



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. 2 January 2017

From the Director:

RCGC's Center for Counseling and Wellness Services Welcomes You!

Welcome new and returning students of RCGC. I hope that you enjoyed the break and are ready to pursue your quest of higher learning. Whether a first-time 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 topics, such as: Domestic Violence Awareness, Sexual Assault, LGBTQ Issues, Stress Management, Mindfulness, Controlling Anxiety, Anger Management and many more.

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

Best wishes for a successful semester!

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

Happy New Year!

We hope that you had a wonderful semester break. The New Year gives us a fresh opportunity to pursue our dreams and goals. It is a time for reflection on the year gone by and it encourages us to make positive changes in our lives. A favorite quote of the Center for Counseling and Wellness Services states:

"Change your thoughts and you change your world."

— **Norman Vincent Peale**

Many people will make regular doctor appointments to ensure good physical health, but we tend to overlook our mental health. As stated by Mental Health America: "When our mental health is poor, it can affect our entire body and play a role in the development of other health issues." Make one of your goals this year to take care of your mental health. Learn how to manage life's stressors so they do not negatively affect your mental health and overall well-being. Listed below are some ideas provided by Mental Health America to manage life's challenges.



Relax your mind. You can relax by listening to soothing music, reading a book or doing a quiet activity. Practice deep breathing, yoga, meditation or massage therapy.



Get enough rest. Try to get seven to nine hours of sleep every night. Sleep helps you recover from the stress of the day.



Exercise. Exercising relieves your tense muscles, improves your mood and sleep and increases your energy and strength. Researchers say that exercise eases symptoms of anxiety and depression.



Watch your negative self-talk. Negative self-talk is a major contributor to general anxiety.



Write down three good things that happen to you each day for a week. Thinking about the good things in your life and expressing gratitude may actually help you to feel happier.



Connect with others. Talk to a trusted friend, family member, support group or counselor — feel free to come to the Center for Counseling and Wellness Services.

Feed the Brain



Are you eating a healthy meal for breakfast — the most important meal of the day?

"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)

Please remember, 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.

Take a moment to review and become familiar with the Counseling and Wellness Services website:
RCGC.edu/CWS/Pages/default.aspx

Please feel free to contact CWS, at 856-464-5236 to talk.

Best wishes for a successful semester!

Lois Lawson-Briddell,
Ph.D., MSW, LSW
Director, Center for Counseling and Wellness Services



Welcome New Staff Members



Rebecca Guglielmucci, Case Manager/
Outreach Assistant

Rebecca joined the Counseling and Wellness Services in July 2016 and is currently on leave to care for her new baby girl, Jaelynn Grace. Jaelynn Grace was born on November 28.



Amber Hamlett, Case Manager/
Outreach Assistant

Amber joined the Counseling and Wellness Services in December 2016. Amber is a recent graduate from Stockton University and holds a degree in Communication Studies: Public Relations and Advertising.

"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's Fitness Center

The fitness center is a great stress buster

The fitness center is located near the Roadrunners practice fields and conveniently has 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! There is always a staff member on duty ready to help you reach your fitness goals.

Contact Richard Cooper, Administrator Athletic Facilities/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



"Mental health problems for college students are increasing. Experts say stress, expectations and social media are putting more stress on today's college students" (Holterman, 2016). Reports show that almost fifty percent of the college student population states that they feel overwhelming anxiety.

Seventy-eight percent of students reported feeling overwhelmed by their responsibilities (National College Health Assessments, 2014). Gregg Henriques, Ph.D., professor of graduate psychology at James Madison University in Virginia, says that college students are experiencing what he calls a "mental health crisis."

Per the "Madison Holleran Suicide Prevention Act," RCGC has provided the following information:



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 days a week. **1-800-273-8255**

ROADRUNNER'S REFUEL



ROWAN COLLEGE at GLOUCESTER COUNTY

Don't Go Hungry to Class — Refuel

You may qualify for food assistance at the new Roadrunner's Refuel, an on-campus pantry created to fight hunger issues on campus. To learn more about Roadrunner's Refuel and eligibility requirements: email 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.

RCGC Cares!

The Center for Counseling and Wellness Services Goal for 2017

The focus for the Spring 2017 semester is on the "The Eight Dimensions of Wellness" and "Shedding the Stigma of Mental Illness." Both themes will be featured during the Annual Health and Wellness Fair, "Passport to Wellness," on April 19 (please save the date and plan to attend).



For confirmation of date, time and location please check RCGC's portal; the Counseling and Wellness Services Information Board; or feel free to stop by the Counseling and Wellness Services office (room 206) or call 856-415-5236

About the Newsletter

Your ideas and suggestions are welcome! Contact Dr. Lawson-Briddell or call 856-415-5236 for your suggestions and ideas.

The Board of Trustees is committed to providing an educational and workplace environment free from unlawful harassment and discrimination. All forms of employment and educational discrimination and harassment based upon race, creed, color, national origin, age, ancestry, nationality, marital or domestic partner or civil union status, sex, pregnancy, gender identity or expression, disability, liability for military service, affectional, or sexual orientation, atypical cellular or blood trait, genetic information (including refusal to submit to genetic testing) are prohibited and will not be tolerated. For questions concerning discrimination contact Almarie J. Jones, Executive Director, Diversity and Equity, Affirmative Action/Title IX Officer at 856-415-2154 or ajones@rcgc.edu. For disability issues, contact Dennis M. Cook, Director, Department of Special Services, ADAAA/504 Officer at 856-415-2265 or dcook@rcgc.edu.

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
(Walk-in consultation available for immediate needs)

Professional Staff

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Shannon White, MSW, LCSW
Clinical Consultant

William Leonard, Ph.D.
Intervention Teams Consultant

Additional Information RCGC.edu/CWS



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