



# Center for Counseling and Wellness Services

of Rowan College at Gloucester County

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

*Vol. 3 No. 1 September 2017*

## *From the Director:*

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

As a new semester begins, some of us mourn the end of summer while others look forward to the change in seasons. Bidding summer farewell may be bittersweet, but I am eager to meet all of you and share some of the services and events offered by the Center for Counseling and Wellness Services.

College is an exciting time, but it can also be challenging and sometimes overwhelming. There are times when we are able to manage life's challenges on our own or with the help of loved ones, but sometimes we may feel stuck. This is when it is beneficial to meet with a mental health professional. If you or a student you know is experiencing emotional distress, please don't hesitate to visit us. We are here to support your emotional, mental and academic health.

Join us for Wellness Wednesdays, where mental health and legal professionals discuss many topics including: Test Anxiety, Stress Management, Controlling Anxiety, Domestic Violence Awareness, Sexual Assault and LGBTQ Issues. Check the campus portal or [RCGC.edu/CWS](http://RCGC.edu/CWS) for dates and times.

If you or someone you know is going through a tough time, talking with someone is one of the best things you can do. Please contact CWS (856-464-5236) to find out how we can help.

Best wishes for a successful semester!

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

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

<b>September 27</b>	Test-Taking Strategies and Test Anxiety
<b>October 4</b>	Mental Illness Awareness Week <i>Barbara Maronski, MSW, LSW, Traumatic Loss Coalition</i>
<b>October 9</b>	National Day Without Stigma
<b>October 11</b>	Emotional Fitness <i>Leon Rosenberg, M.D.</i>
<b>October 16</b>	"The Hunting Ground" <i>(a documentary about sexual assault on college campuses)</i>

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

## **Healthy Living Tips from Kevin Hart**

### **On Living**

*"Live life to the fullest by giving yourself all chances to succeed at the highest level — at what you do. You can't do that without an effort. Put that effort in."*

### **On Laughter**

*"Don't take anything too serious, to the point where you can't smile. No matter how angry you are, life is going to go on. It's not going to stop for you. Take a chance. Show our teeth and smile."*

### **On Love**

*"Love is simple and self-explanatory. You've got a heart for a reason. Go hug somebody. Go tell somebody you love them. It's contagious."*



*"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!

*Whenever you need to talk,  
the CWS is ready to listen.*

# 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 2017 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.

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# 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  
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>

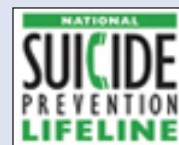
<http://www.thetrevorproject.org/pages/facts-about-suicide>

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>





## Don't Go to Class Hungry — Refuel

You may qualify for food assistance through Roadrunner's Refuel, an on-campus pantry created to fight hunger issues on campus. To learn more about Roadrunner's

Refuel and eligibility requirements: contact [food@rcgc.edu](mailto:food@rcgc.edu) or visit People in Transition, located in the College Center.

Roadrunner's Refuel is sponsored by the Rowan College at Gloucester County Chapter of the American Association for Women in Community Colleges.

## 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)*



## A Good Night's Sleep is a Necessity

Don't wear tiredness as a badge of honor. From a health and fitness perspective, a good night's sleep contributes to a healthy body weight by helping to maintain good insulin sensitivity, reduces the risk of common colds and increases resilience to stress. It also improves memory and performance.

## Join Us for the Fitbit Challenge



Wellness works best when the experience is shared.

**Registration begins October 9, 2017**

Challenge begins October 16,  
concluding on November 27

## RCGC's Fitness Center

***Sweat your stress away.***

Located near the Roadrunners practice fields, the RCGC fitness center offers convenient hours of operation in the morning, afternoon and evening.

The fitness center is free for all RCGC students, staff and faculty with current ID cards to provide everyone the opportunity for a flexible workout schedule.

***Please bring an exercise towel and a lock if you plan on utilizing the lockers.***



Wondering how to get started? No problem! Fitness Center staff members are ready to help you reach your goals.

Contact Richard Cooper, Administrator of Athletic Facilities and Equipment if you have any questions about the Fitness Center or would like to request assistance.

Office Phone: 856-415-2207

Email: [rcoper3@rcgc.edu](mailto:rcoper3@rcgc.edu)



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 former-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>



Join RCGC's Counseling and Wellness Services  
in its efforts to

## STAMP OUT MENTAL HEALTH STIGMA

*"Mental illness is nothing to be ashamed of,  
but stigma and bias shame us all."*

— Bill Clinton

## 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

**William Leonard, Ph.D.**  
Intervention Teams Consultant

**Amber Hamlett**  
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)

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