

# Rutgers—New Brunswick JED Campus Strategic Plan

2019-2023



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## Introduction

The New Brunswick JED team has worked closely with JED Campus to develop a strategic plan for the New Brunswick campus. This plan will guide the next two years of the JED Campus process. From Fall 2019 through Spring 2020, the New Brunswick JED Team engaged in an assessment process that included:

- Implementation of the Healthy Minds Survey to a random sample of 8,000 undergraduate and graduate students. The Healthy Minds survey examines mental health, service utilization and related issues in the college environment;
- Completing a self-assessment;
- Meet with content experts; and,
- Participating in a virtual campus site visit where JED Campus professionals met with the New Brunswick JED Team, leadership, and students.

## How is the Strategic Plan Organized?

The New Brunswick JED Strategic Plan is organized into six specific domains:

1. Identifying Students at Risk & Crisis Management
2. Encourage Help-Seeking Behaviors
3. Enhance Services for Substance Abuse and Mental Health
4. Enhance Existing Life Skill Programs
5. Promote Social Connectedness
6. Strategic Planning & Communication

# Domains

Each domain has a working group of staff, faculty and students working on the identified action areas.

## Identifying Students at Risk & Crisis Management

### Working Group Members

Milagros Arroyo (Assistant Dean and Director of Nontraditional, International and Special Populations, Advising and Academic Services), Jeff Broggi (Senior Associate Dean of Students, Student Affairs), Daniel Chung (Clinical and Sport Psychologist, Rutgers Athletics), Captain Dan Goresh (Public Safety), Evan Kleiman (Assistant Professor, Psychology), Jason Moore (Director, Office of Transfer and Non-Traditional Students), Steve Sohnle (Director, Counseling, Alcohol & Other Drug Assistance Program & Psychiatric Services), Mike Tolbert (Director, Student Support, Conduct & Facilities, Residence Life)

- Implement standardized screenings for substance use/misuse and common mental health problems by health service clinicians at primary care visits.
- Provide and publicize screening tools for depression, anxiety, and substance use disorders on the counseling and/or health education websites
- Implement screening/wellness days focused on substance use and common mental health issues on a regular basis
- Refine a protocol and increase visibility for reporting students of concern
- Develop, expand, or strengthen gatekeeper-training program for relevant campus faculty and staff in identifying, reaching out to, and referring students who may be struggling
- Train students to identify, reach out to, and refer their friends/peers who may be struggling with mental health or substance issues
- Refine a family notification policy to be used in emergency situations (who has this policy? Where can it be located)
- Refine case management system to help assure clinical follow up and continuity of care for students of concern
- Direct message new incoming students who self-identify with mental health and/or substance use history about services and resources on campus prior to arrival
- Educate families of incoming students regarding mental health and substance use resources and services on campus
- Conduct an annual campus environmental scan to identify and mitigate access to lethal means
- Implement installation of breakaway closet rods
- Implement protocols for controlling toxic substances found in laboratories, which includes tracking and monitoring of materials

## Encourage Help-Seeking Behavior

### Working Group Members

Sharon Bzostek (Associate Dean for Undergraduate Education, SAS), Anne Carr-Schmid (Director of Advising, Office of Undergraduate Instruction, Division of Life Sciences – SAS), Nehemiah Chung (Assistant Director, NSO and Family Programs), Kiera Doherty-Herwitz (student athlete), Peter Economou (Director of Rutgers Behavioral Health & Sport Psychology, Rutgers Athletics), Martha Haviland (Director, Office of Undergraduate Instruction, Division of Life Sciences – SAS), Tanya Jain (student), Francesca Maresca (Interim Assistant Vice Chancellor for Student Affairs – Health and Wellness), Dan Stern Cardinale (Assistant Teaching Professor)

- Ensure that counseling and health center websites are easily accessible for students
- Cross reference/link counseling center, health services and health education websites (across University campuses, not just New Brunswick)
- Utilize online resources from other organizations to enhance wellness messaging
- Develop or enhance peer support programs

