'd

COLLEGIATE RECOVERY PROGRAM (CRP): The CRP provides comprehensive supports to students in recovery from alcohol and/or other drugs. Lion's House and the Collegiate Recovery Community (CRC), it is a community of students working towards growth, sobriety, and academic excellence. Lion's House and the CRC is a place where students can actively work on recovery and positive change. The Lion's House program and the CRC creates an environment that emphasizes community living, participation in fun and exciting substance-free activities, personal growth, and wellness. It is a place where students can embrace life without alcohol and other drugs. Professional and peer support and mentoring provide care that wraps around the student. Individual counseling and on campus SMART Recovery meetings support relapse prevention and growth. This program is open to all students. Having healthy options for recreation serves to reduce substance abuse and provide additional support to students in recovery. 609.771.2571

ANTI-VIOLENCE INITIATIVES (AVI): AVI leads the campus effort to address issues of sexual assault, domestic/dating violence, and stalking. They work with our community partners to create a campus environment that is intolerant of abuse and responsive to the needs of victims/survivors. Their objective is to establish a campus culture of safety, free from power-based personal violence, resulting in a safer living and learning environment. 609.771.2571

DEAN OF STUDENTS OFFICE (DOS): The DOS office is responsible for Student Conduct and Dispute Resolution Services, the CARE and BART Teams on campus, Title XI, and Emergency Student Assistance Programs. There is a case manager within this office responsible for connecting students to support services both on and off campus. Additionally, the DOS works closely with the Center for Student Success to provide academic assistance and support. 609.771.2780

PEER EDUCATION PROGRAMS: There are three peer education programs on campus offering prevention and outreach services to students on a variety of health and wellness topics including mental health, recovery and substance abuse and misuse concerns, and health and wellness topics. Currently there are a total of approximately 40 students participating in these programs:

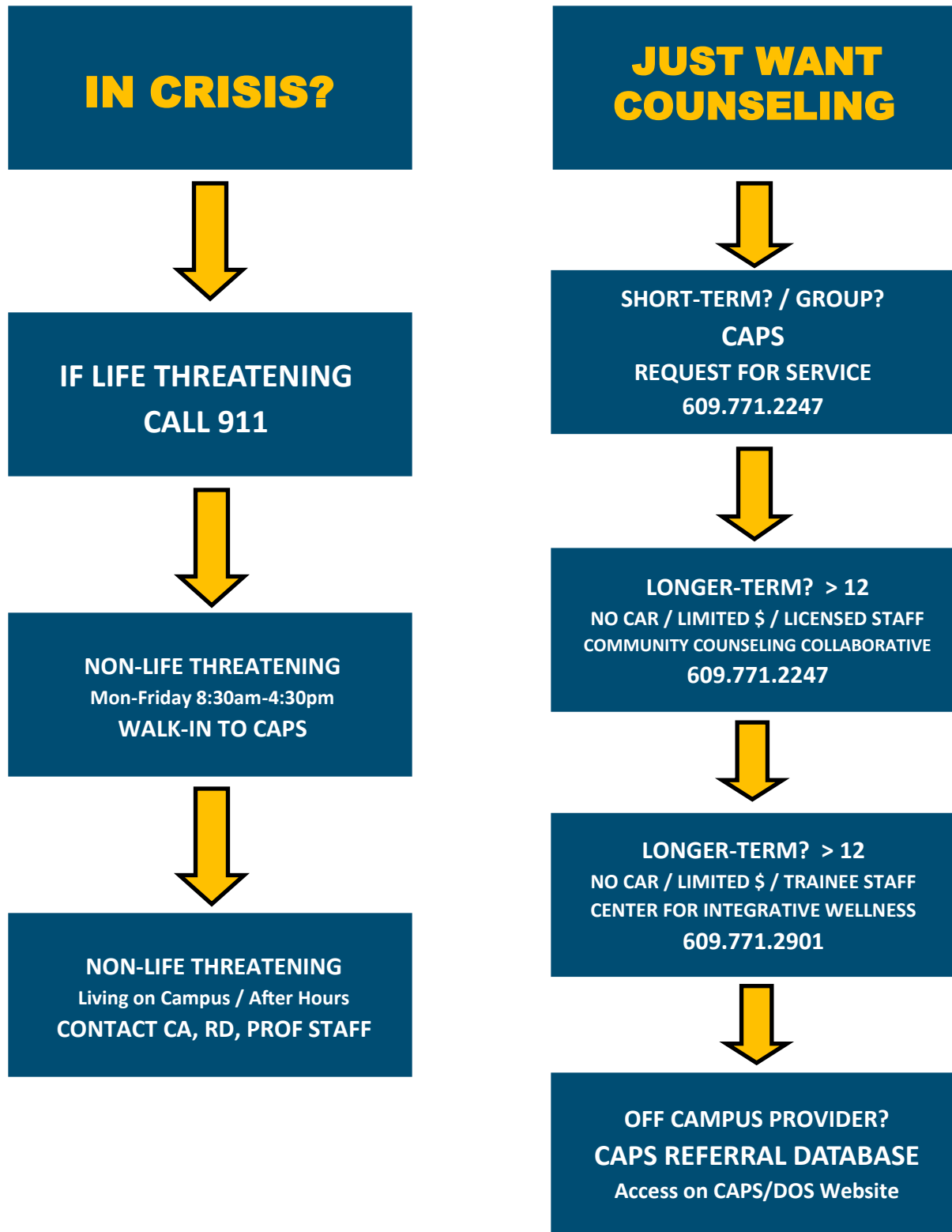
- **CAPS PE's** - offer primary prevention with a focus on mental health and suicide prevention educational health outreach programs.
- **SAVE PE's** - offer primary prevention with a focus on sexual assault, domestic/dating violence, stalking, and healthy masculinity through educational health outreach programs.
- **Health & Wellness PE's** - offer primary prevention with a focus on health and wellness (resiliency, drug and alcohol education, physical health and fitness, reproductive and sexual health) related educational health outreach programs.

