



# Center for Counseling and Wellness Services

of Rowan College at Gloucester County

*College is an Exciting Time of Change and Personal Growth*

*Vol. 2 No. 1 September 2016*

*From the Director:*

## **RCGC Counseling and Wellness Services Welcomes You!**

Welcome new and returning students of RCGC. I hope that you enjoyed the summer and are ready to pursue your quest of higher learning. Whether a first-time student, a returning student or a student who has been attending college for some time, life may present you with academic, personal or professional challenges. These challenges can be stressful, but the Center for Counseling and Wellness Services (CWS) is here to help you remain emotionally, mentally and academically healthy.

If you or someone you know is going through a tough time, talking to someone might sound like a simplistic solution, but it really is one of the best possible things to do when faced with a difficult situation.

In addition to one-on-one counseling, the CWS also hosts many informal sessions addressing various topics, such as: Domestic Violence Awareness, Sexual Assault, LGBTQ issues, Stress Management, Mindfulness, Controlling Anxiety, Anger Management and many other issues.

Please feel free to contact CWS (856-464-5236) to talk or take a moment to become familiar with our website: [RCGC.edu/CWS](http://RCGC.edu/CWS).

Best wishes for a successful semester!

*Lois Y. Lawson-Briddell,*  
Ph.D., MSW, LSW  
Director, Counseling  
and Wellness Services

## **Mark Your Calendar — *Plan to Attend!***

Check your email, RCGC's portal and posters around campus for the dates, times and locations of CWS Wellness Wednesdays events.

**September 28**      ***Test Anxiety***

**October 5**      ***Mental Illness Awareness***

**October 17–21**      ***Domestic Violence & Sexual Assault Awareness***

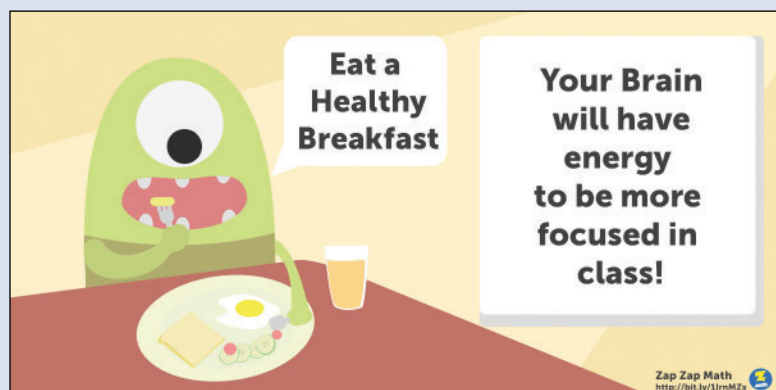
Join us for presentations, activities and refreshments. Featuring the film *The Hunting Ground*, a documentary about sexual assault on college campuses.

**November 2**      ***Mindfulness and Self-Compassion***

For confirmation of dates, times and locations please check RCGC's Portal ([RCGC.edu/Portal](http://RCGC.edu/Portal)), the Counseling and Wellness Services Information Board or feel free to call 856-415-5236 or stop by the Counseling and Wellness Services office (College Center, room 206).

## **Feed the Brain**

***Are you missing out on the most important meal of the day?  
BREAKFAST!***



Healthy morning meals improve blood glucose levels and mood, allowing students to concentrate more fully . . . breakfast can improve cognitive function, especially the memory skills needed for exam taking.

*(Journal of the American Dietetic Association, May 2005)*

*"Wellness is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity."  
— The World Health Organization*


## RCGC Cares!

*Let's talk and have someone listen to you*

# SUICIDE PREVENTION AWARENESS MONTH

[One conversation can change a life.]

Learn more about what you can do as an individual, friend or family member.



NAMI  
National Alliance on Mental Illness

NAMI.org/suicideawarenessmonth

## September 2016 is National Suicide Prevention Awareness Month


Suicide is the second leading cause of death among college and university students in the United States, and the number one cause of suicide is untreated depression.




# DEPRESSION

People of all ages, genders and ethnicities suffer from depression • **90%** of those who die by suicide have a mental health diagnosis


## LOOK FOR THE SIGNS




Withdrawing from other people




Changes in weight and eating patterns




Changes in sleeping patterns



Fatigue or lack of energy



Increased anxiety or irritability



Feeling worthless or hopeless


## REACH OUT

- Talk to the person.
- Listen, care and take it seriously.
- Ask if they ever think about suicide. Asking will not make someone "more suicidal."
- Don't be sworn to secrecy.
- Consult, consult, consult.
- Suggest counseling.
- Offer to walk the person to the Center for Counseling and Wellness Services, College Center, room 206.
- Stay in contact with the person. Follow up.

