Keys to Well-Being

These are Greater Good's ten building blocks of individual and community well-being — the behaviors that research suggests will support your health and happiness, and foster positive connections with other people.

ALTRUISM  AWE  BRIDGING DIFFERENCE

COMPASSION  DIVERSITY  EMPATHY

FORGIVENESS  GRATITUDE  HAPPINESS

MINDFULNESS  SOCIAL CONNECTION

Reference: https://greatergood.berkeley.edu/key
A Student's Guide to Managing Stress

https://www.bestcolleges.com/resources/balancing-stress/

Students are exposed to a barrage of stressors during the college experience, from growing pains associated with adjusting to college to everyday factors like social pressures and work responsibilities. A 2016 poll conducted by the American College Health Association found that 34.4% of college students reported that stress had negatively impacted their academic performance over the past 12 months. Stress was the single most common inhibitor on academic performance reported by students, followed by depression, anxiety, and sleep difficulties.

These increased stress levels come with some dire consequences. College students exposed to chronic stress can suffer from several long-term side effects, including developing insulin-dependent diabetes. Additionally, suicide rates amongst college-aged students are three times higher than they were in 1950, as described by American College Health Association statistics published in Psychology Today.

The number of college students who suffer from stress-related ailments appears to be on the rise. According to the National Center for Education Statistics, enrollment in degree-granting institutions increased 11% from 1991–2001 and another 32% from 2001–2011. What's more, survey data from the Association for University and College Counseling Center Directors suggests that many large institutions have not attained pre-2008 recession budgets. The cards are stacked against counseling centers that have lower budgets and fewer resources that must help more students than in the past.

Occasional stress is an unavoidable part of everyday life. Small amounts of stress can even have a positive effect, allowing us to push ourselves when we encounter a difficult task. However, high levels of stress over a prolonged period of time are linked to increased rates of depression, anxiety, cardiovascular disease, and other potentially life-threatening issues. This makes it all the more important to learn how to manage your stress before you suffer any adverse effects. The following guide will introduce you to potential stress risks, stress management techniques, and resources that are available to all college students: https://www.bestcolleges.com/resources/balancing-stress/
Half of Us

Mental health issues are a reality for millions of people across the country. Young people are especially at risk, with half of college students reporting that they have been stressed to a point where they couldn’t function during the past year. The impact of mental illness is so devastating that suicide is the third leading cause of death among all people ages 15-24.

The good news is that nearly all mental health issues can be improved with proper treatment. When we decrease the stigma around mental health and encourage help-seeking, we can change and save lives. Through Half of Us, mtvU and The Jed Foundation aim to initiate a public dialogue to raise awareness about the prevalence of mental health issues and connect students to the appropriate resources to get help.

Click the link below to check out Half Of Us website:

http://www.halfofus.com/
Online Mental Health Screening

Mental Health Services participates in an online screening service coordinated by College Response, a part of mentalhealthscreening.org.

*Screening available for:*

- Depression / Bipolar Disorder (“Manic-Depression”)
- Alcohol and Substance Use
- Eating Disorders
- Anxiety / Post-Traumatic Stress Disorder

*Begin Online Screening Program »*

*Please remember that this online program is not intended as a substitute for a professional evaluation. It is intended as an aid to help you learn about parts of yourself and to identify whether you might want to seek further assistance.*
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 4-5pm

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

Sister Circle: Black Women Empowerment Group

This group provides a safe space for Black women to discuss their unique racial and cultural experiences and be a part of a supportive community.

Wednesdays 11 am-12pm

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 mhs@tcnj.edu to register.

Tuesdays 3:30-4:30pm

TRANSceed

A support group for transgender, gender fluid, genderqueer, non-conforming, and gender questioning students.

Connect, support and learn in a confidential and safe environment.

Time/Date TBD

For more information/sign-up, contact Alex

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 1-

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.

Thursdays 1:30-2:45pm

iThrive

Designed for students struggling with anxiety and depression.

