Welcome: Karen C. Krahulik and Ed Kleinert

- The SPS faculty community has energized and given strength to each other and leadership.
- There must be attention paid to student and faculty awareness/wellness given the new demands on students and faculty weighing on us all.
- Change in Employee Assistance Program - Optum, more integrated and holistic service for faculty and staff.
- Resolution to change start of spring semester (1/28/2021 start date), cancel spring break 2021 with two longer weekends.

Student Wellness and Mental Health: Zoe Ragouzeos,

- General trends with rising rates of sadness/negative mental health and self-harm in US university students; increase in feelings of isolation student population with COVID
- Emergency Procedures: imminent threat: 911 and then NYU Public Safety - (212)998-2222.
  - When calling 911, encouraged to be specific with operator
    - First tier: weapon or someone who has already attempted suicide or threats to self or others.
    - Second tier: student who has expressed attempts at self harm or threats to others but is without visible plan or intent - Wellness Exchange (212)443-9999 to request an urgent assessment by counselor (ideally while student is still on call/in meeting)
    - Third tier: no in imminent risk, but you are worried about the student's or community's well-being, reach out to Wellness exchange in order to seek advice on how to help the student.
    - For students in a different country, still go through Wellness Exchange to follow up with a counselor in our NYU global site that is closest.
      - If no nearby counselor, Wellness Exchange reaches out to first contact to advise
- Signs of psychological distress:
  - Sad or down, confused thinking, fears or worries, guilt, mood changes, withdrawal, tiredness, low-energy or sleep issues, somatic symptoms, delusions,
paranoia, hallucinations, alcohol or drug use, changes in eating habits, suicidal thinking.

- Direct approach can be a conversation with a student, "How are you coping with that?". If they note they are already receiving treatment/have a coping mechanism, assess if improvement is happening. If concerns continue and you feel no improvement plan with student, call Wellness Exchange for further guidance.

- Wellness Exchange, Counselling and Wellness Services, Psychiatry, Sexual Misconduct Support, Moses Center for Student Accessibility

- Tips to reduce student mental stress:
  - Acknowledge challenge of current time (be mindful of personal health information)
  - Increase student-to-student interactions
  - Predict and plan for times of stress
  - Reinforce resiliency with class throughout semester
  - Syllabus statement with above resources
  - Options for class participation
    - Students may feel uncomfortable verbally participating in class. Are there other ways students can be engaged?
    - SPS’s International Student Services Center (ISSC) has workshops for international students on how to participate in class.
  - Be appropriately open about your own path and challenges; encourage life balance

SPS Student Affairs: Anna Condoulis, Teresa Gargiulo, Trisch Arbib
- Can alert advisor with flag system and Albert Alerts for Grad (will be switched to flag system in spring)
- SPS Services and Policies for grad and undergrad, reviewed and updated regularly
- Student conduct policies
- Do not ignore poor/disruptive behavior, document and report. If you can have the conversation with the student, that is good, but faculty can refer a student to the advisor or to Student Affairs if the student does not seem to want to discuss with faculty.
- Sexual misconduct instances cannot be guaranteed confidential, but will be handled privately on a need-to-know basis.

Graduate Student Wellness Tips: Daniel Kelly II
- Students receive lots of emails and notices of services, but verbal confirmation is very effective, especially if repetitive.
- Having a slide deck that students continuously have access to is helpful for them, as long as the deck is updated every semester/month and can be continuously reinforced with students.
- Also to repeat after add-drop period to catch all students
- Global Spiritual Life resources

Other Resources for Faculty Wellness
- Office of Global Inclusion
- Student Health Center Services for Faculty and Staff
- Employee Assistance Program: Optum
- Faculty and Staff Work Life Office
- Self-Care for Challenging Times
- Anti-Racism Education, Programs, and Resources
NYU SPS
Faculty Forum:
Student Wellness

Friday
November 6, 2020
NYU SPS
Office of Student Affairs
A resource for students:

