

HEALTH AND WELLNESS NEWSLETTER

Fall Services and Programs | Latinx Heritage Month | Grief and Loss | Groups

TCNJ Health and Wellness Offices

CAPS/AOD Support Services

<https://caps.tcnj.edu>

(609) 771-2134

Forcina Hall 308

CAPS/Anti-Violence Initiatives

<https://caps.tcnj.edu>

(609) 771-2571

Forcina Hall 308

CAPS/Mental Health Services

<https://caps.tcnj.edu>

(609) 771-2247

Eickhoff Hall 107 (We're Back!)

CAPS/Religious and Spiritual Life

<https://religiousandspiritualife.tcnj.edu>

(609) 771-2571

Forcina Hall 308

Recreation and Wellness

<https://recreation.tcnj.edu>

(609) 771-2223

Recreation Center

Student Health Services

<https://health.tcnj.edu>

(609) 771-2889

Eickhoff Hall 107

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FALL BACK TO CAMPUS LIFE

It was 18 months ago this month that TCNJ transitioned to remote classes, virtual services and work from home models. These changes emptied out the campus and required us to find new and creative ways to work and stay connected. COVID-19, the most severe public health problem to occur in the past 10 years, has had a significant impact on the mental health and wellness of many of us. We have also been challenged in a myriad of ways during this time, and many (most) have experienced losses of one kind or another. It is important that we remember this while interacting with each other this semester, as we adjust to life back on campus. Compassion, kindness and patience are great salves for the wounded and weary heart.

So we come together with a mix of excitement, hopefulness, and perhaps a bit of trepidation for the unknown changes the semester and year might bring. Please know that the H&W unit is here to offer support during these challenging times. We hope you will consider utilizing the many excellent services and programs that have been designed to inform, inspire, soothe and engage the body, mind and spirit. Thank you for reading this issue of the Newsletter and we wish you a successful and healthy fall semester.

Warm regards,

TCNJ Health and Wellness Unit

AODSS - AVI - MHS - REC - RSL - SHS

COUNSELING AND PREVENTION SERVICES

COUNSELING | PREVENTION | POSTVENTION | ADVOCACY | CRISIS SUPPORT | RECOVERY SUPPORT

WE'VE GOT YOUR BACK!

COUNSELING

Free, brief individual counseling, group counseling and referral services to TCNJ students. To request an appointment, fill out a "Request for Services" form on your Online Wellness Link (OWL).

PREVENTION

Prevention education for a variety of topics such as stress management, healthy relationships, violence prevention, healthy choices around alcohol and other drugs.

POSTVENTION

Support on a community level during times of loss or national tragedy by providing postvention responses and offering small and larger group debriefing sessions.

ADVOCACY

Advocacy services for victims/survivors of sexual assault, domestic/dating violence and stalking, which include academic/housing accommodations, accompaniment to local resources, and advisement through criminal and school adjudication processes.

CRISIS SUPPORT

CAPS counselors are available to assist students with emergencies and urgent situations through our daily walk-in service (Eickhoff Hall 107) and on-call system. For situations involving immediate threat to life, please call 911.

RECOVERY SUPPORT

Comprehensive support for those seeking recovery through the Collegiate Recovery Community, Lion's House (recovery housing), and mutual support meetings.

STOP BY OUR OFFICES IN EICKHOFF HALL 107 (609-771-2247) OR FORCINA HALL 308 (609-771-2571).

VISIT OUR WEBSITE FOR MORE INFORMATION ABOUT OUR SERVICES: <https://caps.tcnj.edu>

COUNSELING AND PREVENTION SERVICES

COUNSELING | PREVENTION | POSTVENTION | ADVOCACY | CRISIS SUPPORT | RECOVERY SUPPORT

FREQUENTLY ASKED QUESTIONS

Q: WHAT TYPE OF SERVICES ARE PROVIDED AT CAPS?

CAPS offers a variety of services that include the areas of prevention, direct clinical care (brief individual, group and crisis services), postvention, recovery, and advocacy. We are committed to providing individualized clinical assessments to meet the needs of the campus community.

Q: WHEN SHOULD I SEEK HELP FOR MY CONCERNS?

Generally speaking, you should seek help when troubling symptoms (anxiety, depression, lack of sleep, increased substance use, traumatic events) are causing serious problems in one's ability to study, work or relate to others. Another gauge is when your normal coping strategies are no longer working. Remember that seeking help sooner is better than waiting too long when problems can become more severe and entrenched.

Q: WILL CAPS SHARE MY PERSONAL INFORMATION WITH OTHERS?

CAPS has a strict confidentiality policy and will not release information regarding contact with a student without permission from the student except in the event of a serious psychiatric emergency. It is the student's right to choose whether to discuss their counseling at CAPS with parents, friends, academic advisors, or prospective employers. Limitations to confidentiality include danger to self or others, child abuse, and court orders.

Q: WHAT TYPE OF SERVICES DO YOU OFFER FOR STUDENTS IN RECOVERY FROM SUBSTANCE USE OR MENTAL HEALTH ISSUES?