Learn proven strategies and techniques to create a rich, full, meaningful college experience.

Fridays 10:45 am -12pm
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.

Unbox Yourself: Male Centered Workshop
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 3:15-4:30pm

Can’t Think Straight
A group for support and exploration of LGBQ issues impacting personal and interpersonal functioning.

Fridays 12:30-1:30pm

Good Grief
Openly express emotions with others who share your sense of loss and know what you are going through. This group is designed to support those who are managing the grieving process while also trying to maintain their identity as a student.

Wednesdays 11am-12pm

Balancing Stress for Athlete Enhancement
This group will help struggling athletes find a balance within their hectic lives, improve performance, and cultivate a life worth living.

Beyond the Label
This group offers an opportunity for students who have been diagnosed with a learning disability and/or Autism to share, to receive support, and discuss ways to relate to your peers who have similar experiences, that go beyond the label.

Tuesdays 1:30-2:45pm

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

More information/sign-up (except for Workshops/Drop-ins), visit the MHS website MHS.tcnj.edu or our office in Eickhoff Rm. 107
Did you get your Suicide Prevention ID sticker yet?

If not, stop by Mental Health Services (Eickhoff 107) or Dean of Students Office (Brower 220) and pick one up (they’re free!)

Also, watch for tabling from Active Minds and the MHS/H&W Peer Educators who will be handing them out during the next few weeks.

Simply put the sticker on the back upper-left hand corner of your student ID—and you will have suicide prevention resources (phone & text) conveniently available 24/7.
TED is a nonpartisan nonprofit devoted to spreading ideas, usually in the form of short, powerful talks. TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 110 languages.

How To Stay Calm Under Pressure

Our Dangerous Obsession With Perfectionism Is Getting Worse
Overconnecteditis.
Our Campus Partners

Health and Wellness partners with many other offices on campus to provide the best support to the campus community.

We’re All In This Together

Dean of Students  https://bit.ly/2Q0uGD8
Dispute Resolution Services  https://bit.ly/2NUODZ8
Student Conduct & Off Campus Services  https://bit.ly/2rqqoup
Student Leadership Development  https://bit.ly/36V7wEa


Student Services
Brower Student Center  https://bit.ly/32tWcLR
Student Involvement  https://bit.ly/2oYIPp1
Student Transitions  https://bit.ly/2K4i9KV

Center for Integrative Wellness  https://bit.ly/34S46QP
SAVE THE DATE!

Thrive Wellness Expo
April 8, 2020
11:00 AM - 2:00 PM
TCNJ Recreation Center

For more information, please email thrive@tcnj.edu
Peer Educator Recruitment Open House

FEBRUARY 5, 2020
12 - 2 PM
STEM 102

Join the Anti-Violence Initiatives, Health & Wellness, and Mental Health Services Peer Educator Teams to learn more about our different programs and signature events!

APPLICATIONS CLOSE ON FEBRUARY 14, 2020

FOR MORE INFORMATION ABOUT PEER EDUCATION AND THE APPLICATION PROCESS, PLEASE EMAIL CHRISTINA SARGISS AT SARGISSC@TCNJ.EDU
Meet Jonathan Murakami

Jon is a NJ licensed psychologist who obtained his Psy.D. from the Graduate School of Applied and Professional Psychology at Rutgers University. Jonathan joined the staff at MHS in 2017 and is now the Coordinator of Training. He has worked in higher education providing mental health services to college students for the past several years, most recently at Drew University. Jonathan brings to the center expertise in working with a variety of mental health concerns common to young adults including adjustment and transitional issues, depression, anxiety, relationship concerns, family struggles, LGBTQ concerns and other social justice issues.

Dr. Murakami currently serves as the Vice President of the New Jersey College Counseling Association.

Dr. Murakami enjoys board games, swimming, reading, and trying his best to cook something edible in the kitchen.

and then i realized that to be more alive

i had to be less afraid

so i did it

i lost my fear

and gained my whole life

Rudy Francisco
The Center for Mindfulness and Compassion Presents:

DROP-IN MINDFULNESS MEDITATION SESSIONS

Have you ever noticed how your mind keeps going when you try to take it easy? Mindfulness can teach you how to manage your mind so that you can make better decisions & live with greater ease!