- Student Services
- Skill Enhancement Workshops
- Events and Traditions
- International Student Support Center
- Student Announcements
- Student Government and Club Activity

NYU SPS Building
7 E 12th Street, Suite 523
sps.studentaffairs@nyu.edu
SPS Academic Advisors

- Partner with faculty and students to ensure a student’s academic success
- Your “go-to” person for questions/concerns regarding students

HOW TO CONNECT WITH ADVISORS

- Undergraduates: Go to NYU Connect and raise a flag
- Graduates: Albert alerts (until end of fall 2020)

For a Complete Listing of Advisors and their Contact Information:
www.sps.nyu.edu/advising
SPS Academic Policies

Follow this link to view SPS graduate and undergraduate academic policies.

www.sps.nyu.edu/policies
Student Conduct Policies


Mission
The Office of Student Conduct and Community Standards (OSC) supports the maintenance of a safe, accountable, and inclusive community. OSC is committed to the development of individual students and the education of members of New York University on the rights and responsibilities of communal membership.

OSC resolves situations in which a student’s behavioral choices may be negatively impacting themselves or others utilizing a range of responses, from informal guidance to formal adjudication. The office determines the best approach while also ensuring fundamental fairness in all circumstances. In doing so, the office works collaboratively with students, faculty, administration and other community partners to promote student success.
Classroom Student Behavior

- Do Not Ignore Bad Behavior
- Document Document Document
- Reach Out To Your Support System: Advisors, Academic Directors, Wellness, Student Affairs

Contact information:
Trisch Arbib
212.998.7037
trisch.arbib@nyu.edu

Anna Condoulis
212.998.7003
ac5@nyu.edu
New York University is committed to providing equal educational opportunity and participation for all students. The Moses Center for Student Accessibility (CSA) works with NYU students to determine and implement appropriate and reasonable accommodations as well as access available programs and resources to support equal access to a world-class education.

**MAIN PHONE NUMBER:** 212.998.4980

**EMAIL CONTACTS:**

- General Inquiries: mosecsa@nyu.edu
- Note Taking: csanotetaking@nyu.edu
- Exam: csaexams@nyu.edu
The NYU Wellness Exchange

PHONE
(212) 443-9999 24 hours a day, 7 days a week with international numbers offered at most global sites

CHAT
24 hours a day in six languages through the Wellness Exchange app for iPhone or Android

VIRTUAL DROP-IN HOURS
Call (212) 443-9999 to make arrangements for a virtual drop-in.

EMAIL
wellness.exchange@nyu.edu during business hours; responses may take one business day

Student Health Center

The Student Health Center (SHC) offers the following services:

- medical
- counseling
- health promotion,
- pharmacy

https://www.nyu.edu/students/health-and-wellness.html

Contact
(212) 443-1000
health.center@nyu.edu
Sexual Misconduct/Harassment

Instances of sexual harassment/misconduct MUST BE reported to the Office of Equal Opportunity (OEO).

You cannot promise a student or colleague confidentiality, but you can ensure privacy.

University’s Title IX Coordinator:
Mary Signor
Executive Director, OEO
Email: mary.signor@nyu.edu
Phone: 212.998.2352

NYU Bias Response Line
Email: bias.response@nyu.edu
Phone: 212.998.2277
More information:
https://www.nyu.edu/about/policies-guidelines-compliance/equal-opportunity/bias-response.html
Family Educational Rights And Privacy Act (FERPA)

At this link, you will find a video, a tutorial, and specific clarification for faculty about what information can be displayed, shared, etc.

https://www.nyu.edu/about/policies-guidelines-compliance/policies-and-guidelines/FERPA.html

The FERPA tutorial is designed to give you a base level of knowledge of the rules governing release of student information and to ensure that you understand your obligation for proper use and protection of student records, whether available through Albert, SIS, or any other form.

