Health & Wellness at Their Fingertips
Health and Wellness Portfolio &
Dean of Students Office

In the Health & Wellness portfolio and the Dean of Students Office, we believe health and wellness to be foundational to the pursuit of knowledge. In order for our TCNJ students to fully focus on their academics, they need to focus on their personal wellness. Our mission is to promote and nurture a community of care supportive of healthy, lifelong personal and relational behaviors. We provide TCNJ students with opportunities for development in all areas of wellness: intellectual, spiritual, occupational, emotional, physical, social, and environmental through advocacy, education, services, and programs.

Throughout the year, TCNJ offers a variety of events that address Health & Wellness, through prevention, intervention, and education. It’s not unusual — especially for college students — to get a bit stressed while balancing academic and personal demands on time and energy. Here at TCNJ, we want our students to THRIVE.

Whether your student is looking for ways to continue or start their fitness routine, to eat healthy, speak with a counselor, or understand the impacts that sleep has on their academics, we are here to help. This year, our programming will continue to emphasize four elemental components of student resilience in order to improve Health & Wellness: EAT, SLEEP, MOVE and BREATHE. Check out all of our services at http://healthwellness.tcnj.edu/

Highlighted below are a few of our offices and services:

**Student Health Services (SHS):** Student Health Services provides, promotes, supports, and integrates individual healthcare, clinical preventive services, clinical treatment for illness, patient education, and public health responsibilities. SHS offers services focused on injuries & illnesses, vaccinations, tuberculosis, flu shots, and sexual & reproductive health. For more information, please check out: http://health.tcnj.edu/
The Office of Recreation & Wellness: The Office of Recreation supports the College's mission by enhancing lifelong learning through outstanding recreational services, programs, and facilities that promote the well-being of the body, mind, and spirit of the campus community. Programs include: Intramural sports, Sports clubs, RECreate Your Night, and Group Fitness. More information about all that Recreation offers can be found at: https://recreation.tcnj.edu/

Mental Health Services (MHS): The mission of Mental Health Services is to support the academic goals of the College through assisting students with personal challenges that interfere with their academic progress. We encourage students to attend to all of their developmental needs, whether they are academic, personal, physical, interpersonal, social, or spiritual. Toward this end, we provide an environment that is safe, confidential, and supportive. Our work is guided by the ethical and practice standards of our professions, with the goal of providing the best services possible. MHS offers group counseling, short-term individual counseling, crisis intervention, referral services, prevention/outreach to students, faculty and staff, and graduate student training opportunities. For more information, visit: https://caps.tcnj.edu/

Religious and Spiritual Life (RSL): Religious & Spiritual Life functions to provide an open and collaborative environment in which members of the campus community can nourish their spirits as well as pursue religious inquiry and practice. For more information, visit: https://religiousandspirituallife.tcnj.edu/

Alcohol and Other Drug Education Program (ADEP): The Alcohol and Drug Education Program is committed to providing educational support services to the campus community and creating an atmosphere in which alcohol use is not the central focus
of all social events. The program stresses choice, personal responsibility and understanding of consequences in deciding to use alcohol and/or other drugs. ADEP welcomes students in recovery, or those looking to explore their alcohol and other drug use, to utilize the programs and services offered, such as attending individual or group counseling. Programs and services provided by ADEP incorporate current, empirically supported approaches in order to effectively promote student health and wellness. For more information, visit: https://adep.tcnj.edu/

Anti-Violence Initiatives (AVI): Anti-Violence Initiatives leads the campus effort to address issues of sexual assault, domestic/dating violence, and stalking. We work with our community partners to create a campus environment that is intolerant of abuse and responsive to needs of victims/survivors. Our objective is to establish a campus culture for safety, free from power-based personal violence, resulting in a safer living and learning environment. For more information, visit: https://oavi.tcnj.edu/

If you have any questions about the advocacy, education, services, and programs that the Health and Wellness portfolio provides, please feel free to contact our office at 609-771-2545.

Dean of Students Office: The Dean of Students Office comprises several different areas under its umbrella: the CARE Office, Student Conduct, and Title IX. At The College of New Jersey, we are all part of a caring community of students, faculty, and staff that takes its responsibility to look out for one another very seriously. Within the TCNJ caring community, the struggle of one of us is a concern for all of us. Conversely, the success and growth of each of us enhances our community. As a community of care, we reach out to each other in times of need and work together to build a healthy and well campus. The CARE Team is there to provide help and support
to students experiencing a variety of personal challenges to being a successful student at TCNJ. Whether your concerns are academic, financial, interpersonal, physical or mental health related - we are here to help. Additionally, the Title IX Office provides interim measures, accommodations, and opportunities for investigations for all cases involving sexual or dating violence on-campus. Lastly, the Office of Student Conduct helps students who have violated College policy navigate how to be successful members of the TCNJ community. For questions on any of these areas, please feel free to contact 609-771-2780.