Mondays, Wednesdays, and Thursdays in the Spiritual Center from 6:30 - 7:00 PM

For more information please email us at mindfulness@tcnj.edu
SELF EXPLORATION & COMPASSION THROUGH MINDFULNESS

Free, 8 week non-credit courses!

TO REGISTER FOR AN INFORMATION SESSION PLEASE EMAIL MINDFULNESS@TCNJ.EDU OR USE THIS LINK:

HTTPS://TCNJ.CO1.QUALTRICS.COM/JFE/FORM/SV_6WH4UNB2IQ8BSUD

INFORMATION SESSIONS WILL TAKE PLACE ON WEDNESDAY, FEBRUARY 5TH AT 1, 2:30, AND 4 PM IN THE SPIRITUAL CENTER

TO REGISTER FOR A COURSE PLEASE EMAIL MINDFULNESS@TCNJ.EDU OR USE THIS LINK:

HTTPS://TCNJ.CO1.QUALTRICS.COM/JFE/FORM/SV_6WH4UNB2IQ8BSUD

COURSES WILL TAKE PLACE ON WEDNESDAY’S FROM FEBRUARY 12TH - APRIL 15TH IN THE SPIRITUAL CENTER

SESSION A: 1-2 PM
SESSION B: 2:30 - 3:30 PM
SESSION C: 4-5 PM

THE CENTER FOR MINDFULNESS AND COMPASSION EMAIL: MINDFULNESS@TCNJ.EDU
HTTPS://RELIGIOUSANDSPIRITUALLIFE.TCNJ.EDU/
Welcome Back Lions!

Did you know that Religious and Spiritual Life offers free courses related to self compassion and mindfulness? We also offer drop-in meditation classes & religious services as well!

For more information about our Center for Compassion and Mindfulness please email mindfulness@tcnj.edu

Catholic Mass Schedule in the Spiritual Center:
Saturdays at 5:30 PM
Sundays at 11:30 AM & 7:30 PM

For more information about RSL at TCNJ please email Christina Sargiss at sargissc@tcnj.edu and check out our website:
https://religiousandspirituallife.tcnj.edu/

Instagram @RSLTCNJ
ASH WEDNESDAY
Wednesday, February 26th

Lent is not about being good enough for God; God already loves us. Lent is about making room for God's love in our lives.

ASHES TO GO
7:30 - 11:30 AM
BROWER STUDENT CENTER LOBBY

CATHOLIC MASS SCHEDULE
11:00 AM & 7:30 PM
SPIRITUAL CENTER

For more information email rslintern@tcnj.edu
Online Wellness Magazine: For Students, by Students

4 Keys to Studying for Finals

6 Ways to Survive and Thrive in a Group Pro-

Stress and the Student Body

(Click to read!) (Click to read!) (Click to read!)

Help us increase these numbers!

<table>
<thead>
<tr>
<th>Date</th>
<th>Website Visits</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 2019</td>
<td>868</td>
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<tr>
<td>September 2019</td>
<td>740</td>
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<tr>
<td>October 2019</td>
<td>961</td>
</tr>
<tr>
<td>November 2019</td>
<td>874</td>
</tr>
</tbody>
</table>

For more information, contact:

Joe Hadge
Assistant Director of ADEP
hadgej@tcnj.edu

Nicole Cena
CampusWell Correspondent
cenan1@tcnj.edu

Please visit the CampusWell website and encourage students to read throughout the semester!

tcnj.campuswell.com
Have you seen the golden ticket?

Greetings to you, the potential email recipient of the ACHA survey from the Health & Wellness Unit at TCNJ.

You may be randomly selected to participate in a survey about students’ health & wellness sometime in mid-February, 2020.