Some students with mental health and/or substance use concerns may face additional challenges at college. We believe that when fully supported they can navigate those challenges and fully thrive at college. One of the primary ways we thrive is by being connected to a community that "gets us". CAPS supports the Collegiate Recovery Community (CRC) which is a student organization committed to mutual support, advocating for mental health and addiction, and building strong relationships and community. Through the CRC, students can participate in the All Recovery meeting--a student led support group. Additionally, CAPS supports Lion's House. Lion's House is for students in recovery from an addiction who are committed to sobriety, academic excellence, and personal growth.

Q: WHAT TYPE OF SERVICES DO YOU OFFER FOR STUDENTS IMPACTED BY SEXUAL ASSAULT, DOMESTIC/DATING VIOLENCE AND STALKING?

CAPS offers specialized services for those impacted by sexual assault, domestic/dating violence and stalking. Counseling services include crisis support, individual therapy, and group counseling. Some of our counselors are also trained advocates, which allow us to offer "one-stop-shop" experiences to survivors seeking services. Our counselors/advocates can inform a client of their rights and resources, advise clients through reporting processes and accompany students to local hospitals, the Campus Police Station and the Office of Title IX and Sexual Misconduct. We can also coordinate academic, housing and other logistical accommodations.

Counseling Services and Support

Fall Semester, 2021

Individual Counseling - short-term, goal focused counseling with a licensed counselor/therapist.

Group Counseling - process, skill-based, and theme- centered counseling groups and workshops with other students going through similar issues.

Specialized Services - alcohol and drug/recovery services; victim/survivor support; power based personal violence prevention; advocacy services.

Community Counseling Collaborative - longer-term counseling with licensed providers on campus.

Let's Talk - brief, informal chats with licensed MHS providers. Daily at 1:30pm

Urgent Care - timely support during emergencies and crisis situations.

MARCo Online Free companion/mental health support - free online support with a robotic companion developed by TCNJ students.

To access clinical services: complete a brief online **request for service**.

HOTLINES:

NJ Hopeline	855-654-6735	LGBTQ Hotline	866-488-7386
Womenspace	800-281-2800	Trans Lifeline	877-565-8860
Veterans Crisis Line	800-273-8255	Crisis Text Line	text TALK to 741741

ONLINE SUPPORT:

www.7cups.com

www.aaonline.net

www.mentalhealth.gov/get-help/immediate-help

www.ulifeline.org

www.recovery.org

ANXIETY WORKBOOK:

<https://thewellnesssociety.org/wp-content/uploads/2020/04/Coronavirus-Anxiety-Workbook.pdf>

Health and Wellness Unit Overview - Fall, 2021

- ✦ Both Telehealth/Teletherapy and in-office visits will be offered during the fall semester.
- ✦ To request a health or counseling (individual or group) appointment, follow the instructions below.
- ✦ There will be no walk-in service during the spring semester. Urgent concerns should first call the office of interest for initial screening and to determine next steps.
- ✦ For counseling appointments, be prepared to complete a brief covid screening questionnaire when you arrive for your appointment. A QR code will be provided for you with check-in instructions when you arrive.
- ✦ Strict COVID-19 safety precautions will be enforced per local, state and federal public health requirements. As a health care facility and in accordance with college policy, masks will be required at all times at SHS and CAPS.

CAPS -Anti-Violence Initiatives

Office phone: (609) 771-2571

Access Services: complete a Request for Service via the [OWL portal](#)

CAPS - Alcohol and Other Drug Support Services

Office phone: (609) 771-2571

Access Services: complete a Request for Service via the [OWL portal](#)

CAPS - Mental Health Services

Office phone: (609) 771-2247

Access Services: complete a Request for Service via the [OWL portal](#)

CAPS - Religious and Spiritual Life

Office phone: (609) 771-2571

Check out our program offerings [HERE](#)

Recreation and Wellness

Office phone: (609) 771-2223

Intramural Sport - Sport Clubs - RECreate Your Night - Fitness Center

Check out our program guidelines and offerings [HERE](#)

Student Health Services

Office phone: (609) 771-2889

Access Services: by appointment and can be scheduled via the [OWL portal](#)

CAPS at TCNJ

Fall 2021

GROUP&WORKSHOP

Program

Parent /Step-Parent Loss Support Group

You are not alone!

Benefit from this group by connecting with other TCNJ students who have experienced a parent death and by learning to cope with and grow from this life altering circumstance.

Tuesdays 2:30-3:30pm

Anxiety Management Workshop

Learn how to manage anxiety so IT isn't managing YOU! Join us for these 4 week sessions. Special sign-up instructions: email CAPS@tcnj.edu to register.

Mondays 3:30-4:30pm

Bi+ Support Group

College-wide data shows that we here at TCNJ have a large bi+ identifying population and we know there are stresses and strengths that go with that. Come chat about common stigmas, bi+ invisibility, connecting with your queer identity, the benefits/costs of passing, and more!

Fridays 12:00-1:15pm

SAFE Group

If you've had an unwanted sexual experience, or experienced sexual trauma, there's support for you. Trust, safety, relationships, and balancing these issues with other facets of life will be covered.

Wednesdays 3-4pm

FOOD, MOOD AND YOU

This support group provides an opportunity to talk about and better understand how thoughts, feelings, one's sense of self, and relationships with others affect eating, body image, and exercise.