OTHER STUDENT GROUPS WITH A MENTAL HEALTH FOCUS:

- **Active Minds @ TCNJ** - promote mental health awareness by holding campus-wide events that provide students with information & resources about different mental illnesses and mental health problems. We aim to reduce stigma that surrounds mental illness by starting a conversation.
- **To Write Love on Her Arms TCNJ** - dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide.
- **Collegiate Recovery Community** - students in recovery and allies in recovery dedicated to support, advocacy and community.

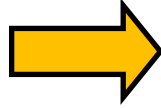
OFF CAMPUS REFERRAL DATABASE: CAPS maintains a referral database with local and regional community providers who have been vetted by CAPS. Included on this referral database are individual mental health providers, Intensive Outpatient Programs (IOP), Partial Hospitalization Programs (PH), and drug and alcohol rehab facilities.

Mental Health and Wellness Infographic



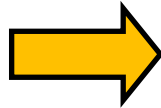
Additional Mental Health and Wellness Support

Substance Use
Concerns?
(self or other)



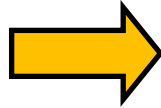
Alcohol and other Drug
Education Program or
Collegiate Recovery Program
609.771.2571

Sexual Assault / Stalking /
Domestic-Dating Violence
Concerns?



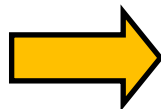
Anti-Violence
Initiatives
609.771.2571

Physical/Mental/Family
Issues Interfering with
Academics?



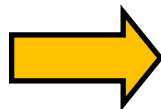
Dean of Students
Office
609.771.2780

Sex Discrimination
Concerns?



Title IX
Office
609.771.2780

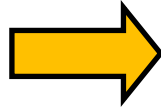
Behavioral / Interpersonal
Dispute Concerns?



Student Conduct /
Dispute Resolution
609.771.2780

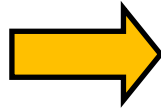
Additional Mental Health and Wellness Support

Mindfulness / Meditation /
Compassion / Spirituality
Interest?



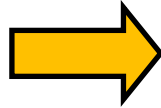
Religious and
Spiritual Life
609.771.2571

Fitness / Sport Clubs /
Intermural /
Recreation Interest?



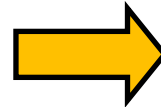
Recreation and
Wellness
609.771.2223

Physical Wellness /
Travel Health



Student Health Services
609.771.2889

**I'M STILL
CONFUSED!**



Dean of Students
609.771.2780

CAPS
609.771.2247

Just for laughs



**If by "crunches" you
mean the sound potato
chips make when you
chew them, then yes,
I do crunches**

www.jewelsartcreation.com

5 Reasons College Students Should Make Time For Exercise

College students, have packed schedules. Classes, employment, and family or social obligations quickly fill up your calendar. It seems cruel to add another obligation to the list, but here's one to consider: exercise. Scientific evidence is piling up that shows regular exercise provides important cognitive benefits that could make your scholarly efforts a little less taxing.

Exercise Stimulates Brain Cell Development

Recent human and animal studies show that regular aerobic exercise has profound effects on the brain. A recent New York Times article, "How Exercise Could Lead To A Better Brain", describes experiments performed on mice at the University of Illinois. Mice who ran regularly on a wheel had more neurons—brain cells—than those who did not.

Also, mice who ran regularly had more complex connections between neurons, meaning they were able to access their brain cells more flexibly. Finally, the mice who ran regularly did better on cognitive tests, such as completing a maze. There's evidence that this direct relationship also exists in humans.

Exercise Improves Memory Retention

The hippocampus is a structure in the brain that controls the formation, retention, and recall of memories. In most adults, the hippocampus starts to shrink slightly starting in the late 20s, leading to memory loss over time. Evidence from a 2011 study, recounted in the New York Times article mentioned above, shows that exercise prevents this shrinkage and may even promote regrowth.

Exercise Increases Focus and Concentration

In 2009, a Canadian school for learning-disabled and ADHD children took part in an experiment that involved having students exercise for 20 minutes on treadmills or exercise bikes before starting their math class. Teachers noted a marked improvement in students' ability to concentrate, participate, and retain information during the class after they had exercised. Inappropriate behavior also improved in the group that exercised. Additional experiments of this type, such as those taking place at Naperville Central High near Chicago, IL, suggest that three 20-minute sessions a week is the minimum dose needed to reap the concentration-enhancing benefits of exercise.

Exercise Boosts Mood

Numerous studies have shown that exercise profoundly improves your mood. A 1999 Duke study into the effects of exercise on depression had some participants work out while others took a well-known anti-depressant medication. By the end of the study, the exercise group showed as much improvement in mood as the medication group did. So college students looking to maintain their positive attitude to succeed can benefit from regular exercise.

Exercise Relieves Stress

Prolonged stress can lead to health problems, such as heart attacks and stomach problems. Exercise, by helping you sleep better and easing anxiety, can relieve the negative effects of stress on your body. Many regular exercisers also find that they can focus constructively on problems during or after a bout of exercise.

So make time for exercise. Choose an activity you love that gets your heart rate up, whether it's hiking, running, or dancing, and put it on your schedule the way you would any other appointment or class for at least three 30-minute sessions a week. You'll soon be reaping the benefits that exercise offers the scholar: a sound mind in a healthy body.