Only those randomly selected can complete the survey, so keep your eye out for this GOLDEN TICKET opportunity.

You cannot imagine — even in your wildest dreams — the wonderful prizes that await you!

The golden ticket will be sent out to the lucky few in mid-February via email! Be on the look out!

The survey is online, confidential, and asks questions around topics such as sleep, hygiene, substance use, recreation and exercise, experiences with trauma, nutrition, stress, and campus safety. Thank you for taking the time to fill out the survey!

This survey is important to our TCNJ community. It will inform programs, services, and future work surrounding health & wellness!
TCNJ will be administering the American College Health Association’s National College Health Assessment (ACHA-NCHA: [https://bit.ly/3aOVa27](https://bit.ly/3aOVa27)) on February 14th for our students.

The online, confidential ACHA survey is the Gold Standard for data collection on student health, safety, behaviors, and perceptions.

**We need your help** informing our students of the survey opportunity, should they be randomly selected by email.

Our goal is to increase the student response rate.

The Center for Institutional Effectiveness will provide the random selection of TCNJ undergraduate students.

Students will be entered to win one of a variety of select gift cards or a free parking spot.

We will be using a “Willy Wonka’s Golden Ticket” theme for marketing the survey to students.

Contact:

Joe Hadge
609.771.2572
[hadgej@tcnj.edu](mailto:hadgej@tcnj.edu)

Christina Sargiss
609-771-2451
[sargissc@tcnj.edu](mailto:sargissc@tcnj.edu)
This interdisciplinary research team presses start on a new approach to alcohol education

Yifeng Hu, an associate professor and department chair for communication studies and Josh Fishburn, an assistant professor for interactive multimedia, are working with students to create a new approach to alcohol education through an interactive video game. “Interdisciplinary collaboration is at the heart of our product and our process,” Fishburn says. “Students have learned the power of digital interactive media to share information and shape user’s perception, attitude, and behavior in new and innovative ways.” #TCNJRead the story: https://news.tcnj.edu/.../fresh-approach-to-alcohol-education/
Congratulations TCNJ Dance!

5th in Game Day Division!
8th in Open Pom!
& 13th in Jazz!

& Congratulations TCNJ Cheer!

1st place for their second year in a row!!
# GROUP FITNESS SCHEDULE

Spring 2020

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
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<tbody>
<tr>
<td><strong>POP Pilates</strong></td>
<td><strong>PIYo</strong></td>
<td><strong>Yoga</strong></td>
<td><strong>PIYo</strong></td>
<td><strong>Yoga</strong></td>
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<tr>
<td>10 AM - 11 AM with Dana</td>
<td>8:30 AM - 9:30 AM with Emily A.</td>
<td>11 AM - 12 PM with Daniela</td>
<td>8:30 AM - 9:30 AM with Daniela</td>
<td>9 AM - 10 AM with Ellen</td>
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<tr>
<td><strong>Body Sculpt</strong></td>
<td><strong>Zumba</strong></td>
<td><strong>Pump Up The Pulse</strong></td>
<td><strong>Zumba</strong></td>
<td><strong>Hula Hoop Dance</strong></td>
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<tr>
<td>11 AM - 12 PM with Corinne</td>
<td>9:30 AM - 10:30 AM with Lana</td>
<td>1:30 PM - 2:30 PM with Corinne</td>
<td>9:30 AM - 10:30 AM with Lana</td>
<td>10:00 AM - 11:00 AM with Ellen</td>
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<tr>
<td><strong>Zumba</strong></td>
<td><strong>Zenergy</strong></td>
<td><strong>Body Sculpt</strong></td>
<td><strong>POP Pilates</strong></td>
<td><strong>Zumba</strong></td>
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<tr>
<td>12:30 PM - 1:30 PM with Lana</td>
<td>4:30 PM - 5:30 PM with Julia</td>
<td>4 PM - 5 PM with Taylor</td>
<td>10:30 AM - 11:30 AM with Dana</td>
<td>10 AM - 11 AM with Lana</td>
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<tr>
<td><em>Cycling/Logos and Booty</em></td>
<td><strong>Kickboxing</strong></td>
<td><strong>Barre</strong></td>
<td><strong>Cycling</strong></td>
<td><strong>Kickboxing</strong></td>
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<td>4:30 PM - 5:30 PM with Lee</td>
<td>5:30 PM - 6:30 PM with Maria</td>
<td>5 PM - 6 PM with Laura</td>
<td>6:00 PM - 7:00 PM with Lee</td>
<td>11 AM - 12 PM with Maria</td>
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<td><strong>Barre</strong></td>
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<td><strong>Zenergy</strong></td>
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<td>5 PM - 6 PM with Laura</td>
<td>6 PM - 7 PM with Julia</td>
<td>6 PM - 7 PM with Julia</td>
<td>6:00 PM - 7:00 PM with Julia</td>
<td>2 PM - 3 PM with Julia</td>
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<td><strong>Zenergy</strong></td>
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<tr>
<td><strong>ABS and Booty</strong></td>
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<tr>
<td>7:30 PM - 8:30 PM with Liz</td>
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</table>