Wednesdays 3-4:15pm

ADHD Support Group

Each week, besides providing support, we will alternate through topics like academic and life balance, organizing/prioritizing, emotional regulation, procrastination, starting and completing projects, keeping healthy habits, how to use behavioral conditioning to your advantage, and general discussions about the frustration of living in a neurotypical world.

Thursdays 11 am-12pm

iThrive

Designed for students struggling with anxiety and depression. Learn proven strategies and techniques to create a rich, full, meaningful college experience.

Fridays 1:30-2:45pm

Perfectly Imperfect

Through a self-exploration journey that recognizes that we are all "works in progress," participants in this group will learn to manage their anxiety and increase confidence.

**Tuesdays
1:30-2:45pm**

LGBTQ+ Support Group

This confidential support group primarily focuses on exploring and managing issues related to sexual orientation such as coming out, dealing with family and friends, intimacy, and self-esteem. People at various stages of the "coming out" process are welcome. Open to students of all genders.

Tuesdays 2-3:15pm

First-Gen Student Support Group

This group is for first-generation college students who are navigating university life and academics during a challenging time. This group looks to provide a supportive space to share experiences, celebrate successes, and to discuss difficulties experienced along the way

Tuesdays 3-4:15pm

Romantic Relationships

This group is for anyone that desires to explore and identify their romantic relationship needs, learn about unhealthy relationship behaviors and patterns, improve their communication skills within the context of a romantic relationship

Tuesdays 1:15-2:30pm

Asian Americans and Pacific Islanders (AAPI) Support Group

This confidential support group will explore how your experiences as an AAPI may affect your identity, relationships and mental health. It will be an opportunity to connect with others

Mondays 3-4:15pm

Men's Workshop

In this workshop, we will explore how trying to live up to other people's ideology of masculinity can cause distress and impede your relationships with yourself, family, romantic partners, and friends.

Thursdays: 1:15-2:30pm

Chill Out: From Anxiety to Resilience

Does anxiety keep you from doing your best, trying new things, or from meeting new people?

Learn many new ideas, tips and tools to help you "Chill Out" and feel more confident.

Wednesdays 1-2:15pm

Not the Perfect Family

An opportunity to share with and get the support of others who have been raised in families with issues that prevented healthy family functioning. The group offers a chance to choose a more positive approach, to others and to yourself!

Wednesdays 3-4:15pm

CAPS at TCNJ

GROUP&WORKSHOP

Program

More information/sign-up (except for Workshops/Drop-ins), visit the CAPS website [CAPS.tcnj.edu](https://caps.tcnj.edu)



College is a fun place, but it's a hard place to grieve. -Former AMFer

We know that many college students feel alone in their grief. That's why we are here. Finding support can be an essential part to a healthy grief experience.

College Grief Support is essential for the grieving college student!

College grief support is instrumental to a grieving college student – College students are particularly vulnerable when stricken with grief. Chances are, most students have never experienced the death of someone in their lives. Often, away from home for the first time, means also being away from a familiar support system. Peers may not understand grief and therefore, these students don't receive the empathy or support they need. With many college campuses having limited grief support resources available, these students are at high risk to a host of issues; feelings of isolation; an inability to focus; a lack of energy; and depression. These issues can be a contributing factor to the overall dropout rate and even suicide. But it doesn't have to be that way.

AMF has already supported over 3000 students on over 200 campuses throughout the United States.

Some of the chapters go beyond supporting one another. Penn and other Actively Moving Forward® chapters work with administration to craft a student bereavement policy after recognizing that the lack of clear communication, on this issue is a concern that needs to be resolved.

If you are a grieving young adult between the ages of 18 to 30, then AMF is here for you! By joining a national network of others who understand, you will have access to support, connections, and empowerment to help you keep *actively move forward* in a positive proactive way and do so in memory of your person.

UNDERSTANDING GRIEF AND LOSS: AN OVERVIEW

RECOMMENDED READING

[Mourner's Bill of Rights](#)
[Ideas for Coping with Grief](#)
[Self-Care, When Grief Bubbles Up](#)
[Death of a Parent](#)
[Death of a Sibling](#)
[Death of a Friend](#)
[Death by Suicide](#)
[How to Help Someone Grieving](#)
[Death of a Pet](#)



International Journal of Qualitative Studies in Education
Volume 33, 2020 - Issue 8: Understanding Latina/o Resilience
Guest Editors: Elsa Gonzalez and Frank Fernandez

Editorial

Foreword: understanding Latina/o resilience

Elsa Gonzalez 

Pages 791-795 | Received 05 Jun 2020, Accepted 08 Jun 2020, Published online: 26 Jun 2020

- [Download citation https://doi.org/10.1080/09518398.2020.1783016](https://doi.org/10.1080/09518398.2020.1783016)

Latinas and other minorities are often resilient in silence. While working on this collaborative special issue, the world and its people's resilience was tested by the coronavirus pandemic. While keeping socially distant, communities and countries were called to come together in solidarity. Their charge to bravery, strength, and faith in the face of uncertainty is not unlike the daily charge shared by Latinas/os in the United States. Particularly for those in the academy, both faculty and students, this charge was a well-rehearsed hymn. Connecting with Yosso's (2005) concept of community cultural wealth (CCW), we planned this edited issue as a way to bring to light the structural and social resilience that Latina/o community members rely on when navigating what is often a complicated reality. The authors in this issue recognize the value and power of CCW in the lives and legacies of Latinas/os, shining light on the dark and quiet spaces where the resilient Latina/o is often found. While tragic, the pandemic that became the context for this collaboration provided a backdrop to understand and engage with a broader notion of resilience. In stark relief we can see the pointed and perennial resiliency of Latinas inside and outside of the activities of the epoch.