Adapted from: <https://bit.ly/2O1qBdl>



Sometimes, we move about our days as though we are asleep or at the mercy of someone else's duties and dreams. In her book *Head to Heart: Mindfulness Moments for Every Day*, author and coach Jenifer Madson invites readers to awaken to our lives.

Specifically, she shares 365 meditations on purpose, presence and compassion. Here are a few of them.

1. Start your day with reflection.

Instead of staggering and stumbling through your days, begin each morning in quiet reflection. Find a serene spot where you can go inward without the distractions of television, smartphones or other people. Connect with your body by asking what it needs. For instance, it might need to stretch or take a brisk walk. Connect with your mind by asking what it needs. For instance, it might need inspiration or to examine what you'd like to do today.

2. Play.

When we reach adulthood many of us forget to play and even *how* to play. Madson suggests readers engage in whatever ignites our imagination. This might include singing, dancing, writing, painting or taking pictures. "Play, not for any other reason except that you can."

3. Slow down.

The next time you notice yourself speeding up, slow down, and take a deep breath. According to Madson, this can mean: walking with purpose, not panic; softening the tone of your voice; and slowing your speech.

5. Be curious about negative thoughts.

We can't eliminate our negative thoughts. And often trying to stop them only furthers the cycle. However, what's more helpful is to observe negative thoughts with curiosity. Then decide what you'd like to do despite your thoughts, and find other ways to view your negative cognitions. As Madson adds, "You're not responsible for what pops into your mind; you're only responsible for what you do with it."

6. Be curious about people.

Be curious about what makes people tick, what they love, what they don't love and why, Madson writes. Curiosity gives you perspective, which helps you see people's shared humanity. "And when you're willing to see more sides of others, and to learn what they value, you will see aspects of them that remind you of yourself — the good, the great, and the not-so-much — which will remind you of our common humanity."



Comedy Improv Group For Stress, Anxiety, Shyness

“The Most Fun You’ll Ever Have in a Group!!!”

NO IMPROV EXPERIENCE NEEDED

Go at your own pace.

Designed to teach the basics of Improvisational Comedy while being supportive in improving confidence and reducing social anxiety.

THESE GROUPS ARE.... INTERACTIVE, INSTRUCTIONAL, MINDFUL, USEFUL

- Improve Communication and Interpersonal Skills
- Reduce Avoidance Habits formed throughout life because of anxiety.
- Symptom Management (anxiety, depression, impulsiveness)
- Improving Self-esteem / Confidence

Perfect for:

Making New Friends
Putting Some FUN in Your Day
Breaking Through Shyness and Fears
Reducing Stress and Self-Doubt
Gaining Confidence
Getting Straight A’s (ok – that’s a stretch)

SPACE IS LIMITED

CAPS Group Room

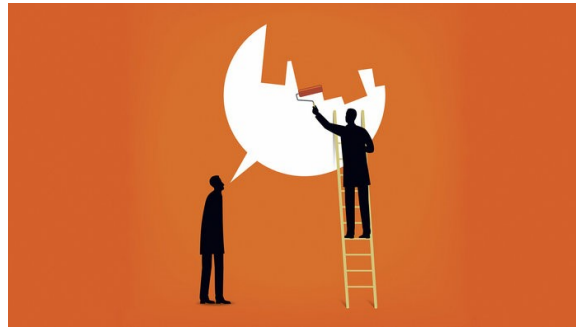
Wednesday: 12:00 Noon – 1:00 PM

BY REFERRAL ONLY

Call CAPS for more info: 609-771-2247



TED Radio Hour



The Right To Speak

Should all speech, even the most offensive, be allowed on college campuses?
And is hearing from those we deeply disagree with ... worth it?
This hour, TED speakers explore the debate over free speech.

[Zachary Wood: Why Should We Listen To Views We Find Offensive?](#)

[Jeffrey Howard: Should A Culture Dedicated To Free Speech Limit Hate Speech?](#)

[Elif Shafak: What Happens When Different Viewpoints Are Silenced?](#)

[James Kirchick: Who Benefits From Unrestricted Free Speech?](#)



[A Student Guide to Freedom of Expression at The College of New Jersey](#)



[CHRONICLE OF HIGHER EDUCATION CAMPUS CLASHES OVER FREE SPEECH](#)

Protecting free speech is an honored principle at many colleges, but one that is being re-examined given the provocative turn free expression took following the election of President Trump. The appearance of speakers with incendiary racist or anti-immigrant views has led to violent clashes on or near a few campuses. How college leaders strike a balance between free speech and the safety of students, and what lessons they draw from that endeavor, is the subject of the six articles in this collection.

[Fear and Loathing in the Campaign's Wake](#)

How a post-election free-speech fight made the University of Washington turn on itself.

[The Free-Speech Stronghold](#)

Purdue University has won praise for embracing all expression. What risk does that bring?

[A Free-Speech Divide](#)

Why students and professors may think differently about free expression.

[In a Polarized Climate, Free-Speech Warriors Seize the Spotlight](#)

A group that champions First Amendment rights has increasingly found itself in the cross hairs.

[Stop the Generational Moralizing About Free Speech](#)

The case for that right must be made with appropriate sensitivity to the perspective of its critics.

Staff Spotlight



Meet Christina Sargiss, M.S.Ed

Christina (she/her/hers) joined the Division of Student Affairs in 2018 as the Program Assistant for Health and Wellness. As part of her role, Christina supports all of the initiatives of the Alcohol and Drug Education Program (ADEP), Anti-Violence Initiatives (AVI), and Religious and Spiritual Life (RSL). This past May, Christina graduated from the Student Affairs and College Counseling Program at Monmouth University and received the School of Education Excellence in Student Affairs Award. Christina believes that a successful Student Affairs Professional is one who is comfortable with being uncomfortable, and is willing to try new things. Christina currently resides in Monmouth County, New Jersey.