Classes with * are located in TW group room.

Check our website or the Atleo App for updated weekend Flex schedule.

https://recreation.tcnj.edu/fitness/group-fitness/
# Spring 2020 Intramural Schedule

**SPORT TEAMS**

<table>
<thead>
<tr>
<th>Sport</th>
<th>Registration Date</th>
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<tr>
<td>5v5 Basketball</td>
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<td>Team Handball</td>
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**VIDEO GAME LEAGUE**

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<tr>
<th>League</th>
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<td>NBA 2K20 League</td>
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<td>NHL 20 League</td>
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*Sign-up for team, dual, or single-play sporting options by visiting imleagues.com/tcnj. *Schedule subject to change. Check IMleagues for updated information.*

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Email Shawn Dean at deans2@tcnj.edu with questions.
Six Questions with Rob

Campus Rec magazine recently spoke with Rob Simels, the director of recreation at The College of New Jersey (TCNJ) about his career in Recreation and Wellness.

1. How did you get started in the industry?
Like many other professionals in the field, I started in the industry with an on-campus job. As a sophomore at UNC Chapel Hill, I found a job as an intramural official and was eventually promoted to an intramural supervisor. Over the next three years of working for the department, I started to spend a lot of time in the intramural office interacting with the professional staff. I realized the positive impact they made on me and my college experience; I wanted to provide that for future students. This realization late in my college career changed my course from being a biology teacher and allowed me to pursue a career that merged my passion for sports and my passion for educating students.

2. How would you go about describing campus recreation at TCNJ?
The department of recreation and wellness at TCNJ is unique in that our recreation center and fitness center are on opposite ends of campus, which separates our program areas and staff. We are a growing program and focus on our mission of the well-being of our students as the backbone of our program design. We provide opportunities through fitness programming, intramural sports, sport clubs, open recreation and our RECreate Your Night program that provides alternative programming four nights a week for students who want a healthy activity to engage with in the evening. This program has allowed us to increase engagement with more of the campus and offer different types of wellness-based programming that don’t.

3. What has been one of the biggest challenges you have faced throughout your career?
Over my 10-year, post graduate school, professional career, one of the biggest challenges I have faced is change and transition. For a seven-year period, due to changing institutions and institutional leadership changes from the presidential and vice president levels, I had seven different supervisors. This challenge has kept me on my toes and always having to adapt to new leadership and supervisory styles. As tiring, stressful and frustrating as continuous change can be, in the long run it has helped me learn how to communicate better and differently — along with how to adapt my thinking to new styles and needs of the institution or division by always focusing on the services we are providing the students.

More of the interview here:
American Civil Liberties Union
Southern Poverty Law Center
Anti-Defamation League
Human Rights Campaign
Greater Good
Social Justice Organizations
Understanding Prejudice
NAACP
Human Rights Watch
Day to End Rape Culture is an expo style event that seeks to engage all members of the TCNJ community in interactive exhibits and build their skills to recognize and address rape culture in their daily lives.

