

Parent & Family Webinar

Student Mental Health & Involvement Resources



Northwestern | DEAN OF STUDENTS OFFICE | Family Engagement

Agenda

- Counseling & Psychological Services (CAPS)
- Student Assistance & Support Services (SASS)
- Religious & Spiritual Life (RSL)
- Involvement Opportunities within Residential Services
- Office of Campus Life Involvement Opportunities
- Q & A



Counseling & Psychological Services (CAPS)



Garrett Gilmer, PhD
Executive Director

Seasonal Affective Disorder (SAD)

- Pattern of depression that occurs during specific seasons of the year (commonly winter)
- Symptoms
 - Oversleeping
 - Carbohydrate cravings
 - Weight gain
 - Social withdrawal

Suspected Causes

- Changes in brain chemistry deficits in vitamin D related to less exposure to the sun
- Negative thoughts and feelings about winter and lack of access to enjoyable outdoor activities
- Northwestern can experience harsh and long winters
- Much of the main academic year overlaps with these winter months adding additional stress to already rigorous academic demands

What to Do

- Increase sun/light exposure
- Seek treatment
- Focus on developing solid sleep/wake patterns year round
- Be intentional about social plans
- Plan experiences to look forward to
- Identify and embrace what there is to love about winter

How Families Can Help

- Normalize, but avoid minimizing, the impact of seasons on our mood – consider speaking openly about your own experiences
- Recognize signs that the impact on your student is going beyond normal
- Familiarize yourself with resources and help direct your student to them

Comprehensive Services



Initial Consultation & Assessment



Individual & Group Therapy



Psychiatric Services



Referral Support



Crisis Response/ Management



Mental Health Consultation



Community-Based Intervention



Mental Health Training



Access to Services

- Same Day Access
- Expedited Therapist Assignments
- Timely Care



The banner features the Timely Care logo on the left, which includes a teal square icon above the text 'timelycare'. Below the logo, the text reads 'TOP QUALITY VIRTUAL CARE ANYTIME, ANYWHERE.' in bold, dark blue letters. On the right side, there are three white icons on a dark blue background: 'TALKNOW' (two speech bubbles), 'SCHEDULED COUNSELING' (a clipboard with a checklist), and 'HEALTH COACHING' (a heart with a smaller heart inside). Below these icons, the text says 'DOWNLOAD THE TIMELYCARE APP TO ACCESS OR LEARN MORE AT [timelycare.com/northwestern](https://www.timelycare.com/northwestern)'.

timelycare

**TOP QUALITY
VIRTUAL CARE**
ANYTIME, ANYWHERE.

TALKNOW

SCHEDULED
COUNSELING

HEALTH
COACHING

DOWNLOAD THE TIMELYCARE APP TO ACCESS OR
LEARN MORE AT [timelycare.com/northwestern](https://www.timelycare.com/northwestern)

Client Care Coordinators

- Referral support
- Follow up and case management
- Student advocacy and coaching

Staffing

- Nearing full capacity
- Diverse and highly skilled team



Contact Information

Counseling and Psychological Services
Searle Hall – 633 Emerson Street – Second Floor
847-491-2151



Dr. Garrett Gilmer
Executive Director
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Dr. Shenay Bridges-Carter
Director of Clinical Services, Evanston
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NORTHWESTERN
UNIVERSITY

Student Assistance & Support Services (SASS)

dos@northwestern.edu

www.northwestern.edu/studentaffairs/dos

THE DEAN OF STUDENTS (DOS) OFFICE

- Accessible NU
- Center for Awareness Response & Education (CARE)
- Health Promotion and Wellness
- Family Engagement
- Off-Campus Life
- Office of Community Standards (OCS)
- On-Call / Crisis and Emergency Response
- Student Assistance & Support Services (SASS)