In the Spiritual Center

Circle of Compassion Student Group

*Empowering You
to Make the Most of Life*

**Dinners & Discussion:
Mondays at 7 PM**

A welcoming place for all students

September Theme: New Beginnings

- 09/10 - Embracing change
- 09/17 - Non-striving and being present
- 09/24 - Fear

October Theme: Compassion

- 10/01 - Self Compassion
- 10/08 - Compassion for friends & family
- 10/15 - Fall Break
- 10/22 - Love your enemies/difficult people?
- 10/29 - Is too much compassion possible?

November Theme: Gratitude

- 11/05 - The shadow side of gratitude
- 11/12 - Letting in gratitude
- 11/19 - Friendsgiving Celebration

Mindfulness Meditation:

Mondays 6:30 PM - 7 PM
Tuesdays 8:30 AM - 9 AM
Thursdays 7 PM - 7:30 PM

Circle@tcnj.edu

On Facebook, Lion's Gate or TCNJ Website

Center for Mindfulness and Compassion In the Spiritual Center



Training Your Brain and Heart
to Live with Ease, Awareness,
Courage, and Compassion

Free Nine-Week Non-Credit Courses

Making the Most of Life with Mindfulness

- Apply at: [MindfulnessFall2018](#) (Qualtrics)
- Deadline: September 14

This experiential course includes a variety of meditation practices, reflection, mindful movement, information on science of mindfulness and activities that reduce stress, improve clarity of thinking and memory as well as overall psychological & physical well being.

Participants are expected to do 10-15 minutes of guided meditation and awareness enhancement activities each day. The course includes a half day (10 AM - 1 PM) silent retreat (with guidance) on Saturday, November 3rd.

Tuesday Classes: September 18 – November 20

Session A: 11:30 AM – 12:30 PM

Session B: 1:00 - 2:00 PM

Session C: 2:30 - 3:30 PM

1st class (information session) includes overview and self-assessment. Final commitment by 9/25.

mindfulness@tcnj.edu

Find us on Facebook, Lion's Gate and TCNJ website
at Center for Mindfulness and Compassion



ADEP

PEER INSTITUTE

2018

FUNDED BY THE NJ DIVISION OF HIGHWAY TRAFFIC SAFETY,
SUPPORTED BY THE ALCOHOL AND DRUG EDUCATION
PROGRAM (ADEP) AT THE COLLEGE OF NEW JERSEY



The 120 college students who participated are now nationally Bacchus Gamma certified. The Bacchus Initiatives of NASPA supports collegiate peer educators and advisors by empowering students and student affairs administrators to create campus environments which are healthy and safe. Once certified, the college students led workshops and seminars to 166 local high school students.

HEY TCNJ STUDENTS! DOES YOUR ORGANIZATION NEED TO COMPLETE A TIPS TRAINING?

What is a TIPS Training?

TIPS is a three-hour national certification class focused around alcohol abuse, underage drinking, drunk driving, and other scenarios involving alcohol. Whether or not students choose to drink, TIPS recognizes that young people need strategies for creating safe, responsible, and socially enjoyable campus environments.



To schedule a TIPS Training, contact
The Alcohol and Drug Education
Program (ADEP) at 609-771-2451.





HEY FIRST-YEAR & TRANSFER STUDENTS!

**HAVE YOU COMPLETED YOUR REQUIRED
NOT ANYMORE FOR ALCOHOL & OTHER
DRUGS PROGRAM YET?**

Not Anymore For Alcohol & Other Drugs is a reality-driven suite of interactive, online videos and tests designed to educate students on the risks of the abuse of alcohol and other drugs, and to teach successful strategies for handling dangerous situations related to these substances.

Not Anymore must be completed no later than 8:00 AM Monday October 1, 2018. Failure to complete this program prior to the deadline will result in a hold on your student account, which will prevent you from being able to register for courses.

For more information please contact The Alcohol and Drug Education Program (ADEP).



The Alcohol and Drug Education Program
(ADEP) presents:

STUDENT HEALTH 101

A Multi-Media Platform Dedicated to the
Creation of a Culture of Wellness Across
College Campuses

THE ALCOHOL AND DRUG EDUCATION PROGRAM (ADEP)
UNDERSTANDS THAT TCNJ STUDENTS ARE EXTREMELY BUSY AND
ALWAYS ON THE GO. STUDENT HEALTH 101 PROVIDES ARTICLES
AND MEDIA FOR STUDENTS BY STUDENTS FOCUSED AROUND
HEALTHY LIVING. CHECK OUT THE SEPTEMBER 2018 ISSUE TODAY!

[HTTP://TCNJ.READSH101.COM](http://TCNJ.READSH101.COM)



ALCOHOL AND DRUG EDUCATION
PROGRAM (ADEP)

MEET OUR STAFF!



Joe Hadge
Assistant Director of ADEP



Christina Sargiss
Program Assistant



Jess Ayres
Undergraduate Intern



Fred Mason
Undergraduate Intern

To learn more about The Alcohol and Drug
Education Program (ADEP) please call 609-771-
2571 or email us at adep@tcnj.edu



Alpha Phi Omega
Presents TCNJ's ...

DASH FOR DISABILITIES

October 6th

USATF Sanctioned

5K: \$25

Proceeds support Disability Allies

WHERE: TCNJ

2000 PENNINGTON ROAD EWING NJ

REGISTRATION: 8AM

5K RACE: 9AM

FUN WALK: 9:15 AM

REGISTER HERE:



Interested in bringing an AVI Program to your class, group, organization, or office?
Contact us!