This special issue of the International Journal of Qualitative Studies in Education, 'Understanding Latina/o Resilience,' is proof of resilience among Latinx colleagues who find community and co-creative spaces in the spirit of *colegas Latinos*. It is here, within conversations and within these pages that we are able to find a space to grow together, challenge one another, and make our claims. This conversation, like this issue, echoes the underlying questions why, how, and what makes Latinas/os resilient. We seek answers not to prove what we already know. We seek answers in order to apply it as a cultural response to our work, our professions, and our communities. We seek answers to equip a new generation of Latina/o resilience.



You are not alone

Make MARCo your mental health ally this year

MARCo, the mental healthcare robot invented by TCNJ alumni, is available for free to all TCNJ students online, 24/7, on any device, for the '2021-2022 school year



College can be a stressful time, and college during a pandemic is no easier. Whatever personal or academic stresses this uncertain year throws at you, MARCo: the Mentally Assistive Robotic Companion is available online to talk at any time. "What can MARCo do for me?" you ask? Whether you feel stressed, anxious, lonely, depressed, and more, MARCo has three key ways of supporting you:



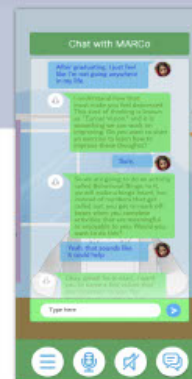
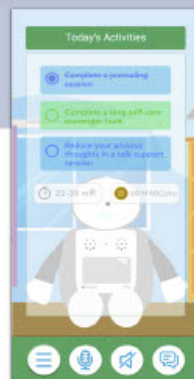
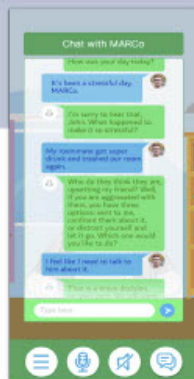
Companionship - Everybody needs a friend to listen to them every now and then, and MARCo fits the bill perfectly. Incapable of judging you, MARCo will caringly listen to all you have to say, get to know you, and employ dozens of fun games, stories, and other personable activities to immediately make you smile.



Guided Meditation - Stressed? Anxious? Whatever the causation of your emotional deprivation, a consultation with MARCo will lead to a guided meditation. Or one of dozens of other relaxation activities, such as customizable deep breathing exercises and muscle relaxation to name a few.



Talk Support - Struggling with negative thoughts? MARCo is equipped with numerous exercises based on Cognitive Behavioral Therapy (CBT) to help create a lasting positive impact on your negative moods, behaviors, and thoughts.



Visit [tcnj.marcohealthtech.com](https://www.marcohealthtech.com) to get started today

<https://www.marcohealthtech.com>

@marcotherobot

STAFF Spotlight



Meet Marilyn Majaro

Family Nurse Practitioner

Marilyn joined the Student Health Services staff in January 2018. She is a board-certified family nurse practitioner with 13 years of nursing experience. As a family nurse practitioner, Marilyn has provided primary care to individuals across the lifespan including those in hospitals, corporate settings, and underserved communities. She also gives back to the nursing community by serving as a clinical preceptor for graduate nursing students and a mentor to undergraduate nursing students.

A native of New York City, Marilyn earned a Bachelor's of Science Degree from Utica College (formerly Utica College of Syracuse University), a BSN from D'Youville College, and a Master's Degree in Nursing from Rutgers University-New Jersey Medical School (formerly UMDNJ).

Prior to joining the Student Health Services team, Marilyn provided acute, episodic care as the sole nurse practitioner for a corporate healthcare center servicing approximately 5000 employees. Prior to this, she served as a staff nurse practitioner in a family practice setting performing and managing comprehensive and episodic medical and mental health care of both adult and pediatric patients.

Marilyn's role in Student Health Services is to provide primary, acute, preventative, and travel health care to students. She enjoys interacting with students and educating them about various healthcare topics so that they can feel empowered regarding their own health.

In her spare time, Marilyn enjoys playing sports with her husband and children, traveling, and reading.



To be of use

BY MARGE PIERCY

The people I love the best
jump into work head first
without dallying in the shallows
and swim off with sure strokes almost out of sight.
They seem to become natives of that element,
the black sleek heads of seals
bouncing like half-submerged balls.

I love people who harness themselves, an ox to a heavy cart,
who pull like water buffalo, with massive patience,
who strain in the mud and the muck to move things forward,
who do what has to be done, again and again.

I want to be with people who submerge
in the task, who go into the fields to harvest
and work in a row and pass the bags along,
who are not parlor generals and field deserters
but move in a common rhythm
when the food must come in or the fire be put out.

