John Dunkle, Ph.D.,
Executive Director,
Counseling and Psychological Services

Paul Hubinsky,
Associate Director of Residential Life

Angela Mitchell,
Director of Health Promotions and Wellness

Marcy Hochberg,
Student Insurance Program Manager
WildCard Photos
Submit your photo online by August 1

Housing Assignments
Sent to the NU student email account in early August

Move In Parking Permit
Email link active August 20 to September 1
Fall Move In

Friday, September 21, 8 a.m. to 4 p.m.

Early Arrival Requests

Link available August 1 to 20

Questions?

housing@northwestern.edu
Understanding and Supporting Your Student

John H. Dunkle Ph.D.
Executive Director
Counseling & Psychological Service (CAPS)
3 Developmental Tasks of College Years for Students and Parents
1. Functioning Autonomously

- Mastering daily life skills
- Making the psychological shift necessary to invest fully in the college experience (home and college home)
- Different than “cutting ties” – balancing autonomy strivings and the continuing need for connection.
  
  Ex: Set expectations for communication

Negotiating the “expanding box” of autonomy
2. Forming Identity

- Who Am I? More than smart Choices:
  major/career, interests political and spiritual views, sexuality, rel w/substances
  Based on what values are these choices made?

Riding the Waves: trusting the foundation that has been set – values similarity.
Have the conversation (even if it’s a monologue)
3. Building Relational Skills/Forming Close Connections

• Finding new friendships
• Sharing a room (with a new person)
• Exploring and learning from diverse backgrounds of others, e.g., race/ethnicity, national origin etc.
• Romantic relationships
Questions To Ask Yourselves

• If you could make your student’s NU experience exactly what you wanted, what would that look like?

• What challenges and opportunities open up for you as parents or family members now that your student is away at college?
Mindset: The New Psychology of Success  
Carol Dweck (2009)

<table>
<thead>
<tr>
<th>Fixed Mindset</th>
<th>Growth Mindset</th>
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</thead>
<tbody>
<tr>
<td>Intelligence is static.</td>
<td>Intelligence can be developed.</td>
</tr>
<tr>
<td>Leads to a desire to <em>look smart</em> and therefore a tendency to</td>
<td>Leads to a desire to <em>learn</em> and therefore a tendency to</td>
</tr>
<tr>
<td>• avoid challenges</td>
<td>• embrace challenges</td>
</tr>
<tr>
<td>• give up easily due to obstacles</td>
<td>• persist despite obstacles</td>
</tr>
<tr>
<td>• see effort as fruitless</td>
<td>• see effort as path to mastery</td>
</tr>
<tr>
<td>• ignore useful feedback</td>
<td>• learn from criticism</td>
</tr>
<tr>
<td>• be threatened by others’ success</td>
<td>• be inspired by others’ success</td>
</tr>
</tbody>
</table>
Tracks of Life
CAPS Services

- Workshops
- Phone Consultation
  - Crisis Appointment *
  - Personalized Care Plan Meeting
- “Let’s Talk”
  - Community Resource with CAPS Support
- Workshops
  - Short-Term Counseling
  - Psychiatric Services
- Group Therapy
  - Community Resource with CAPS Support

*In an Emergency – Call or Come In To CAPS
“Mental Health”
A Continuum

Wellness  Developmental Hurdles  Mental Illness
Tips to Consider
On Student Challenges

• Prepare for lack of day to day structure

• Academics/social-campus involvement/sleep

• Double check – make sure your insurance provides local health care coverage, including mental health treatment
Tips to Consider

Cont’d

• Make mindful decisions about sex. If sexually active, know how to have healthy and safe sex. Know the definition of consent.

• Make mindful decisions about substances. If you drink alcohol or use any other drugs, know your limits. Understand when substances have begun to interfere or cause consequences in your life. Prevent having social connections based primarily in substance use.

• Stress can be a healthy part of life – develop stress management strategies to enable you to take on new challenges

• Learn, grow, make friends, have fun

• Visit our Website: https://www.northwestern.edu/counseling/
An Introduction to Health Insurance Requirements & Healthcare Resources at Northwestern University

New Student & Family Programs
Webinar for Parents – Sunday, July 22, 2018
What does your child do when they don’t feel well?