## CONSULT AND GET HELP

**FOR COUNSELING SERVICES**  
856-415-5236

**FOR AFTER HOURS SUPPORT**  
Call: 911

 **Rowan College**  
at GLOUCESTER COUNTY

For more information, please call the Center for Counseling and Wellness Services  
856-464-5236 • RCGC.edu/CWS



On August 1, 2016 Gov. Chris Christie signed into law a suicide prevention bill, **The Madison Holleran Suicide Prevention Act**, which focuses on college students. This act requires institutions of higher education to have staff available 24 hours a day working to reduce student suicides and attempted suicides.

On July 7, 2016 The United States House of Representatives voted to pass a bill that includes measures to halt and reverse the statistics of the high suicide rate among lesbian, gay, bisexual and questioning youth (LGBTQ). "Lesbian, gay and bisexual youth are four times more likely to attempt suicide than their heterosexual peers, and nearly half of all transgender individuals report attempting suicide at some point in their lives"

<http://www.thetrevorproject.org/blog/entry/bill-to-prevent-lgbtq-youth-suicide-advances-in-the-united-states-congress>

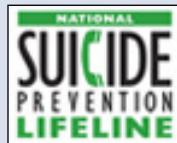
<http://www.thetrevorproject.org/pages/facts-about-suicide>

The following are Suicide Prevention Hotlines students may contact:



**1-855-654-6735**

NJ Suicide Prevention Hopeline  
Chat: <http://njhopeline.com/LiveChat.htm>

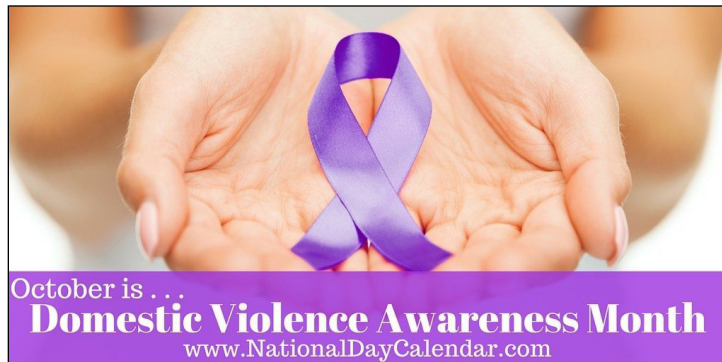


Need someone to talk to? NJ Suicide Prevention Hopeline is here to help you. Specialists are available for confidential telephone counseling and support 24 hours a day, 7 day per week. **1-800-273-8255**



Our trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal or in need of a safe and judgment-free place to talk, call the Trevor Lifeline now at **866-488-7386** or visit

<http://www.thetrevorproject.org/pages/get-help-now>



## October is Domestic Violence Awareness Month

Domestic violence is a pattern of abusive behaviors including physical, sexual and psychological attacks, as well as economic coercion—used by one intimate partner against another to gain or maintain control in the relationship. Abusers use of a range of tactics to frighten, terrorize, manipulate, humiliate, blame, injure and sometimes kill a current or former intimate partner.

Dating Violence (Domestic Violence) includes:

**Physical Abuse:** Any intentional use of physical force with the intent to cause fear or injury, such as hitting, shoving, biting, strangling, kicking or using a weapon.

**Verbal or Emotional Abuse:** Non-physical behaviors such as threats, insults, constant monitoring, humiliation, intimidation, isolation or stalking.

**Sexual Abuse:** Any action that impacts a person's ability to control their sexual activity or the circumstances in which sexual activity occurs, including rape, coercion or restricting access to birth control.

**Digital Abuse:** Use of technologies and/or social media networking to intimidate, harass or threaten a current or ex-dating partner, such as demanding passwords, checking cell phones, cyberbullying, non-consensual sexting, excessive or threatening texts or stalking on social media.

Resource: <http://www.breakthecycle.org/learn-about-dating-violence>

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## The Center for Counseling and Wellness Services Mission Statement

Rowan College at Gloucester County is committed to efforts to promote the success of our students. In this endeavor, the College offers an array of supportive services. The primary mission of CWS is to provide short-term, solution-focused assistance in order to facilitate the student's college adjustment and success.

*To find out about upcoming Counseling and Wellness Services events, check out the RCGC Portal and the Counseling and Wellness Services Facebook page.*

## Counseling and Wellness Services

### Hours —

Monday – Friday, 9 a.m. – 4 p.m.

*(summer hours may vary)*

Contact the office to schedule an appointment

### Location —

College Center, room 206

### Contact —

856-464-5236 or

[counselingandwellness@rcgc.edu](mailto:counselingandwellness@rcgc.edu)

*(Walk-in consultation available for immediate needs)*

### Professional Staff —

**Lois Y. Lawson-Briddell, Ph.D., MSW, LSW**

Director, Center for Counseling and Wellness Services

**Shannon White, MSW, LCSW**

Clinical Consultant

**William Leonard, Ph.D.**

Intervention Teams Consultant

**Rebecca Guglielmucci**

Case Manager/Outreach Assistant

### Additional Information —

[RCGC.edu/CWS](http://RCGC.edu/CWS)



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856-468-5000 • [RCGC.edu](http://RCGC.edu)