We all have a part to play to end the violence. **What will you do?**

**Interested in becoming a presenter, adviser, or co-sponsor?**

Email **oavi@tcnj.edu** today!

**Presenters** create an educational and interactive display around a specific content area, working closely with AVI’s Victim Support Specialist.

**Advisers** are paired with presenters. They act as a guide and mentor around the content area and day-of implementation.

**Co-sponsors** are TCNJ offices, organizations, academic departments, etc. on campus that are invested in AVI and committed to helping us promote this day.
# FEBRUARY STALKING AWARENESS MONTH

National Stalking Awareness Month is typically observed in January across the country. To accommodate the winter break, TCNJ’s AVI observes Stalking Awareness Month throughout February.

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### EVENT & PROGRAM DESCRIPTIONS

**ESCALATION WORKSHOP**
This workshop is a 90-minute, film based experience that highlights the warning signs of an abusive relationship. After the film, our facilitators will help attendees debrief and identify the abusive behaviors, with a focus on stalking shown onscreen.

**GREEN DOT WORKSHOP**
This program emphasizes the idea that it is our individual choice to make our campus safer; there will be a particular emphasis on identifying stalking behaviors and how to safely intervene.

**SUPPORTING SURVIVORS WORKSHOP**
Learn about your rights as a student, resources on campus, and what you can do to support friends who have experienced stalking.

**HEALTHY RELATIONSHIPS WORKSHOP**
Learn to develop healthy relationship skills for all types of relationships - romantic, friendships, or professional.

**GREEN DOT TABLE**
This table will teach you how to utilize the three D’s (Direct, Distract, and Delegate) to be proactive in preventing stalking or off a college campus. You will also learn how important it is to keep in mind how our behaviors, attitudes, and word choice may come across to victims/survivors of abuse.

**SUPPORTING SURVIVORS TABLE**
This table will focus on the rights and resources that students have on campus, and what you can do to support a friend who has experienced power-based personal violence such as stalking.

**FRUTTA BOWLS FUNDRAISER**
AVI has partnered with Frutta Bowls in Campus Town to raise money for Womanspace! Womanspace is a nonprofit organization that helps people of all genders impacted by sexual assault, dating/domestic violence, and stalking. Womanspace is located in Lawrenceville, NJ and works closely with the TCNJ campus community.

**HEALTHY MASCULINITY TABLE**
This table will feature interactive discussions about stalking on a college campus and information about our healthy masculinity initiatives.
ANTI-VIOLENCE INITIATIVES

FRUTTA BOWLS FUNDRAISER

February 26, 2020
12:00 - 4:00 PM
Frutta Bowls at Campus Town

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HEALTHY RELATIONSHIPS
WORKSHOP SERIES
Facilitated by Anti-Violence Initiatives

This informative series of workshops is designed to teach individuals about the different aspects of intimate relationships and relevant healthy communication skills.

March 5th: 2PM-3PM
Starting A Relationship
March 12th: 2PM-3PM
Conversations About Consent
March 26th: 2PM-2PM
Breakups
April 2nd: 2PM-3PM
Technology and Relationships

All workshops will be held in Forcina Hall, Room 308.

REGISTER HERE:
2020 Is the Year of the Nurse and Nurse Midwife

Student Health Services Staff

Did you know that The World Health Assembly, the governing body of the World Health Organization (WHO), has declared 2020 “The Year of the Nurse and Midwife”? The year 2020 marks the 200th anniversary of the birth of Florence Nightingale and is a chance to celebrate the accomplishments of nurses and to further expand their future opportunities and leadership roles.