Primary medical care is available at no cost – call NUHS to schedule an appointment!

**Evanston campus**
Searle Hall
633 Emerson St.
847.491.2204

**Hours:**
M, W, Th, F: 8:30am – 5pm
Tu: 8:30am – 6pm*

*open to 5pm when classes not in session

**Chicago campus**
NW Medicine, GIM
675 N. St. Clair, 18-200
312.695.8134

**Hours:**
M, W: 8am – 7pm
Tu, Th, F: 8am – 5pm
Annual Insurance Requirements

• Northwestern requires all degree-seeking students to have *comprehensive* health insurance

• Students holding a J-1 or F-1 U.S. visa are required to maintain enrollment in the NU-SHIP for the entire time they are at NU

• Students must confirm/waive NU-SHIP enrollment annually through the online Coverage Selection Form in CAESAR.

*All degree-seeking students have access to campus health services. Primary medical care & mental health evaluation/referral provided at no cost to students.*
Making an Insurance Selection in CAESAR

Open Enrollment for 2018-2019 insurance selection
July 1 – October 1, 2018

Students log in to CAESAR:
https://caesar.northwestern.edu

1. Click on the “Profile” tile on the homepage
2. Then go to “Student Health Insurance” in the left-hand menu

Please note: unfortunately, Guest Access is not yet available for the annual Insurance Selection process. Please talk with your child to ensure selection is completed before 10/1!
Waiving NU-SHIP Enrollment

- In CAESAR, students select “Apply for a Waiver,” and follow instructions on each page to submit:
  - Must provide: policy holder name; subscriber #; company name, state, phone; deductible and out-of-pocket max; benefits info
- To assess whether alternate plans meet Northwestern insurance requirements: 2018-19 Comparable Coverage Checklist
- For additional info on Northwestern insurance requirements and deadlines: www.northwestern.edu/student-insurance
Comparable Coverage Requirements

Alternate plans must meet all of NU’s comparable coverage requirements to waive NU-SHIP enrollment

- ACA-compliant plans meet ~80% of requirements
- **2018-19 Comparable Coverage Checklist** is color-coded to help students and families assess if their plan qualifies to waive

Alternate plans must provide:
- In-network coverage for routine, non-emergency care in Chicago/Evanston area – **very important**!
- All essential health benefits specified by ACA
- No exclusions or waiting periods for pre-existing conditions
Overview of 2018-19 NU-SHIP Coverage

2018-2019 Premium: $3,950
Coverage Sept. 1, 2018 – August 31, 2019
One deductible/out-of-pocket max for full coverage period

Plan Benefits:

Deductible – $250 (in-network); $500 (out-of-network)

Annual out-of-pocket max – $1,800 (in-network only)

Co-insurance – 20%*; plan pays 80% after deductible
*see 2018-19 Plan Design & Benefits Summary for out-of-network co-insurance rates

Prescription co-pay (per fill):
generic $10 / brand $30 / non-formulary $60

$20 co-pay for outpatient mental health visits
NU-SHIP Additional Benefits

**VitalSavings – $25 annual cost**
- 5-50% discount on dental services and products

**Vision discounts – via EyeMed network**
- Discounted eye exams, glasses, contact lenses – by showing your NU-SHIP ID card

**On Call International**
- 24/7 worldwide medical info & assistance
- Medical evacuation & repatriation coverage
- Travel assistance and support

For additional information, see [www.aetnastudenthealth.com/northwestern](http://www.aetnastudenthealth.com/northwestern)
Optional Dental & Vision Coverage

Dental & Vision plans from Delta Dental

• 12-month or 6-month plan options
• Rates at [www.northwestern.edu/student-insurance](http://www.northwestern.edu/student-insurance)
• Available to all students, irrespective of primary medical coverage
• Open enrollment Aug. 1 thru Oct. 1
Have questions or need more information?

For details about, and support for

- NU insurance requirements and deadlines
- The annual insurance selection process (waiving/confirming NU-SHIP enrollment in CAESAR)
- NU-SHIP plan benefits
- Insurance claims or billing issues (whether using NU-SHIP or alternate coverage)

and more:

Website:  www.northwestern.edu/student-insurance
Email:    student.insurance@northwestern.edu
Phone:    847.491.3621
There are many roads to wellness. HPAW will help get you there.