The work of the world is common as mud.
Botched, it smears the hands, crumbles to dust.
But the thing worth doing well done
has a shape that satisfies, clean and evident.
Greek amphoras for wine or oil,
Hopi vases that held corn, are put in museums
but you know they were made to be used.
The pitcher cries for water to carry
and a person for work that is real.



Our Campus Partners

The SHOP @ TCNJ

- The SHOP @ TCNJ is the College's food pantry open to all students, faculty, staff, and members of the greater Ewing community. For more information about this exciting initiative contact Alexa Horvath, Case Manager, at horvatha@tcnj.edu
- **Location:** Campus Town - Campus Police Substation (across from Panera Bread)
- **Access to The Shop for Fall 2021 will be by appointment only.** [Schedule an appointment here \(https://tcnj.co1.qualtrics.com/jfe/form/SV_eWjoHuJnS9EWbSB\)](https://tcnj.co1.qualtrics.com/jfe/form/SV_eWjoHuJnS9EWbSB)
- **Website:** <https://tcnjcares.tcnj.edu/the-shop/>
- For additional resources in the Mercer County area check out the What I Need App (WIN). You can search for food pantries, homeless shelters, health services, educational resources and more. It is available for iOS and Android devices.
 - **Locate a food pantry near you:**
 - https://www.foodpantries.org/st/new_jersey
 - <https://www.nj211.org/food-pantries-and-soup-kitchens>



TCNJ Emergency Fund (Lions Lifting Lions)

- The SEF (AKA: Lions Lifting Lions Fund) assists TCNJ students by providing financial support when they need assistance with unexpected, emergency expenses surrounding situations such as accidents, illness, death of a family member, fire damage, co-pay coverage for medical or mental health services, or the need for temporary housing or food. This funding is not intended to replace or supplement existing financial aid and does not have to be repaid. The SEF will not cover a student's tuition or fees. Students may apply when they have exhausted all other resources.
- To apply for emergency funding, go to the following site and follow the instructions: <https://tcnjcares.tcnj.edu/tcnj-cares/emergency-fund/>

Eligible Recipients for the SEF must:

- be a currently enrolled TCNJ student;
- have a financial hardship resulting from an emergency, accident, or unexpected critical incident;
- have pursued, and determined to be insufficient, unavailable, or not available in a timely manner; all other resources, including emergency loans through scholarships and student aid, as well as the student's insurance; and
- applicants must complete all questions in full and submit supporting documentation.

Our Campus Partners

Office of Title IX & Sexual Misconduct

Compliance. Accountability. Resources. Education. Support

has relocated to **Brower Student Center, Room 202** (609) 771-3112



As part of TCNJ's commitment to fostering a safe and healthy living and learning community, the College requires all incoming students (freshman, graduate students, and transfers) to complete training at the start of each academic year.

Incoming students are required to complete two separate interactive online training courses through Catharsis Productions:

U Got This!

Focused around bystander intervention training, this program addresses interpersonal violence (sexual assault, intimate partner violence, and stalking) and provides tools to help you challenge disrespectful and abusive behavior when you witness it.

Click [HERE](#) to access the U Got This! program

Binge Thinking

Inclusive of content and language that explores attitudes about alcohol in our culture.

Click [HERE](#) to access the Binge Thinking program

Incoming graduate students are exempt from completing this program.

DEADLINE: By 8:30 am on October 22, 2021.

continued...

Our Campus Partners

Office of Title IX & Sexual Misconduct

Compliance. Accountability. Resources. Education. Support

FAQs:

The emails from Catharsis Productions are being marked as spam in my inbox, are they safe?

You should have received an email directly from our vendor, Catharsis Productions, with more information and instructions on how to access/complete the programs. There is a chance that the email contained a yellow banner notifying you that the email could potentially be spam – **it is NOT**. **The email is SAFE** and from a credible source, but Google is not recognizing it as such as it is outside of the TCNJ server. You should proceed with following the directions outlined in the email to access and complete the required online programming.

What happens if I don't complete the online programs by the designated deadline? Failure to complete BOTH programs by the designated deadline will result in a hold being placed on your PAWS account, which will prevent you from being able to enroll in spring courses.

Who should I reach out to if I have questions/concerns about completing the programs?

<u>Online Program</u>	<u>Contact Office</u>	<u>Email</u>	<u>Phone</u>
U Got This!	Office of Title IX & Sexual Misconduct	titleix@tcnj.edu	(609) 771-3112
Binge Thinking	Alcohol and Other Drug Support Services	freemanc@tcnj.edu	(609) 771-2134

*To contact Catharsis Productions directly, you may utilize the 'HELP' button located within both programs or send an email to catharsisonlinetraining@catharsisproductions.com

Our Campus Partners



Peer2Peer Support Group

Every Wednesday this semester, AmIOK volunteers will be hosting support groups for TCNJ students to promote a safe space for healing led by their trauma-trained peers. This program is 100% student-made and student-facilitated.

When does it start? September 8th, 2021

Where & When? Wed 2pm - 3pm

Trauma and Resilience: Ed. 109

Wed 6pm - 7pm

Racial Trauma: Forcina 208

Scan this QR code to sign up!
(Walk-ins are welcome!)