## Enhance Services for Substance Use & Mental Health

### Working Group Members

Urszula Echols (Services Coordinator, Office of Veteran and Military Programs and Services), Rachel Joseph (Senior Program Coordinator, Office of Transfer and Non-Traditional Students), Lisa Laitman (Director of Alcohol and Drug Assistance Program, Counseling, Alcohol & other Drug Assistance Program & Psychiatric Services), Tanisha Riley (Health Education Specialist, Health Outreach, Promotion & Education), Mark Schuster (Dean for Graduate Student Life), Steve Sohnle (Director, Director, Counseling, Alcohol & Other Drug Assistance Program & Psychiatric Services)

- Enhance communication of a tuition insurance policy
- Develop/refine a written medical leave of absence policy that is consistent with JED Campus recommendations
- Develop/refine a written return from leave protocol that is consistent with JED Campus recommendations
- Establish a central office to administer all leaves
- Evaluate the staff to student ratio to adequately address the clinical needs of students
- Develop or enhance clinical services for mental health and substance abuse
- Coordinate care with off-campus services
- Enhance visibility of all alcohol and other drug policies
- Establish or expand recovery community and/or support programs on campus
- Develop or refine resources to educate students and families in making informed decisions when choosing a health insurance plan
- Develop or refine MOUs with local services

## Enhance Existing Life Skill Programs

### Working Group Members

Nikita Cuvilje-Correa (Mental Health & Alcohol and Other Drug Educator, Health Outreach, Promotion & Education), Nehemiah Chung (Assistant Director, Parent and Family Programs, Student Affairs), Stephania Guzman (graduate student) Kate Hickey (Senior Associate Athletic Director, Rutgers Athletics), Sybil James (Ombudsperson for Students), Mark Schuster (Dean for Graduate Student Life), Lori Smith (Associate Director for Student Involvement, Student Centers and Activities), Kerri Willson (Director of Off-Campus Living and Community Partnerships), Bethann Wittig (Fitness Coordinator, Recreation)

- Offer or enhance programming and/or groups
- Implement campaigns to educate the campus community about the links between physical and emotional health and academic success

## Promote Social Connectedness

### Working Group Members

Mark Cruz (Health Education Specialist, Health Outreach, Promotion & Education), Tanya Jain (student), Danielle Ryer (MSW student), Sabrina Selvaggio (Senior Student Programs Coordinator, Student Centers and Activities), Jesse Stratowski (Outdoor Recreation Coordinator, Recreation), Kerri Willson (Director of Off-Campus Living and Community Partnerships), Judy Wu (undergraduate student)

- Develop proactive Action Steps to help identify disconnected/isolated students
- Develop peer mentoring programs
- Develop or enhance programs and activities to promote inclusion of disconnected/isolated students on campus
- Establish defined spaces in student unions and/or other public areas for student groups to meet
- Develop hiring practices that promote the recruitment and retention of diverse faculty and staff

## Strategic Planning and Communication

### Working Group Members

Mike Abdallah (Director of Communications, Student Affairs), Ashlea Coulter (Associate Director, NSO and Family Programs), Linnea Dickson (Associate Undergraduate Vice-chair, Psychology), Francesca Maresca (Interim Assistant Vice Chancellor for Student Affairs – Health and Wellness), Barea Sinno (doctoral student), Jennifer St.Pierre (Director, Strategic and

Campus Communications, Rutgers Communications and Marketing), Dayna Weintraub  
(Director for Research and Assessment, Student Affairs)

- Ensure the campus community is aware of the JED Campus strategic plan and the work of the task force
- Implement campus wide educational campaigns that promote shared responsibility for student emotional well-being
- Annually analyze data that is collected by demographic group to inform strategic planning
- Share/utilize data analysis to inform current and future mental health and substance use initiatives