Find your route at northwestern.edu/hpaw
About HPaW

- The mission of Health Promotion and Wellness is to educate and empower students to make healthy decisions that enhance individual success and community well-being. Health Promotion and Wellness uses evidence-informed and innovative strategies to:
  - foster a campus environment that supports healthy behaviors and reduces harmful behaviors.
  - engage diverse campus and community stakeholders in collaborative efforts to identify and promote healthy norms and clear expectations.
  - develop students’ knowledge, attitudes and skills within relevant content areas.

Angela Mitchell, MA, LCSW  
Director

Kevin Meier, MPH

Samantha Giovannetti, MA, LCSW

Daniela Costabile
The Eight Dimensions of Wellness
The Eight Dimensions of Wellness

1. Physical
   - Physical activity
   - Diet/nutrition
   - Sleep
   - Substance use

2. Emotional
   - Identifying feelings
   - Coping effectively
   - Relationships
   - Stress management
   - Conflict resolution

3. Social
   - Communication skills
   - Connections
   - Belonging
   - Support systems

4. Intellectual
   - Academics
   - Expanding knowledge and skills
   - Valuing and nurturing creativity, curiosity, lifelong learning
The Eight Dimensions of Wellness

- **En (Environmental)**
  - Pleasant and stimulating social, living, working, study environments which support well-being
  - Sustainability

- **Sp (Spiritual)**
  - Values and beliefs
  - Meaning and purpose in life
  - Religion and spirituality

- **Vo (Vocational)**
  - Academics
  - Internships
  - Job/Career

- **Fi (Financial)**
  - Satisfaction with current and future financial situations
  - Budgeting, money management skills
Programs and Services

Outreach and Education

- AlcoholEdu for College is an online True Northwestern Dialogue (TND) requirement for all incoming students that helps students consider and make informed decisions about the kind of role—if any—that alcohol could play in their Northwestern experience. Providing personalized feedback and strategies for dealing with the drinking behaviors of peers, AlcoholEdu aims to:
  
  - Challenge students’ expectations about the effects of alcohol
  - Encourage reflection on how choices related to alcohol consumption may influence their academic and personal success
  - Engage students in creating a healthier campus community
Programs and Services

Individual Services

- Wellness consultations
  - Individual conversations to assist students in making health behavior changes
- BASICS (Brief Alcohol Screening and Intervention for College Students)
- Online assessments
  - eCheckup To Go alcohol and marijuana assessments
  - Online sleep assessments
- Student Involvement
  - WATCH Peer Education Group
Tips for talking with your student about developing healthy habits in college

- Don’t be shy—start the conversations.
- Communicate your expectations.
- Ask your student about their worries or concerns. Familiarize yourself with on-campus resources and encourage them to seek these out.
- Help your student learn to advocate for themselves.
- Normalize help-seeking to reduce stigma.

Resources

**General health and wellness tips:**
https://www.cdc.gov/family/college/index.htm

**Alcohol misuse prevention tips:**
https://store.samhsa.gov/shin/content//SMA15-4897/SMA15-4897.pdf

https://www.youtube.com/watch?v=lXOVzTpjDrA&feature=youtu.be
Finding HPaW

- Searle Hall, 633 Emerson Street
- Co-located with:
  - Health Services
  - Counseling and Psychological Services (CAPS)
  - Center for Awareness, Response and Education (CARE)

Look for the HPaW table at the Parent + Family Resource Fair during Wildcat Welcome!
Contact HPaW

Angela Mitchell, MA, LCSW, Director
angela.mitchell@northwestern.edu

hpaw@northwestern.edu
847.491.2146

Health Promotion and Wellness
www.northwestern.edu/hpaw

Alcohol and Other Drug Resources
www.northwestern.edu/alcohol-resources

facebook.com/nuHPaW
twitter.com/nuHPaW
Final Upcoming Webinar

Sunday, August 26 @ 4 PM CDT

Pointers for parenting a new student and last-minute logistics before move-in day
Questions?

phone: (847) 467-3988
e-mail: family@northwestern.edu