Please email amiok@tcnj.edu
with any questions





CAPS GROUP HIGHLIGHT

ADHD SUPPORT GROUP

WOULD YOU LIKE TO MEET OTHER DIAGNOSED STUDENTS WITH ADHD TO GAIN PEER SUPPORT? WOULD YOU

LIKE TO GET AND PROVIDE ENCOURAGEMENT? EACH WEEK, BESIDES PROVIDING SUPPORT, WE WILL ALTERNATE THROUGH TOPICS LIKE: ACADEMIC AND LIFE BALANCE, ORGANIZING/PRIORITIZING, EMOTIONAL REGULATION, PROCRASTINATION, STARTING AND COMPLETING PROJECTS, KEEPING HEALTHY HABITS, HOW TO USE BEHAVIORAL CONDITIONING TO YOUR ADVANTAGE, AND GENERAL DISCUSSIONS ABOUT THE FRUSTRATION OF LIVING IN A NEUROTYPICAL WORLD.

THURSDAYS: 11:00AM - 12:00PM

FACILITATOR:
MARGARITA LEAHY, NCC, LAC, LCADC

* EMAIL CAPS@TCNJ.EDU TO SIGN UP



Free Online Mindfulness Sites

Tara Brach

Do Yoga With Me

The Free
Mindfulness Project

UCLA Meditation

Fragrant Heart

Meditation Oasis

Audio Dharma



Student Health Services:

Evaluating and Modifying Healthcare Delivery Methods to Continue to Provide Safe and High-Quality Services to TCNJ Students in the COVID-19 Era



Submitted by Barbara Clark, MSN, MBA, ANP-BC
Nurse Practitioner, TCNJ Student Health Services
Photo Staff of Student Health Services (August 2021)

As TCNJ students arrived on campus this semester they were either returning to a campus which they may have left behind so many months ago due to the COVID-19 pandemic or they were stepping foot onto the campus for the first time. Returning or starting campus life is exciting for students and the staff of Student Health Services understands this well and supports a rich academic and social experience for the students as essential to their growth and development. However, COVID continues to impact our region with the reign of the delta variant contributing to currently increased COVID-19 Activity Level Index (CALI) scores and state and local reports of elevated numbers of COVID cases*. Keeping this in mind, with the goal of balancing safety with

The easiest way for students to make appointments continues for them to schedule an appointment online through OWL (which stands for “Online Wellness Link” and can be found at <https://tcnj.medicatconnect.com/>). Students should be familiar with OWL as this is where they submitted their pre-entrance health requirements before coming to campus.

Many appointment reasons exist in OWL and students can select from categories that include for example, acne, skin and dermatology issues, insect bites, back pain, sprains, curriculum-based physicals including travel consultations, PrEP (HIV pre-exposure prophylaxis), STI’s (Screening for and Treating Sexually Transmitted Infections), and urinary tract infections.

Additionally, there are appointment reasons in OWL that include sexual & reproductive health concerns including birth control options, GYN (annual), GYN (problem visit), Female STI’s (Sexually Transmitted Infections) and pregnancy tests. All appointments in OWL have a “Reason for Visit” form which students are required to complete before their visit, which not only screens students for COVID symptoms and COVID exposure, but also allows students to provide helpful details on the nature of their reason to be seen by a provider.



SHS: Evaluating and Modifying Healthcare Delivery Methods cont'd

Students can also self-schedule in OWL for sickness-related reasons. This includes fever and chills, conjunctivitis (“pink eye”), sore throat, cough, gastrointestinal symptoms (nausea, vomiting and diarrhea) and loss of taste or smell. These symptoms may have several different causes, but they can also be symptoms of COVID-19 which needs to be included as a differential diagnosis**. Continuing an approach that Student Health Services successfully implemented during the last two semesters, students with sickness-related reasons are typically scheduled first as telemedicine appointments so that clinicians in Student Health Services can take detailed health histories from them and evaluate them for the additional need for COVID-19 testing which can be arranged and coordinated by Student Health Services. Determination of when students with sickness-related symptoms should be seen through in-person appointments with Student Health Services is made by the individual treating clinician and with respect to scheduled appointments of students who are not sick in order to keep the “well” patients separated from “sick” patients. Treatment of sickness-related symptoms can occur through either a telemedicine or in-person appointment or a combination of both. Another new patient care initiative implemented during the last two semesters is that although certain lab specimens must be collected in person by the clinicians, other specimens such as urine specimens can be self-collected and dropped off in a convenient and “contactless” lab specimen drop off box at Student Health Services and processed and sent out to the labs. If prescriptions are needed, they can be ordered through e-prescribing and sent to a local pharmacy of the student’s choice.

Student Health Services continues its mission to promote health and wellness and will be requiring residential students to receive the flu vaccine. Student Health Services will be offering convenient on-campus flu vaccine clinics again this fall. The dates of the flu vaccine clinics are:

- Wednesday, September 29th from 12 noon -2 pm in the Education Building, Room 212
- Wednesday, October 20th from 12 noon – 2 pm in the Education Building, Room 212
- Wednesday, November 17th from 12 noon – 2 pm in the Brower, Room 100 East

Student Health Services believes that these efforts and patient care initiatives, in addition to following local and state health guidance regarding mask mandates, hand washing and encouraging those who are feeling sick to stay at home will help to work towards keeping our students and campus safe and well.