The College of New Jersey's
**ANTI-VIOLENCE
INITIATIVES**

Menu of Programs

To schedule a program presentation, please follow the link to our Program Request Form: <https://goo.gl/e1aHkj>

BYSTANDER INTERVENTION

Do you get angry or frustrated when others just stand by without acting? Do you want to be part of the 87% of polled TCNJ students who said they'll intervene but maybe don't know how to address a situation? Learn several safe intervention strategies for addressing situations and set personal goals for intervening.

HEALTHY RELATIONSHIPS

Feeling unhappy in your relationship? Fighting more often than not with your partner? Wondering what you can do to make your relationship stronger? Even if you are already in a healthy relationship, these skills can help make it even better. Develop healthy relationship skills for all types of relationships—romantic, friendship, or professional.

SEXUALITY 101

Do you enjoy TED talks? How about pizza? In this program, we use our favorite food, pizza, as a metaphor for sex in a educational explanation of healthy relationships, consent, and communication. Through all of this, we will promote healthy sexuality by providing students with the individual knowledge and sense of empowerment to express sexuality in ways that contribute positively to self-esteem and relationships with other people.

GREEN DOT

Looking for a resource to help provide education on violence reduction to your organization? Have time at the end of your club's meetings for a 15-minute program created by students for students? Look no further than Green Dot! This free program emphasizes the idea that it's our individual choice to make our campus safer by recognizing high risk situations and addressing bystander behavior.

SUPPORTING SURVIVORS

VICTIMS' RIGHTS AND RESOURCES

Have you noticed the recent media attention around sexual violence on college campuses nationwide? Ever wonder what it's all about? Curious what TCNJ offers to support victims and survivors? Learn about your rights as a student, resources on campus and what you can do to support friends who have experienced power-based personal violence.

RISK RESISTANCE

This program is a feminist sexual assault resistance program, based on a history of activism, research, and theory surrounding power based personal violence. The aim of this program is to develop strength and empowerment when faced with a coercive scenario, to establish boundaries, and to identify the environmental risk cues. Participants will do so through a three step process of Assessing, Acknowledging, and Acting.

HEALTHY MASCULINITY

This program discusses the ways we socialize men and boys to behave, the way we all participate in policing and enforcing gender roles, and how hypermasculinity contributes to violence. It's focused on awareness and skill building to promote equity and identity flexibility.

ESCALATION WORKSHOP

This workshop will help you to recognize the warning signs of a domestic violence relationship. The workshop will feature a film entitled "Escalation" and a facilitated discussion afterward is a 90-minute, film-based experience that educates about the warning signs of an abusive relationship, creating a space for discussing an all-too-common problem.



ANTI-VIOLENCE INITIATIVES
COUNSELING • ADVOCACY • PREVENTION
TCNJ'S HOME OF THE GREEN DOT •
Forcina Hall 308 • 609-771-2272

STAY CONNECTED AND VISIT US ON SOCIAL MEDIA!

***HEY JUNIORS!
HAVE YOU COMPLETED
YOUR CLARIFYING
CONSENT PROGRAM?***

Clarifying Consent is a 25-minute online program that explores the concept of consent and its key role in a healthy relationship.

Clarifying Consent must be completed no later than 8:00 AM Monday October 1, 2018. Those who do not complete this program prior to the deadline will receive a hold on their student account, which will prevent them from being able to register for spring courses.

FOR MORE INFORMATION PLEASE
CONTACT THE OFFICE OF TITLE IX AT
609-771-2780.

OCTOBER IS

DOMESTIC VIOLENCE AWARENESS MONTH

In honor of Domestic Violence Awareness Month, Anti-Violence Initiatives (AVI) has partnered with The One Love Foundation and will be hosting one workshop each week to help our community members address domestic/dating violence. Each workshop will feature a film entitled "Escalation" and a facilitated discussion afterwards.

Those who attend can expect to be able to identify signs of dating and domestic violence, learn how to intervene when they see dating violence happening, and how to support survivors.



**All workshops will be held in the
Biology Building Lounge:**

October 4th | 3:30 PM - 5:00 PM
October 10th | 3:30 PM - 5:00 PM
October 19th | 10:30 AM - 12:00 PM
October 23rd | 3:30 PM - 5:00 PM
October 29th | 10:30 AM - 12:00 PM

**For more information, please contact Anti-Violence Initiatives (AVI)
at 609-771-2571 or oavi@tcnj.edu**

meet our staff!

ANTI-VIOLENCE INITIATIVES



Top row (L to R): Jenna MacDonald (SAVE PE), Michelle Lambing (Assistant Director for AVI), Bridget Kneisel (SAVE PE), Taylor Broderick (Healthy Masculinity Intern), Maggie McCreesh (SAVE PE), Maggie Leppert (Victim Support Specialist Intern), Kristen Cefaloni (SAVE PE), Kiana Stockwell (Green Dot Intern), Amanda Ianucilli (Greeks for Change), Molly Knapp (SAVE PE), Mike Natto (Healthy Masculinity Intern)

Middle row (L to R): Christina Sargiss (Program Assistant for Health + Wellness), Zach Gall (Prevention Education Specialist), Katharine Smith (SAVE PE), Michelle Ardoff (P.R. Intern), Emily Beggiano (Greeks for Change Intern), April Chabak (SAVE PE), Shaun Meyers (Community Engaged Intern), Allie Fontaine (SAVE PE), Dian Babu (SAVE PE), Alexa Burychka (Greeks for Change), Mark Doughten (Greeks for Change)

Front row (L to R): Arianna Berberabe (Title IX Intern), Maria Christodoulou (Greeks for Change), Abigail Moor (SAVE PE), Rachel Craig (SAVE PE), Anna Gelson (SAVE PE), Sarah Pawlowski (SAVE PE)

ANTI-VIOLENCE INITIATIVES

RED BERRY FUNDRAISER @ CAMPUS TOWN

TUESDAY OCTOBER 2, 2018
NOON - 11 PM

Present this flyer or tell the cashier about this fundraiser and a donation will be made to Womanspace in honor of Domestic Violence Awareness Month.