The History of Nurse Practitioners:

- 1950s and early 1960s: a shortage of primary care physicians existed
- 1965, Social Security Amendments resulted in Medicare and Medicaid programs and increased the need for primary care services
- 1965, an expansion of the roles of nurses resulted in the 1st training program for Nurse Practitioners at the University of Colorado
- 1970s & 1980s: credentialing and formal nurse practitioner organizations formed
- 1997 Balanced Budget Act allowed direct reimbursement to NPs
- Affordable Care Act increased the need for primary care services
- Today more than 192,000 NPs practice in the United States

Why nurses?

- “As the largest group of health care professionals in the U.S. and the most trusted profession, nurses are with patients 24/7 and from the beginning of life to the end. Nurses practice in all healthcare settings and are filling new roles to meet the ever-growing demand for health and health care services... (additionally) There are opportunities to increase understanding of the value of nursing in order to expand investment in education, practice and research, as well as increase the numbers of nurses who serve in leadership positions.” -ANA President Ernest J. Grant, PhD, RN, FAAN (ANA website, 2020)

What are nurse practitioners?

- Nurse practitioners (NPs) and nurse midwives are advanced practice nurses (APNs) who have advanced education holding master’s degrees or doctorate degrees and completing clinical training beyond that of registered nurses. NPs provide primary, acute and specialty care services. They are able to diagnose, treat and manage acute and chronic conditions. As part of their roles they routinely order lab work, x-rays and other diagnostic testing and prescribe medications.

STUDENT HEALTH SERVICES’ NURSE PRACTITIONERS

- TCNJ’s Student Health Services’ clinical staff is composed of 6 nurse practitioners and a part-time physician. Additionally Student Health Services is led by a nurse practitioner director. The clinical staff at Student Health Services offers a holistic approach to healthcare and a personal touch to patient care. TCNJ students learn preventive approaches to their health and are evaluated and treated for illness and injuries by this staff of highly competent and caring clinicians.
Barb Clark, Nurse Practitioner says what she most enjoys about working with college students are the opportunities that present in educating them about their health. She also enjoys precepting and training nurse practitioner Marilyn Majaro, Nurse Practitioner says what she enjoys most about college health is being able to educate students on positive health behaviors and self-care skills to support their overall success. She also mentors nursing undergrad students.

Joanna Lance, Nurse Practitioner says enjoys the energy of working with college age patients. She likes helping students feel better and take better care of themselves.

Ana Slack, Nurse Practitioner says that what she enjoys about working with college students is the ability to help them achieve their academic goals by helping them maintain their health.

Holly Heller, Nurse Practitioner says “as a graduate of TCNJ School of Nursing Health and Exercise science with 20 years of College Health experience as a nurse practitioner, I love the college population because they are interested and motivated to learn about how to be their healthiest.”

Cara Barlis, Physician works with nurse practitioners in Student Health Services and says “I am fortunate to work with such a dedicated, caring and highly experienced group of nurse practitioners. Our team strives to provide excellent evidence-based care to our students.”

Janice Vermeychuk, Nurse Practitioner and Student Health Services’ Director says “nursing is one of the most rewarding, diverse, and flexible careers. There are numerous opportunities in a wide variety of venues. I chose college health many years ago because I could have a voice at the table to make a difference in the health of our campus community. I am so fortunate to work with people who are smart, caring, and work tirelessly to provide a safe and supportive campus for our students, faculty, and staff.”
Life is Better with CLEAN HANDS!

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.

Many diseases and conditions are spread by not washing hands with soap and clean, running water.

Handwashing can prevent about 30% of diarrhea-related sicknesses and about 20% of respiratory infections (e.g., colds).

WHEN to wash your hands:
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet and After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats

HOW to wash your hands:
- Wet your hands with clean, running water (warm or cold), and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

WHEN to Use Hand Sanitizer
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Alcohol-based hand sanitizers can quickly reduce the number of microbes on hands in some situations, but sanitizers do not eliminate all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy. They might not remove harmful chemicals, like pesticides and heavy metals, from hands.

HOW to use Hand Sanitizer:
- Apply the product to the palm of one hand (read the label to learn the correct amount)
- Rub the product all over the surfaces of your hands until your hands are dry.

