

PARENTS AS PARTNERS IN STUDENT WELL-BEING

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Who is joining us today?

- Commuter or Resident?
- First student going to college?
- What are you most excited about?
- What are you most worried about?



Our Philosophy & Deliverables

“a focus on the whole student”

- Deliver programs, services and opportunities that foster out of classroom learning and student engagement
- Provide students with opportunities to lead, volunteer, join, compete, socialize and have fun!
- Provide services and support that maximize potential for and likelihood of success
- Administer policies and procedures designed to create a safe, healthy, comfortable and enjoyable living and learning environment for all students

Our Philosophy & Deliverables

“a focus on the whole student”

Goals of the Student Well-being Core:

- Well-Being: Maximize student well-being through support programs and activities
- Diversity, Equity, and Inclusion: Offer social justice, equity, diversity, and inclusion programs that deliver educational, engaging, and reflective experiences for students
- Community Responsibility: Design policies, procedures, and programs that provide students with the framework for responsible decision making
- Student Engagement: Provide opportunities for students to develop their leadership potential while being active academically, socially, personally, and civically in the community and beyond.

We Represent Offices Supporting Students

- [Center for Student Involvement](#)
- [Center for Health and Counseling Services](#)
- [Office of Residence Life](#)
- [Office of Specialized Services](#)
- [Office of Student Conduct](#)

Affiliated Offices

- [Athletics, Intramurals, and Recreation](#)
- [Equity, Diversity Inclusion, and Compliance](#)
- [Dining Services](#)



We are all here to support your success!

Student Communications

- Ramapo email is the official means of communication with your student
 - Everything - registration, housing, campus closings, etc.
- Daily Digest - daily listing of events, programs, services
- Archway - campus engagement platform that connects students with groups, events, and each other
 - In The Loop
- Social Media

Need to Know



- Public Safety
 - Alert Me Now
 - Timely Warning
 - Rave Guardian
 - Blue Lights
 - Campus Safety Escorts
- Transportation & Parking
 - Campus Shuttles (commuters to train stations and residential to local area attractions)
 - NYC Bus (managed by Coach USA, tickets at CSI)
 - Parking on Campus

Family Educational Rights and Privacy Act (FERPA)

- Once a student enrolls at Ramapo, Federal law protects the security of, privacy of, and limits access to student educational records.
- The rights have now officially switched from the parents (K-12) to the student, regardless of student's age:
- Federal law:
 - ***allows*** certain members of the campus community to discuss your student's academic record, tuition bill, financial aid, conduct issues, etc.
 - ***does not allow*** unlimited access
- If your student wants to seek out a FERPA waiver form, they are available in the Office of the Registrar, D224, but must be picked up, signed and submitted by the student.



Prevention at Ramapo

First year students are **REQUIRED** to complete four (4) online educational modules prior to coming to RCNJ

- AlcoholEdu
- Sexual Assault Prevention
- Mental Well-Being
- Diversity, Equity & Inclusion

Students begin modules August 1st

- Part 1 is due August 31st
- Part 2 is due in mid-October

**Failure to complete all parts by mid-October results in a Registration hold
for Spring 2024 courses**

Health Promotion

- Promote, coordinate, implement, and evaluate health education programs including, but not limited to, mental health promotion, wellness, suicide prevention, and stress management
- Oversee and supervise the Wellness Is Now (WIN) Peer Educators, a student leadership program surrounding peer to peer education on wellness topics
- Partner with other offices on campus for mental health and well-being initiatives



Health Services



(201) 684-7536
Immunize@ramapo.edu

Monday-Friday 8:30 a.m. to 4:30 p.m.

Medical Care at Ramapo College

- Medical visits at Ramapo Health are **FREE!** We do not participate in any insurance plan.



- If medically required, there may be a minimal cost associated for some testing and medications.