Womanspace helps women, men, and families impacted by domestic & sexual violence. Womanspace is located in Lawrenceville, NJ and often serves the TCNJ campus community.

Thank you for your donation!





HEY FIRST-YEAR & TRANSFER STUDENTS!

HAVE YOU COMPLETED YOUR REQUIRED EVERY CHOICE PROGRAM YET?

Every Choice is an online program that teaches students how to intervene in high-risk situations. All first-year and transfer students should have received links to complete the program through their TCNJ emails.

Every Choice must be completed no later than 8:00 AM Monday October 1, 2018. Those who do not complete this program prior to the deadline will receive a hold on their student account, which will prevent them from being able to register for spring courses.

***For more information please contact The Office of Title IX at
609-771-2780.***

September is Collegiate Recovery Month!

COLLEGIATE RECOVERY COMMUNITY



A Training On Breaking the Stigma of Addiction by NCADD-NJ

**OUR
STORIES
HAVE
POWER**

September 12, 2018 4-6 pm
Trenton Hall 106

It is hard to hate up close. Stories have the power to draw us in and connect us to the story teller. Special presenter Aaron Kucharski will teach participants how our college community can move away from the stigma of addiction and towards the pride of recovery.

COLLEGIATE RECOVERY COMMUNITY

In the middle of the opioid epidemic, knowing how to administer Narcan can be the difference between life and death...



First 30 attendees will receive a Narcan kit

**Learn How to
Save a Life**

SEPTEMBER 19
5 PM
TRENTON HALL 106

Presented by JSAS Healthcare, Inc.

Millions of Americans experience addiction. This training will teach participants how to administer Narcan to reverse opioid overdose. This presentation includes education on substance use disorders, treatment options, and rescue breathing. First 30 participants will receive a Narcan kit.

Collegiate **R**ecovery Community



The Comeback

A TCNJ Student's Underdog Story

September 25 6 pm Library Auditorium

After failing out of TCNJ due to an undiagnosed substance use disorder, a TCNJ student tells his story of returning to complete his degree. Though counted out by many, this story illustrates that through perseverance, grace, and the power of community recovery is possible!

crc@tcnj.edu

Recreation and Wellness

UPCOMING EVENTS AND IMPORTANT INFO

RECreate Your Night

We have events every Tuesday, Thursday, Friday, and Saturday in the Rec Center at 9 pm.

Highlighted events:

Sept 18th- Sports Skills Challenge

Show off your skills for a chance [to win prizes](#).



Sept 22nd- TCNJ's Fear Factor



Complete various adrenaline pumping activities and face your fears.

Sept 29th- Family [Game](#) Night Ft. Let's Make a Deal

Bring your family out during 7-10 pm for board games and big prizes in our version of Let's Make a Deal.



Oct 20th- Haunted House



Get into the Halloween spirit with our own haunted house!

MEET THE STAFF



Rob Simels
Director of Recreation
simelsr@tcnj.edu



Dave Ilaria
Fitness Center Coordinator
ilaria@tcnj.edu



Shawn Dean
Sport Club and Intramural
Sports Coordinator
deans2@tcnj.edu



Courtney Van Leuvan
Late Night Activities
Coordinator
vanleuvc@tcnj.edu

Intramural Sports

Make sure to [check](#) out our website for updated information on Intramural Sports registration deadlines.

Upcoming deadline: Golf Sept 21st.

<https://recreation.tcnj.edu/intramural-sports/>



Sport Clubs

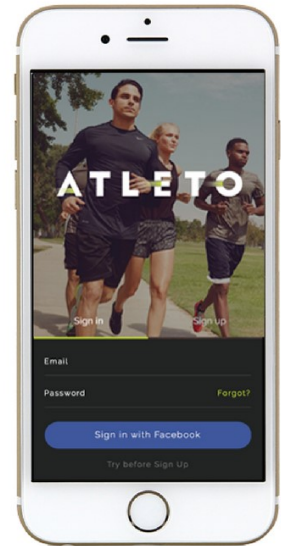
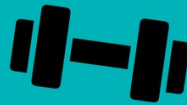
Check out our sport club practice schedule. Feel free to stop by any practice to speak to the team's executive board and learn more about the team.

<https://recreation.tcnj.edu/sportclubs/sport-club-practice-and-game-schedule/>

Contact scac@tcnj.edu with any questions.

Group Fitness

Sign up today! It is only \$25 for the entire semester. Check out the schedule below. Visit the Fitness Center in Campus Town to sign up.



Group Fitness Schedule

\$25

Monday

Kickboxing 10-11AM	Toning & Conditioning 1-2PM	Body Sculpt 2:30-3:30PM	Zumba 7-8PM
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Tuesday

Yoga 10-11AM	PIYo 11:30-12:30PM	Pump Up The Pulse 1-2PM	Zumba 3-4PM	Body Sculpt 4:30-5:30PM	Barre 6-7PM
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Wednesday

Insanity 11-12PM	Kickboxing 12-1PM	Barre 1-2PM	Zumba 2-3PM	Zumba 6-7PM
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Thursday

Yoga 9-10AM	Barre 10-11AM	Toning & Conditioning 1-2PM	Pump Up The Pulse 2-3PM	Barre 5-6PM	Zumba 7:30-8:30PM
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Friday

Yoga 10-11AM	PIYo 11:30-12:30PM	Toning & Conditioning 1-2PM	HIIT 4-5PM
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Download Atleto to host and attend activities.