Reference: Centers for Disease Control & Prevention (CDC). Feb 2020. This guidance for effective handwashing and use of hand sanitizer in community settings was developed based on data from a number of studies.

Swallowing alcohol-based hand sanitizers can cause alcohol poisoning.
From 2011 – 2015, U.S. poison control centers received nearly 85,000 calls about hand sanitizer exposures among children. Children may be particularly likely to swallow hand sanitizers that are scented, brightly colored, or attractively packaged. Keep it out of reach of young children and supervise their use.
What Happens After Treatment?

Nearly two percent of TCNJ students reported receiving a diagnosis and/or received treatment for a substance use disorder in the past year and nearly 7 percent self-identified as having experienced a substance use problem in their life according to the 2018 ACHA-NCHA campus survey. Additionally, according to the NIAA, 20 percent of college students meet the criteria for an alcohol use disorder—often untreated and undiagnosed. For those impacted by a substance use disorder, treatment may be the first step towards recovery.

In an article titled, “What Happens After Treatment?”, The Fix offers some advice on how to move forward after treatment and towards the life that you want.

**Have Realistic Expectations**
Remember that treatment is the start of the journey, not the end of the journey. There is often still much work to do to continue addressing your mental health, learning new ways of managing problems, making changes to the people in our lives, as well as many other changes that have yet to be made. Being realistic about the process of change makes the journey easier.

**Utilize Step-down Programs and Transitional Housing**
Clinical best practice often suggests that individuals receive treatment in phases or stepped down intensity. For example, a person needing inpatient treatment may transition to an intensive outpatient program followed by weekly therapy. Receiving gradual and differing levels of support often provide the best treatment outcomes. While it is tempting to want to get back to school and “normal life”, it is important to prioritize your health and take the time to “do it right.”

**Grow Your Sober Community**
A common strategy to prevent symptom re-occurrence is to change “people, places, and things.” Especially the ones that contributed to the unhealthy behaviors to begin with. Like all of life, the communities that we immerse ourselves in make the biggest impact in determining whether we achieve our goals or not and whether we’re becoming who we want to be. Creating a network of people that support your recovery is essential.

**Focus On The Long Term**
Recovery is a lifelong journey, there will be good days and bad days. Remember that change is gradual and don’t beat yourself up when life doesn’t go as planned. Remember that you are building something and learning as you go.

Lastly, remember that TCNJ has an array of programs and services to help you in your recovery journey. You don’t have to do it alone. And remember, recovery is not only possible, it’s common. If you would like more information about the supports that are available at TCNJ please reach out to Chris Freeman at freemanc@tcnj.edu

To Read the full article: [https://www.thefix.com/what-happens-after-treatment](https://www.thefix.com/what-happens-after-treatment)
Comedian Patrick Holbert's twisted and hilarious saga about his journey from abusing substances to amusing audiences.

FEBRUARY 27 | 7 PM
DOORS OPEN AT 6:40
LIBRARY AUDITORIUM
DOORS CLOSE WHEN ALL SEATS ARE FILLED NO STANDING ROOM
Health and Wellness:
♦ THRIVE—Wednesday, April 8 from 11am—2pm
♦ H&W Peer Educator Recruitment—Feb 5, 2020 - Feb 14, 2020

Anti-Violence Initiatives:
♦ SAVE Peer Educator Recruitment - Feb 5, 2020 - Feb 14, 2020

Collegiate Recovery Program:
♦ NA Meetings: Fridays 6:30pm—8:00pm; Trenton Hall Room 106

Mental Health Services:
♦ Don’t forget to check out our many group offerings for the spring semester: https://caps.tcnj.edu/counseling-services/caps-groups/groups-schedule/
♦ MHS Peer Educator Recruitment - Feb 5, 2020 - Feb 14, 2020

Awards, Honors, and Accomplishments

♦ NJ Governor Philip D. Murphy has recognized Dave Connor for his outstanding work as a TIPS (Training for Intervention ProcedureS) alcohol education trainer.