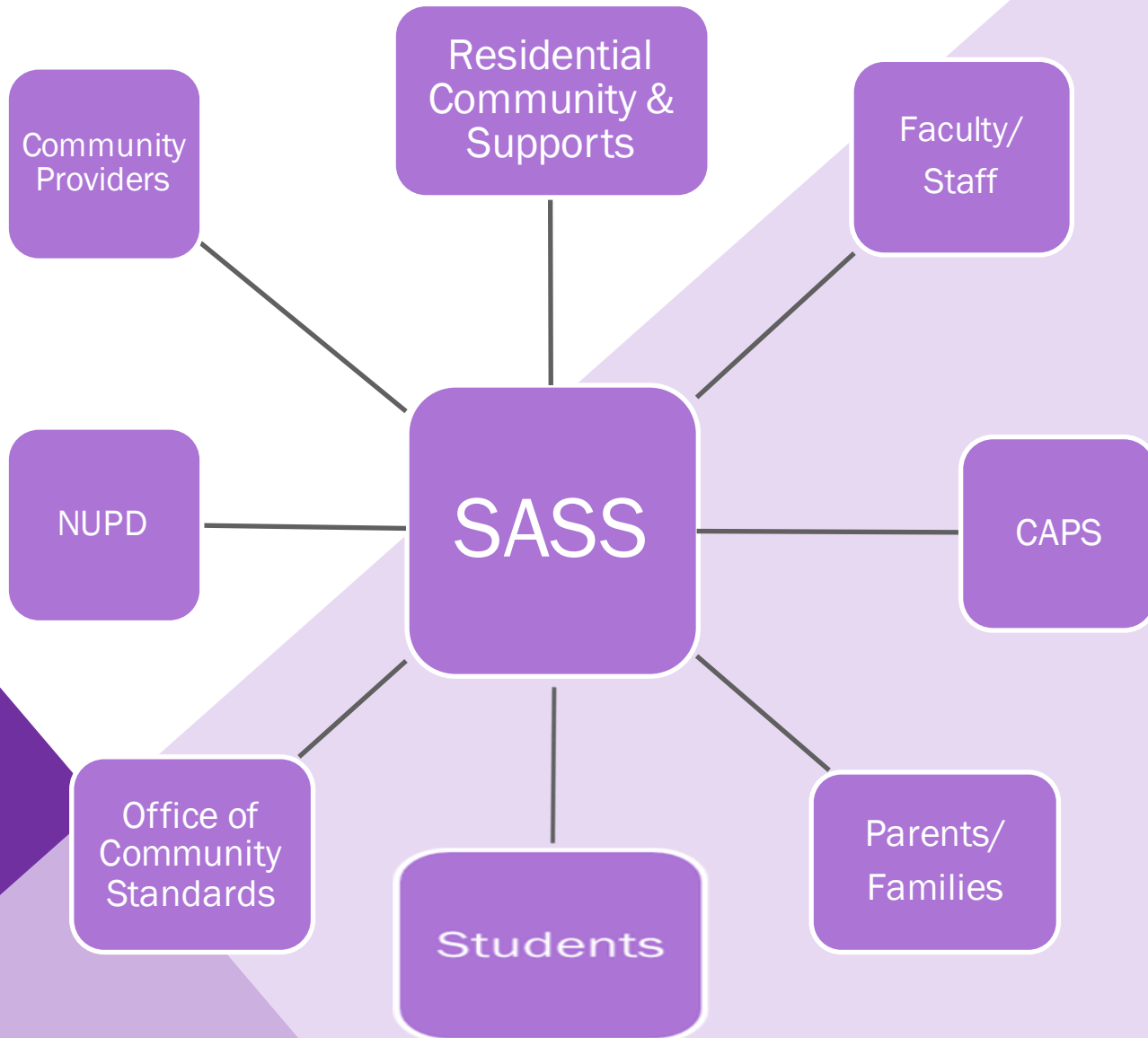
In collaboration with our partners, the Dean of Students Office serves, supports, and empowers students and other members of the Northwestern community to promote student success.

Student Assistance and Support Services (SASS)

Life events can interfere with a student's ability to be successful at Northwestern. When a challenging situation arises, a student or family may find it difficult to navigate the many resources and services that are available at NU. Our goal is to remove obstacles by creating a well-coordinated network of services that allow students to close the gap on any potential barriers to academic, co-curricular and social well-being.



Student Assistance and Support Services (SASS) works to assist students through any number of challenges they may face at Northwestern.