#SPORTTOGETHER

Follow Us @TCNJrecwell



Fall Semester Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Kickboxing Maria 10-11am	Yoga Ellen 10-11am		Yoga Ellen 9-10am	Yoga Ellen 10-11am
	PiYo Emily 11:30am—12:30pm	Small Group Circuit Training w/ Liz 10:30-11:30am	Barre Shannon 10-11am	
Toning & Conditioning w/ Jaclyn 1-2pm		Insanity Elena 11am—12pm	Toning & Conditioning w/ Jaclyn 1-2pm	PiYo Emily 11:30am—12:30pm
Body Sculpt Corinne 2:30-3:30pm	Pump Up The Pulse Corinne 1-2pm	Kickboxing Maria 12-1pm	Pump Up The Pulse Corinne 2-3pm	
	Zumba Ellie 3-4pm	Barre Alexa 1-2pm		Toning & Conditioning Justine 1-2pm
	Body Sculpt Taylor 4:30-5:30pm	Zumba Ellie 2-3pm	Barre Justine 5-6pm	HIIT Sam 4-5pm
Zumba Alexa 7-8pm	Barre Caleigh 6-7pm *starts 9/25	Zumba Justine 6-7pm	Zumba Alexa 7:30-8:30pm	
Cycling Anjali 7:30-8:30am			Cycling + 15 min ABS Hannah 7:30-8:30am	
Yoga Ellen 7:30-8:30pm		Cycling + 15 min ABS Hannah 7-8pm		Cycling Anjali 5-6pm

SATURDAYS: Flex Class Varies 10am-11am
Flex Class Varies 11am-12pm

SUNDAYS: Flex Class Varies 10am-11am
Flex Class Varies 11am-12pm

**CAMPUS TOWN
FITNESS CENTER**

TW FITNESS CENTER

GUEST COLUMN



By Puneet Sethi
TCNJ Registered Dietitian



Food & Mood: Blood Glucose Levels and Mood Regulation

Life happens. Life's unpredictable situations can often lead to a roller coaster of emotions. Although every day stressors can lead to a roller coaster of emotions, there are some things that we can plan, prepare, and predict. Understanding how nutrition plays a role in the ability to regulate mood can help reduce vulnerabilities and help regulate mood.

Glucose is the primary source of energy for cells in the human body. The brain, in its high functioning capacity, needs a steady stream of glucose to effectively perform functions such as thinking, learning, and developing memories. If the brain does not receive enough glucose, and one becomes hypoglycemic, cognitive function declines. In a state of hypoglycemia, neurotransmitters (that send messages from brain cell to brain cell) are unable to communicate messages- including those that are responsible for positive, calm mood.

We can't plan pop quizzes and fender benders, but we can plan how we fuel our body so that we are not only well nourished, but our blood glucose levels are stable. We can prepare or choose nutritious meals and snacks at regular intervals to help avoid the likelihood of under consuming or over consuming food. It is important to consume balanced carbohydrates in moderation and with all meals and snacks to provide a steady stream of glucose to the brain.

Carbohydrate rich foods include dairy, grains (wheat, rice, oats, quinoa, etc.), starchy vegetables (potatoes, peas, corn), beans, fruit, and refined sweets (cookies, cakes, sodas, etc.). As one consumes carbohydrate rich foods, the body's blood glucose level will rise and fall. In addition to fueling the brain, glucose highs and lows can also mimic high and low emotional states. A sudden surge of glucose, or hyperglycemia, can mimic anxiety (heart racing, inability to focus) and a sudden drop in glucose levels can mimic low mood and anxiety (lethargy, shakiness/nervousness).

It is important to fuel steadily and in moderation. Choosing carbohydrate foods that are also rich in fiber (whole grains, beans, fiber rich fruits and vegetables) and consuming carbohydrates with a good source of protein and/or healthy fat can help keep blood glucose levels steady and stable. To maintain BGL at a steady rate, one should consume a snack or meal every 2-4 hours. Most adults need 225 – 325 grams of carbohydrate per day. Choose healthy options with a balance of carbohydrate such as grilled chicken with a cup of vegetables and a cup of brown rice for a meal, or a piece of fruit with peanut butter for a snack.

Providing the brain with a steady source of energy will prevent moodiness and melt downs when unexpected situations arise, allowing us to think clearly and rationally. Taking time to map out meals in busy schedules, meal prep., and pack snacks can help insure that we are prepared for the rigors of every-day life, and all of the curve balls that may come our way!

PLAGUE
PROGRESS



PREVENTION



100 YEARS AFTER *the*
"SPANISH" FLU
CHANGED *the* WORLD

SEPT. 25 - OCT. 10, 2018

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.



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

Need Help Now?
Stop and Call:

911

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 travel vaccinations, curriculum-required physical examinations, tuberculosis testing, routine immunizations, emergency contraception, gynecological care, contraception, PrEP, 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. **To schedule an appointment**, log on to OWL at <https://tcnj.medicatconnect.com/> or call 609-771-2889. Check out our website at <https://health.tcnj.edu/> for more info.





IT'S TIME TO PREPARE FOR THE FLU

TCNJ Annual Flu Shot Clinics

Wednesday, September 26, 2018, 12 - 2 p.m.

Wednesday, October 10, 2018, 12 - 2 p.m.

Open to Students - Staff - Faculty – Sodexo

\$20 (CASH only)

Free to students enrolled in the Student Health Insurance Plan

Location: 123 Trenton Hall

Proudly Provided by TCNJ Student Health Services and TCNJ Department of Nursing



How to Get a Better Night's Sleep

Most people know they need to eat right and exercise to be healthy. But what about sleep? We spend about one-third of our lives asleep, and sleep is essential to better health. But many of us are struggling with sleep. Four out of five people say that they suffer from sleep problems at least once a week and wake up feeling exhausted. So how do you become a more successful sleeper?