Who we are:

- Nurse practitioner based, with a collaborating physician on staff
- Nurse practitioners have extensive training and are able to assess, diagnose, treat and prescribe medications



Health Services Provided

- Specializing in acute, episodic illness:
 - Treatment and evaluation of minor acute illnesses and injuries.
 - Education and counseling about health issues or health concerns.
 - Dispense medication for medical illnesses or write a prescription for patients of Health Services.
 - Referral to community provider
- Specialty clinics: Flu Clinic, Allergy Clinic, STI clinic
- Provide tuberculosis skin testing.
- Why us over urgent care???
 - convenient, same day appointments, familiarity with what “bug” is going around campus, referrals amongst campus, follow- up ability, low cost!

Off-Campus Medical Care

After-hours/ urgent matter: CityMD (shuttle*) , Valley Medical Group

Emergency: Good Samaritan (Suffern), Valley Hospital (Ridgewood),

If off-campus medical care is utilized, discuss your health insurance plan with your student:

- Does your student have copies of the insurance cards?



Oakland Pharmacy

350 Ramapo Valley Road Oakland, NJ 07436 | **Phone:** 201-337-7300

<https://www.oaklanddrugs.com/>

- Free delivery to campus
- Call to set up account + transfer medication

- Note: student medication can be kept in student's room or with student (epi pens, inhalers)

Immunization Requirements

- **Immunization Packet is due July 31st**
- Send completed form to Immunize@ramapo.edu

SCAN FOR INFO AND PACKET :



Counseling Services

Room D-216

(201) 684-7522

Monday-Friday 8:30 a.m. to 4:30 p.m.

Counseling Services

- 8-10% of students seen in one or more services per year
- Short-term individual therapy
- Daily (Mon-Fri) drop-in hours: No appointment necessary
- Psychiatric Services: (assessment; medication-based symptom stabilization; referral)
- Emergency Services: during daytime hours and after-hours/overnight and weekends
- Consultation with students, faculty and staff
- Case management services for off-campus referrals



Student Mental Health & Wellness



Students receive

FREE IMMEDIATE ACCESS TO A THERAPIST

Choose a therapist based on your preferences
issue, gender, language, ethnicity

At a time that fits your schedule
day, night, weekend availability

Get started using your school email

Private. Secure. Confidential.