MEET THE STAFF



Nicole Eggleston Watkins
Associate Dean &
Director



Nadim Rana
Assistant Dean



Mary Goldenberg
Assistant Dean



Kylie Hutchins
Program Assistant

Northwestern

Northwestern

RELIGIOUS &
SPIRITUAL LIFE

Religious & Spiritual Life

Religious and Spiritual Life provides programs, staff, and spaces to help students explore meaning and purpose, grow in their religious or spiritual traditions, practice social justice, and create community.

We welcome all people, regardless of religious, spiritual, or secular background. We are here for you if are seeking resources in a particular faith tradition, craving more depth in your daily life, or needing a caring presence in a difficult moment.



Connect



you with peers who share your spiritual, religious, or non-religious identity

you with peers from different spiritual, religious, and non-religious backgrounds

you with peers who share your love of music and performance

you with other resources on campus for different aspects of well-being including mindfulness and meditation

Support & Develop



your wellbeing through individual and confidential appointments with a staff member

your spiritual exploration and specific religious practices and holidays

your use of Alice Millar Chapel, Vail Chapel, Parkes Hall (Muslim Prayer Space, Multi-Belief and Meditation Space), and other gathering spaces on campus

your desire to engage in social justice and advocacy work

Partners

- Over 40 Student Religiously Affiliated Organizations
- Student Affairs Partners

Campus Religious Centers

- Canterbury House
- Northwestern Hillel
- Lutheran Campus Ministry
- Sheil Catholic Center
- University Christian Ministry



**LUTHERAN
CAMPUS MINISTRY
AT NORTHWESTERN**

*Deepening Faith - Expanding Community
Celebrating 75 Years!*



REST & RENEW

FEBRUARY 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST	29 11 am Welcome Back Brunch 12:15 pm Rest & Renew Retreat	30 6-7:30 pm Guided Community Labyrinth Walk 9am-10pm Open Labyrinth Walk	31 Journal Prompt: I feel peaceful when...	1 Create a peaceful morning or bedtime routine	2 3:30 pm Suite Spot Takeover feat. AAIV	3 1 pm Jumu'ah 3 pm Spirituality Reading Series 4 pm Meditation	4 Create a peaceful morning or bedtime routine
DREAM	5 5pm Alice Millar Birthday Concert 7 pm Satsang	6 6-8 pm Hosted Labyrinth Walk 9am-10pm Open Labyrinth Walk	7 Journal Prompt: Write down 5 dreams you have for yourself - big or small	8 Create a vision board	9 3:30 pm Suite Spot Takeover feat. Impact	10 1 pm Jumu'ah 3 pm Spirituality Reading Series 4 pm Sound Meditation 5 pm Mega Shabbat	11 Create a vision board
RESIST	12 7 pm Satsang Get some rest - go to bed early tonight	13 6-8 pm Hosted Labyrinth Walk 9am-10pm Open Labyrinth Walk	14 Write out 3 positive affirmations to repeat to yourself today	15 Take time to exercise and move your body today	16 3:30 pm Suite Spot Takeover feat. OM & YUVA	17 1 pm Jumu'ah 3 pm Spirituality Reading Series 4 pm Meditation	18 Take time to exercise and move your body today
IMAGINE	19 11 am Black History Month Worship Service 7 pm Satsang	20 6-8 pm Hosted Labyrinth Walk 9am-10pm Open Labyrinth Walk	21 Start reading a new book - one that speaks to your imagination	22 12:15 pm Ash Wednesday RSL Service & Lunch 12 pm, 5 pm, 8 pm Shell Ash Wednesday Mass	23 3:30 pm Suite Spot Takeover feat. MENA & PSA	24 1 pm Jumu'ah 3 pm Spirituality Reading Series 4 pm Meditation 4:30 pm Ecstatic Dance Party	25 Visit a peaceful space and imagine how life would feel if you consistently prioritized rest

🕒 Discover Islam Week

Northwestern
RELIGIOUS &
SPIRITUAL LIFE

For more information, visit:
www.bit.ly/RestAndRenewNU

*full list of events and locations on second page

REST DREAM RESIST IMAGINE

Rest & Renew

- Spirituality Reading Series: Rest is Resistance, each Friday at 3pm at the Black House
- Labryinth Walk each Monday, Parkes Hall
- Sound Meditation: Friday, Feb. 10 at 4pm, Alice Millar Chapel
- Mega Shabbat: Friday, Feb. 10, Norris University Center-services at 5pm, meal at 7pm

University Chaplains

IN NEED OF A
LISTENING EAR?

