



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. 2 January 2018

From the Director:

Happy New Year Welcome to 2018!

The start of a new year is always a good time for reflection and projection—a time to review our accomplishments of the year past, and plan for new goals and accomplishments for the year that lies ahead.

The Counseling and Wellness Services (CWS) was very busy during 2017 with planning and hosting various seminars, making presentations to classes, hosting the Annual Health and Wellness Fair, inviting mental and behavioral health professionals to speak and share their agencies' literature with students. However, more importantly, the feeling of service to the many students who were experiencing anxiety, depression, suicidal thoughts, grief, or just wanting someone to talk to was the accomplishment of the CWS.

In 2018, we will continue to focus our efforts on improving and expanding our support to you; and promote our theme to Stomp Out the Stigma.

Research shows that students who seek help early, when difficulties arise, have a significantly better chance of being successful and remaining in school than those who do not. Therefore, if you or a student you know is experiencing emotional distress, please do not hesitate to come to the Counseling and Wellness Services. We are here to assist you to become and remain emotionally, mentally and academically healthy.

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



Fitbit Challenge

Congratulations to the Top Three Winners:

Allison DeRusso (1st Place)

Dr. Paul Rufino (2nd Place)

Steve Hoffman (3rd Place)



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

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

"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

Sometimes all a person wants is an empathetic ear; all he or she needs is to talk it out. Just offering a listening ear and an understanding heart for his or her suffering can be a big comfort.

— Roy T. Bennett



Opiate addiction has reached epidemic proportions in New Jersey. "New data from the New Jersey Medical Examiner's Office shows there were 1,587 drug overdose deaths in 2015, up 21 percent from the year before. Heroin deaths also rose significantly, to 918, the highest level since accurate records have been kept in the Garden State" (Stirling, 2016).

Resource: Stirling, S. (2016). Overdose deaths skyrocket in N.J. as opioid epidemic proves unassailable.

MENTAL HEALTH AND COLLEGE STUDENTS

College students can easily feel anxious trying to balance school, work, friends and family while also trying to figure out the rest of their lives.

Anxiety disorders are one of the most common mental health problems on college campuses.

FORTY MILLION

U.S. adults suffer from an anxiety disorder and 75 percent of them experience their first episode of anxiety by the age of 22.

30%

of college students reported that stress had negatively affected their academic performance.¹

85%

of college students reported they had felt overwhelmed by everything they had to do at some point within the past year.¹

41.6%

stated anxiety as the top presenting concern among college students.²

24.5%

of college students reported they were taking psychotropic medication.²

FIND HELP

Most college and university campuses have mental health resources available for students.

ON-CAMPUS

- Visit your campus health or counseling center and ask about their counseling services.
- Call the psychology or behavioral health department and ask about counseling sessions with graduate students.
- Visit your school's chaplain, religious or spiritual leader.
- Confide in a friend, RA, professor or mentor. Ask him or her to go with you to seek professional help.

OFF-CAMPUS

- Visit your family physician, who may be able to treat you or refer you to a professional who specializes in the specific disorder.
- Confide in a parent or relative. Ask him or her to support your efforts in finding help.
- Search the ADAA "Find a Therapist" database for a mental health professional in your area.
- Find a local support group. Many counseling centers, hospitals, community centers, and places of worship run or host support groups.

Learn more about mental health and college students at: www.adaa.org

ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA

1. 2015 National College Health Assessment
2. 2013 Association for University and College Counseling Center Directors Survey

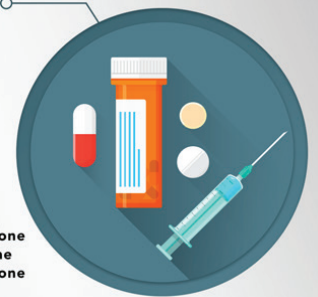
WHAT ARE OPIOIDS?

Opioids is a term used for the entire family of opiate drugs, including natural, synthetic and semi-synthetic.

These drugs are chemically related and interact with opioid receptors on nerve cells in the body and brain.

OPIOID DRUGS INCLUDE:

- Heroin
- Buprenorphine
- Codeine
- Fentanyl
- Hydrocodone
- Hydromorphone
- Meperidine
- Methadone
- Morphine
- Oxycodone



The Mental Health Association in New Jersey has launched NJ Connect for Recovery a free, confidential Call Line that will offer guidance counseling and support to individuals and families coping with addiction (at all stages to heroin and prescription painkillers. The toll-free number is 855-652-3737.

RCGC Cares!

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

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)

Benefits of Lemon Water

Did you know that lemon water has many health benefits?



Lemon water has a multitude of benefits that can be very simple and effective for your body and mind. It is a soothing drink which keeps you hydrated for a longer time than regular water. Some of the benefits of lemon water include, helping in digestion, aiding in weight loss, keeping you hydrated, boosting the immune system – has a great role in the prevention of common infections (such as a cough and cold), preventing oxidation, a unique source of nutrition; and it also boosts mood and energy level



Mark Your Calendar

February 19

NARCAN Training

*You must register for this event.
Seats are limited so register early.*

April

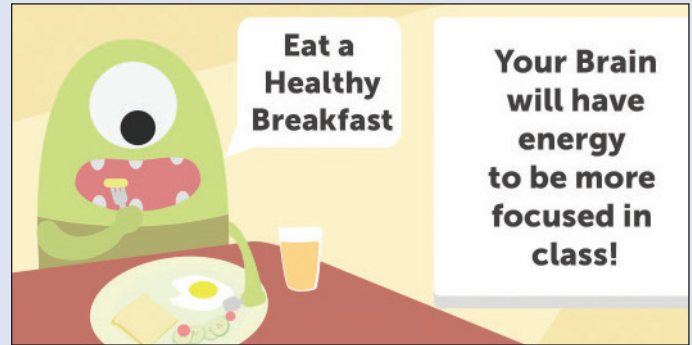
Sexual Assault Awareness Month

*Check portal, email and campus
flyers for events and dates.*

For confirmation of dates, times and locations please check the RCGC Portal (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).

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.

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'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 Joseph C. Kalnas, Fitness and Wellness Center Administrator, if you have any questions about the Fitness Center or would like to request assistance.

Office Phone: 856-415-2207

Email: jkalnas1@rcgc.edu

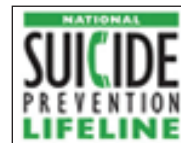


Suicide Prevention Resources

The following are suicide prevention hotlines students may contact:



NJ Suicide Prevention Hopeline
Call 1-855-654-6735
Chat: 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.
Call 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 thetrevorproject.org/pages/get-help-now



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

Break The SILENCE

Against Domestic Violence

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: breakthecycle.org/learn-about-dating-violence



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

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856-464-5236 or

counselingandwellness@rcgc.edu

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Professional Staff

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Additional Information

RCGC.edu/CWS



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856-468-5000 • RCGC.edu