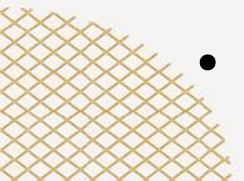


Most Common Presenting Concerns

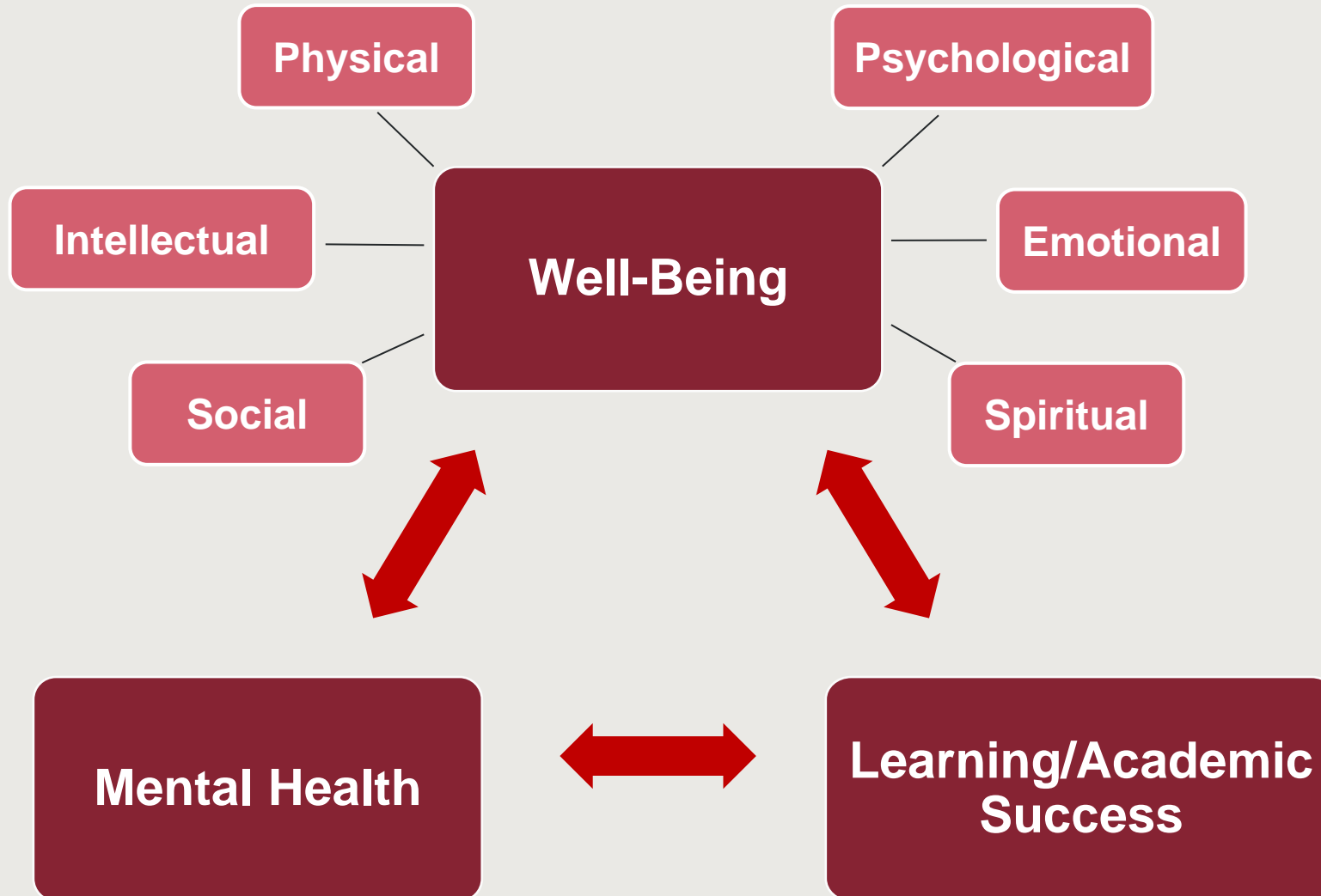
Most Commonly Diagnosed Mental Health Conditions

- Trauma- and Stressor-Related Disorders: Adjustment Disorders; PTSD; Acute Stress Disorder
- Anxiety Disorders: Generalized Anxiety Disorder; Social Anxiety Disorder
- Depressive Disorders: Major Depressive Disorder
- Less frequent: ADHD; Substance Use Disorders; Obsessive Compulsive and Related Disorders

Other Concerns

- Relationship and interpersonal challenges (family, friends, partner)
 - Academic difficulties affecting psychological functioning
 - Life stressors
- 

Counseling Services



ENHANCE Program

- A therapeutic support program for students with Autism Spectrum Disorder (ASD)
- Uses a holistic approach focusing on social, emotional, and organizational growth
- Supports our students above what is required under current disability law
- Started in 2018 with 4 students
- Has grown 650% to 30 students for the 2022-2023 academic year
- Requires an additional yearly fee

ENHANCE - Services

- Individualized weekly appointments with a counselor
- Weekly group meetings for peer support
- Students are paired with trained Peer Mentors
- Social events
- Weekly academic workshops
- Parent consultations



Substance Use Disorder Education and Prevention Services



- Outreach Education
 - Assessment
 - Counseling
- Mandated Assessments following Code of Conduct violations (CheckPoint program)
 - Treatment Referrals

Roadrunner Collegiate Recovery Program (RCRP)

- The Program follows a harm reduction model and will include individuals who are abstinent from alcohol and other drugs or those who are interested in recovery but not yet abstinent.
- The RCRP enables students to have an authentic college experience while maintaining their recovery.



Roadrunner Collegiate Recovery Program (RCRP)



- Provides a supportive peer group for students in recovery
- Provides meeting space for peer support groups
- Recovery housing for up to 12 residential students
- A core component of the RCRP is Recovery Allies Fusion. Allies conduct outreach on campus to address and fight the stigma society has linked to substance use and mental health disorders.

Tips for Productive Partnership

- Encourage your student to become familiar with campus resources
- Encourage a healthy lifestyle
- Difference between staying in touch and staying attached
- Be patient
- Relationships will change, that's normal



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QUESTIONS?