Grab a pillow, curl up and keep reading to find out.



THE MAGIC NUMBER

The best person to determine how much sleep you need is you. If you feel tired, you probably need more sleep. But science does offer some more specific guidance. **People who sleep seven hours a night are healthier and live longer.** Sleeping less than seven hours is associated with a range of health problems including obesity, heart disease, depression and impaired immune function. But sleep needs vary greatly by individual. Age, genetics, lifestyle and environment all play a role. The National Sleep Foundation recently updated its sleep recommendations based on age

ASK YOURSELF "ARE YOU SLEEPY?"

This simple question is the best way to determine if you're getting adequate sleep. If you often feel tired at work, long for a nap or fall asleep on your morning or evening commute, **your body is telling you that it's not getting enough sleep.** If you're getting seven or eight hours of sleep a night but still feeling tired and sleep-deprived, you may be suffering from interrupted sleep or a sleep disorder and may need to talk to a doctor and undergo a sleep study.

SLEEP AND ILLNESS

People who get less than seven hours of sleep a night are more likely to have chronic health problems like obesity, heart disease, diabetes, high blood pressure, stroke, depression and premature death.

While the long-term health risks of bad sleep are enough to keep you awake at night, there's more bad news. You're also [more likely to catch a cold](#). In one surprising study, researchers found 164 men and women who were willing to take nose drops that exposed them to the cold virus. (And that's not the most surprising part of the story.) You might think that everyone who willingly puts a cold virus in their nose would get sick, but they don't. **A healthy immune system can fight off a cold. But not a sleep-deprived immune system.** The people most likely to get sick from the cold-infused nose drops? Those who got six or fewer hours of sleep.

[TAKEN FROM NYT WELL](#)



Counseling and Psychological Services has 2 new staff members!



Alex Turpin, LCSW, M.Div. - Staff Counselor and Case Manager

- Alex comes to us from Princeton House Behavioral Health where he has been working for the past four years, most recently in the Young Adult (18-25) Program. Alex also has experience in Higher Education/Counseling Center work. Alex has a Master of Divinity degree from Princeton Theological Seminary and an MSW from Rutgers University. He is a licensed clinical social worker and will be the new CAPS Case Manager/Referral Coordinator. Alex's office will be in Eickhoff 107. His email address is turpina@tcnj.edu



Melody Willoughby, Ph.D. - Staff Psychologist and Group Coordinator

- Melody comes to us from Montclair University Counseling and Psychological Services where she has been a Postdoctoral Fellow for the past year. Melody did her doctoral internship at Texas Tech Student Counseling Center. She has a Master of Arts in Clinical Psychology and a Doctor of Philosophy in Clinical Psychology (Health Emphasis) from the Ferkauf Graduate School of Psychology of Yeshiva University. Melody is only months away from her licensure as a NJ psychologist and will be the new CAPS Group Coordinator. Melody's office will be in Eickhoff 107. Her email address is baiardim@tcnj.edu



Alcohol and Other Drug Education Program:

- September 17 - 21: Healthcare Simulation Week. The Nursing Simulation Clinical Learning Resource Center has partnered with ADEP and REC to highlight the use of mannequins for the simulation program at TCNJ.
 - 9/17 3-7pm Fitness Center
 - 9/18 5-8pm Rec Center
 - 9/19 3-7pm Fitness Center
 - 9/20 5-7pm Forcina 111
 - 9/21 5-8pm Rec Center
- ADEP Tabling Events: Eickhoff Hallway
 - 10/5 10:30am - 1pm
 - 10/17 11am - 2pm
 - 10/25 11am - 2pm

Anti-Violence Initiatives:

- October 1 - 31: Domestic violence Awareness Month
- October 1: Clarifying Consent Program must be completed by 8am.
- October 1: Every Choice Program must be completed by 8am
- October 2: Red Berry@ Campus Town Fundraiser for Domestic Violence Awareness Month. Noon - 11pm
- Escalation Workshops in Biology Building Lounge:
 - October 4: 3:30pm - 5:00pm
 - October 10: 3:30pm - 5:00pm
 - October 19: 10:30am—12:00pm
 - October 23: 3:30pm - 5:00pm
 - October 29: 10:30am - 12:00pm

Collegiate Recovery Program:

- Empowerment Workshop Series:
 - October 3--Empowerment Workshop: Self-Care: 5 pm Trenton Hall 106
 - November 14-- Empowerment Workshop: Study Skills: 5 pm Trenton Hall 106
- NA Meetings: Fridays 6:30pm—8:00pm; Trenton Hall Room 106

Counseling and Psychological Services:

- Don't forget to check out our many group offerings for the fall semester: <https://caps.tcnj.edu/counseling-services/caps-groups/groups-schedule/>

Student Health Services:

- Plague - Progress - Prevention: September 25 - October 10, 2018
- Free HIV Counseling & Rapid Testing (20 min for results). Student Health Services. Appt: <https://tcnj.mediatconnect.com/>
 - Fridays: Sept 21; October 5; October 19
- Annual Campus Flu Vaccination Dates: \$20.00 (cash only)
 - Wednesday, 9/26, 12-2pm. Trenton Hall 123
 - Wednesday, 10/10, 12-2pm. Trenton Hall 123

Health and Wellness:

- October 19 - Stop by THRIVE table in BSC to learn more about sexual health & contraception, 11:30– 1:30
- October 24 - THRIVE PE's—Sexual Health and Contraceptives, BSC 221, 11:30am—12:30pm