Northwestern
RELIGIOUS &
SPIRITUAL LIFE



Kristen Glass Perez
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ASSISTANT UNIVERSITY
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DANA.DOWNING
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SET UP AN APPOINTMENT WITH ONE
OF OUR UNIVERSITY CHAPLAINS
847 491 7256

The University Chaplains are available to talk confidentially with anyone who would benefit from a listening ear. You do not need to belong to a religious tradition to speak with a Chaplain.

If there is a crisis, an appointment is not necessary during office hours as you may stop by the Chapel Office (Parkes Hall 139) to visit with a Chaplain.

Northwestern | STUDENT AFFAIRS

Residential Services

Office of Residential Experience



Getting Involved

- Multiple levels of engagement
- Small scale events & getting to know neighbors
- Residential Colleges – Resident & Non-Resident members
- Area Programming
- Student Leadership





Residential Areas

Student Leadership

- Area Council
- Residential College Executive Boards
- Resident Assistant





@residentialservicesnu

@nusoutharea

@nusouthwestarea

@nunortharea

@northeastareanu

STAYING CONNECTED

Northwestern | STUDENT AFFAIRS

Campus Life

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Leadership Development & Community Engagement



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Student Organizations & Activities



Northwestern | STUDENT AFFAIRS
Fraternity & Sorority Life



Q & A



Family Ambassador Application Now Open!

Due 2/17



bit.ly/NU-FA

Additional questions?

Please e-mail

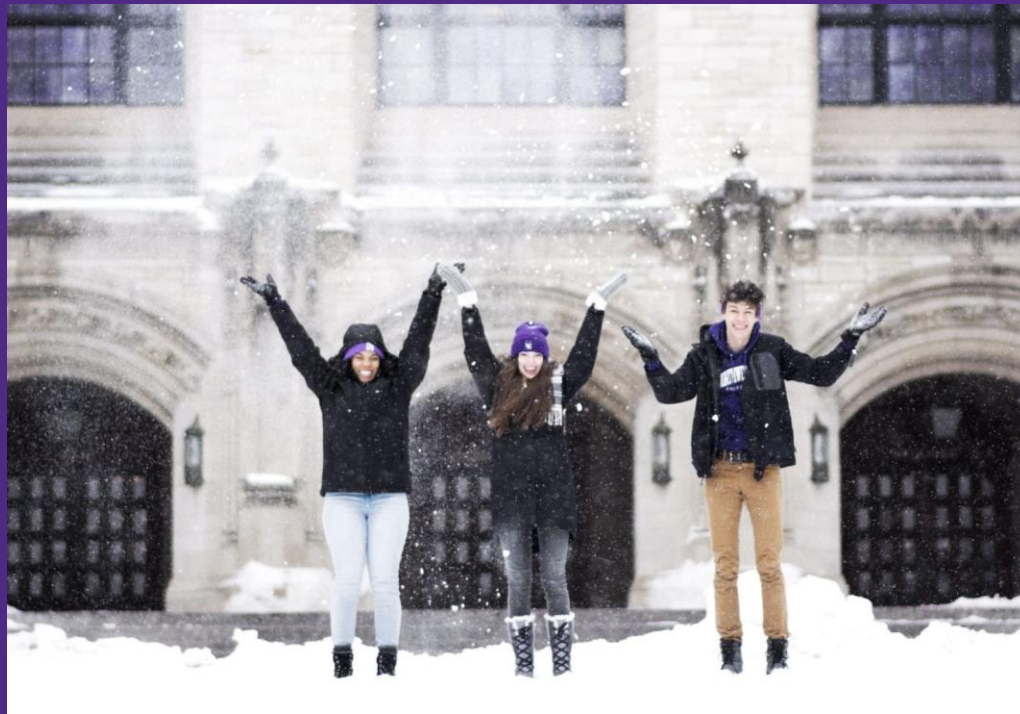
family@northwestern.edu

Webinar recording & PDF of slides
will be available 2/10 at

[Family Communication](#) or

bit.ly/NU-Family

Thank you for joining us, Take Care!



Northwestern | DEAN OF STUDENTS OFFICE | Family Engagement