*<https://www.nj.gov/health/cd/statistics/covid/>

**<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Virtual Activities

[New York Public Library - 300,000 free e-books and audiobooks](#)

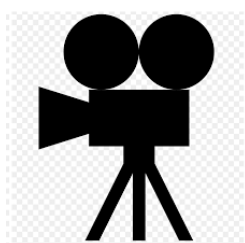
[The Art Institute of Chicago - Works of Art Online](#)

[1150 FREE MOVIES ONLINE](#)

[16 Broadway Plays and Musicals You Can Watch On Stage From Home](#)

[25 Amazing Educational Virtual Field Trips](#)

[THE 75 BEST VIRTUAL MUSEUM TOURS AROUND THE WORLD](#)



Recreation and Wellness Fall 2021 Updates

Recreation and Wellness is ready to provide high level facilities and programming for the fall 2021 semester. We plan to focus on providing activities that allow the TCNJ community to safely *Play as Lions and Move with Pride*.

Guidelines for participation:

GUIDELINES

All students utilizing recreation and wellness facilities and programs will be required to show a green pass on their ROAR app to participate. If they show a red X, they will be denied access and will need to follow the TCNJ contract tracing protocols that are communicated to them. Students who meet the COVID-19 vaccination requirement will have access to all facilities and recreation and wellness programs.

Regardless of vaccination status, all students will be required to abide by campus mask guidelines. Students who are unvaccinated and meet the exemption requirements will be required to wear appropriate face covering while participating in indoor programs and while inside any recreation facility.

Unvaccinated students will not be permitted to participate in any activities or sports that are classified as high contact, which means participants would have high contact with others and for which physical distancing is not feasible and enforced.

The following list specifies high contact and low contact activities. The list is not exhaustive and the classification of sports and activities not on the list will be communicated to participants before the program begins.



Recreation and Wellness Fall 2021 Updates

Low Contact	High Contact
Tennis	Basketball
Badminton	Ice Hockey
Pickleball	Field Hockey
Cornhole	Soccer
Ladder Golf	Lacrosse
Spike Ball	Ultimate Frisbee
DIY Crafts	Volleyball
RYN Game Nights	Rugby
Esports	Cheerleading
Swimming	Competitive Dance
Running	Floor Hockey
Softball, Baseball, Wiffleball	Dodgeball
Golf	Football
Hiking	Wrestling / Martial Arts
Group Fitness Classes	Crew
Sport Based Skill Competitions	
Bowling	
Fencing	



Fitness Center

The Fitness Center will be open during the following hours:

Monday – Thursday from 6:30AM-10:30PM

Friday from 6:30AM-7:30PM

Saturday & Sunday from 10AM-5:30PM



Sport Clubs

Fully vaccinated students are allowed to participate fully in both high contact and low contact sport clubs and allowed to travel with their teams. Vaccine-exempt students are only allowed to participate with low contact sport clubs and are not allowed to travel with their low contact sport clubs. Exempt students will be required to wear a mask.

Recreation and Wellness Fall 2021 Updates

Intramural Sports

Fully vaccinated students are allowed to participate fully in both high contact and low contact sports / activities. Vaccine-exempt students are only allowed to participate in low contact sports and activities. Exempt students will be required to wear a mask.

Group Fitness

All students, faculty, and staff will be able to participate in virtual, on-demand, and in-person classes. Group Fitness will be free for the Fall 2021 semester.

RECreate Your Night

RECreate Your Night (RYN) will be hosting programs on Tuesdays, Thursday, Fridays, and Saturdays. Our events include games, crafts, sports, cooking, trivia, bingo, and so much more! We will prioritize holding events in-person for the fall semester that will be socially distant and safe.

For more detailed information about recreation facilities and programs visit our webpage at recreation.tcnj.edu. Follow our social media @tcnjrecwell for most up to date information.





MAKE A DIFFERENCE.

- FREE Training
- FREE Mental Health First Aid certification
- FREE ASIST training certification (Applied Suicide Intervention Skills Training) - this is optional
- ALL training and volunteering can be done right here on campus and this semester, everything will be virtual! You can become a volunteer for life and you will find that the skills you learn can and will be applied in everyday situations

VOLUNTEER WITH US

Here at CONTACT, we equip you with all the training and skills necessary to become a volunteer for the National Suicide Prevention Hotline/Chatline, of which we have a call center/branch located right here on campus! Our training course will teach you how to handle any of these calls and chats even if you have no prior experience.

Our goal is to cultivate an environment in which anyone and everyone feels comfortable being a volunteer and feels well trained to handle any situation thrown their way. You don't need to be super charismatic or sociable to be a volunteer – in fact, in most cases, the quietest or most reserved people are the best listeners.

We hope you join us in making a difference and becoming a part of our family here at CONTACT

WHEN CAN YOU VOLUNTEER?

We recruit every semester. Training begins September 15, 2021. Watch for emails that will be sent out about orientation dates for the spring semester, and follow us on social media for more information!!!



Collegiate Recovery Community

RECOVERY MONTH

Our Stories Have Power: A Training on Breaking the Stigma of Addiction

Wednesday, September 15, 2021 at 4 pm.