The tutorial takes approximately 10 minutes to complete.
Mandatory Tutorials for Students

- Academic Integrity
- Sexual Misconduct Prevention
- Alcohol Education
Responding to Students in Psychological Distress

Zoe Ragouzeos, Ph.D., LCSW
Assistant Vice President, Student Mental Health
Executive Director, Counseling & Wellness Services, SHC
DATA ON COLLEGE STUDENT MENTAL HEALTH

ACHA-NCHA Findings (reported in %)

<table>
<thead>
<tr>
<th>In the last 12 months, have you:</th>
<th>Spring 2011</th>
<th>Spring 2014</th>
<th>Spring 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt very sad</td>
<td>61</td>
<td>62</td>
<td>67.3</td>
</tr>
<tr>
<td>Felt so depressed it was difficult to function</td>
<td>31.3</td>
<td>32.6</td>
<td>39.1</td>
</tr>
<tr>
<td>Overwhelming anxiety</td>
<td>50.7</td>
<td>54</td>
<td>60.8</td>
</tr>
<tr>
<td>Self-harm</td>
<td>6.4</td>
<td>6.4</td>
<td>7.0</td>
</tr>
<tr>
<td>Seriously considered attempting suicide</td>
<td>7.1</td>
<td>8.1</td>
<td>10.3</td>
</tr>
<tr>
<td>Attempted suicide</td>
<td>1.2</td>
<td>1.3</td>
<td>1.5</td>
</tr>
</tbody>
</table>

*
Depression
• Isolation/Loneliness
• One in four young adults contemplated suicide during COVID-19 pandemic (CDC)

Exacerbation of Anxiety disorders/OCD

Academic Concerns
• “missing” students
• Students displeased/stressed by remote classes

Domestic Violence

Substance Abuse

Trauma

Bereavement
Emergency Procedures

Imminent Threat to Self/Others

- In case of a life threatening emergency that is imminent, please call 911 immediately and then Public Safety (212) 998-2222
  - Someone is threatening to use a weapon
  - Someone has already made a suicide attempt or threatens to make one imminently
- If a student expresses (either verbally or in written work) thoughts to hurt him/herself or others without any visible plan or intent, call the Wellness Exchange at (212) 443-9999 and request an urgent assessment
- If the student is not at imminent risk, but you are worried about the student’s or the community’s well-being, please reach out to the Wellness Exchange in order to seek advice on how to help the student.
• Feeling sad or down
• Confused thinking or reduced ability to concentrate
• Excessive fears or worries, or extreme feelings of guilt
• Extreme mood changes of highs and lows
• Withdrawal from friends and activities
• Significant tiredness, low energy or problems sleeping
• Somatic Symptoms (headaches, backaches, nausea, etc)
• Detachment from reality (delusions), paranoia or hallucinations
• Inability to cope with daily problems or stress
• Trouble understanding and relating to situations and to people
• Problems with alcohol or drug use
• Major changes in eating habits
• Excessive anger, hostility or violence
• Suicidal thinking
Check on the Student

- If the student explains that the problem is “legitimate” and “time limited”, suggest a time (no later than one month) to talk again.
- Ask “how are you coping with that?”
- If the student explains that they are already in treatment with a therapist, continue to assess if improvement is occurring.
- If your concerns continue, and you feel at an impasse in your conversations with the student, call the Wellness Exchange for further guidance.

*
Wellness Exchange
- 24/7 emergency response
- Drop-in service
- 24/7 hotline and chat app (6 languages)

CWS
- Appointment based
- Short-term therapy
- Toolkits/workshops
- Clinical groups

Psychiatry
- Long-term medication management

Sexual Misconduct Support
- 24/7 Emergency Response
- Short term Counseling
- Academic/Housing accommodations
- Advocacy (law enforcement, Victims Services, etc)
Same scope of practice
Remote Clinical Care for Fall 2020
No in-person drop in

• Individual psychotherapy treatment by appointment
• Psychiatry
• Group treatment
• Wellness Workshops
• Drop in Services (counseling support and psychiatry)
• 24/7 Hotline Counseling Support
• 24/7 Chat Counseling Support
• 24/7 Emergency Response

nyu.edu/counseling
• Acknowledge the challenges of the current time
• Facilitate Student to Student interactions (group projects, meet/greet)
• Predict and plan for times of stress
• Reinforce resiliency with class throughout semester
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questions?
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  mosescsa@nyu.edu

- **Note Taking**
  csanotetaking@nyu.edu

- **Exam Scheduling**
  csaexams@nyu.edu
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Graduate Student Wellness Tips

Preston Robert Tisch Institute for Global Sport

Daniel G. Kelly II, Ph.D.
Available Resources

• Student Health Center
  • Medical Services
  • Counseling Services
  • Health Promotion Services
  • Accessibility Accommodations Services
  • COVID-19 Resources
COVID-19 Information

- Services
- Make a Virtual Appointment
- Student Health Insurance
- Patient Resources
- Next Stop NYU: Health Requirements
- Contact Us
- Wellness Exchange
Location: 726 Broadway

Top Links
• Make an appointment
• Learn about health insurance options
• Free flu shots

COVID-19 Testing
• Ongoing Testing
• Symptomatic and Contact Testing
• Return to Campus Testing
Counseling - or psychotherapy - is a professional relationship that focuses on personal problems. Counseling is available by appointment.

- **Psychiatry** - An innovative model at the Student Health Center (SHC) provides students with access to psychiatric medication services throughout their NYU career.

- **Group Counseling** - Sometimes a problem is better addressed through group counseling than individual appointments.

- **Toolkits** - Toolkits are 1-4 session workshops designed to help students develop and practice new skills to enhance personal, academic and social well-being.

- **Relaxation Oasis** - The Relaxation Oasis is a tool to help integrate the instruction and practice of mindfulness into the services provided through the SHC promoting compassion, well-being, and academic success.

- **Consults for Study Abroad** - Many NYU students study abroad. Consults are recommended to clarify counseling and medication services that might be available abroad.
Virtual Counseling and Wellness Services

Counseling and Wellness Services are now available virtually (via Zoom or phone).
If you need assistance or need to speak with a counselor, call (212) 443-9999. All students who need counseling services will be seen.

Tips and Resources to Maintain Your Mental Health During COVID-19
Counseling
Counseling is a professional relationship that helps you clarify issues, discover your true wishes and feelings, and deal effectively with problems. Virtual counseling is available on a short term or drop-in basis. For longer-term treatment, referrals to off-campus providers are available.

- Virtual Counseling Appointments
- Virtual Drop-in Counseling Hours
- Counseling FAQ
Health Promotion provides interactive, engaging health information to help students make informed and healthy choices while at NYU, and works with students to promote activities that create a healthier environment for the NYU community.

Stress Busters

Healthy Living Programs

Grants and Funding

Leadership Opportunities
Henry and Lucy Moses Center for Students with Disabilities

New York University is committed to providing equal educational opportunity and participation for students with disabilities. We work with NYU students to determine appropriate and reasonable accommodations that support equal access to a world-class education.
Chaplains are offering remote Chaplain Hours and Virtual Services to support students during this time.

TOP LINKS
Religious Centers
Chaplains on Campus
Student Clubs
Zone Training
Yoga and Meditation
Resources to D-I-Y
Mindfulness Groups
Trainings and Programs
Multifaith Training
Academic Minor
Multifaith Student Groups
Summer Institute
Ed.D. Program
Wellness Exchange

• The Wellness Exchange is your greatest mental health resource at NYU. Call the 24-hour hotline at (212) 443-9999, chat via the Wellness Exchange app, chat via the Wellness Exchange app anytime, make a virtual appointment, chat via the Wellness Exchange app anytime, make a virtual appointment, or drop-in during virtual drop-in hours to speak with a certified counselor about any day-to-day challenges or health concerns.

• Please do not visit in-person. If you need assistance, please call (212) 443-9999. At this time, it is not advisable to visit a medical facility unless absolutely necessary.