Rec Center 234---Recovery and Wellness Suite

Space is limited. Register at <https://forms.gle/apK1LBcQMNTT6FCE9>

or email Chris Freeman at freemanc@tcnj.edu

Language shapes how we understand the world--including how we view people with substance use disorders. Through this training, participants will gain a greater understanding of how the language they use may unintentionally serve to stigmatize and dehumanize individuals experiencing an addictive disorder. Participants will learn “person-first” and empowering language to use when talking about substance use disorders.

Praying for Strength: Strategies for Helping Someone with a Substance Use and/or Mental Health Disorder Move Towards Recovery

Wednesday, September 22, 2021 at 4 pm.

Rec Center 234-- Recovery and Wellness Suite

Space is limited. Register at <https://forms.gle/txz9qHj4YC5vjupZ8>

or email Chris Freeman at freemanc@tcnj.edu

Watching a family member or a friend struggle with a substance use or other mental health disorder can be a frightening and frustrating experience. Often, the process of helping can leave us emotionally drained and feeling powerless. Through a discussion based presentation, participants will learn how empathy, communication, and boundaries can help move their loved one towards a recovery journey.

continued...



Only 600 Miles: A Story of Success in Failure

Thursday, September 30, 2021 at 7 pm Library Auditorium.

After years of addiction and through recovery, alumni Eric Van Eck was burnt out from pursuing validation through success and achievements. With the desire to find balance, and to awaken a passion from his life prior to substance use, Eric quit his job and set out on a 700 mile solo trek on the Pacific Crest Trail. Join Eric as he tells his story of growth in recovery, learning to love himself, and the lessons learned in the wilderness.

*For more information about getting involved with the **Collegiate Recovery Community** or the **All Recovery Meeting** email crc@tcn.edu*

The Collegiate Recovery Program provides comprehensive support to students in recovery

and is a resource for all students impacted by substance use disorders.

Through recovery housing, counseling and support services, and a vibrant recovery community, students receive the

support to not only complete their academic goals

but to thrive while at TCNJ and beyond.

[Alcoholics Anonymous: aa.org](http://aa.org)

[Narcotics Anonymous: na.org](http://na.org)

[Smart recovery.org](http://Smartrecovery.org)

Alcohol and Other Drug Support Services (AODSS)

Collegiate Recovery Program

Forcina Hall, Rm 308

609.771.2134

TRAUMA RELEASE

As we return to campus some of us may notice things feeling just a little off. It is important to acknowledge that many have experienced both small and large traumas over the last eighteen months, whether that be fear for our own or our family's safety, loss of a loved one, loss of income or sense of security, or merely existing within a global pandemic marked by social unrest.



Traumatic experiences can get stored in our body. This can show up as persistent indigestion, sore or achy joints, shakiness, hypervigilance (a feeling of always being on guard), or general tension.



Drink more water.

We know water is good for our health in general, but it also helps us to flush stress hormones that linger in our system.

Breathe consciously.

The vagus nerve connects our brains and gut area. When we are stressed, our core muscles tighten and this nerve reads increased anxiety. By taking a few moments and consciously lengthening your exhale to be longer than your inhale, the muscles surrounding the nerve are forced to relax.



At CAPS, we talk about trauma release techniques. These are simple strategies that help us process or cope with the lingering physical effects of trauma. While more advanced versions are best done under the guidance of a professional, here are some simple tips that would be safe for most people:



Move.

As able, practice basic stretches or resistance training. Both of these can help us identify areas of potential soreness or stress and move through them.

Think about supplement support.

Getting our GI moving may help. Water helps here too, but a fiber supplement or probiotic may go even further. A zinc/magnesium complex vitamin can be very powerful for this and help regulate stress generally but consult a physician before beginning this as these vitamins interact with a few medications.



CAPS Upcoming Events:

September 22:

Friendship Speed Dating
BSC 100 ● 1:30 - 3:30pm

October 6:

World Mental Health Day Celebration
Green Lawn ● 11:00- 1:30pm

Gatekeeper Training for Faculty/Staff

- Wednesday, September 15, 2021 4-5pm

Gatekeeper Training - Faculty/Staff
Wednesday, September 15 4:00 – 5:00pm

[Join Zoom Meeting](#)

ID: 93319115415
Passcode: mQ4mLKyl

- Thursday, September 23, 2021 7-8pm

Gatekeeper Training - Faculty, Staff
Thursday, September 23 7:00 – 8:00pm

[Join Zoom Meeting](#)

ID: 94490579932
Passcode: 7QHfwkrN

C-SSRS Training

- Wednesday, September 22, 2021 3-4pm

C-SSRS Training - Students, Faculty, Staff
Wednesday, September 22 3:00 – 4:00pm

[Join Zoom Meeting](#)

ID: 99582741767
Passcode: u7fk35hz

- Thursday, September 30, 2021 6-7pm

C-SSRS - Students, Faculty, Staff
Thursday, September 30 6:00 – 7:00pm

[Join Zoom Meeting](#)

ID: 98515189201
Passcode: l621KL0i

Welcome Back Lions!



Have A Great Fall Semester!

The next Newsletter will be sent out in October, 2021

The Health and Wellness Unit

ADEP - AVI - CRP - MHS - REC - RSL - SHS