Parent & Family Webinar
Student Mental Health & Involvement Resources
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

1. Initial Consultation & Assessment
2. Individual & Group Therapy
3. Psychiatric Services
4. Referral Support
5. Crisis Response/Management
6. Mental Health Consultation
7. Community-Based Intervention
8. Mental Health Training
Access to Services

• Same Day Access
• Expedited Therapist Assignments
• Timely Care
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
garrett.gilmer@northwestern.edu

Dr. Shenay Bridges-Carter
Director of Clinical Services, Evanston
shenay.bcarter@northwestern.edu
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 though any number of challenges they may face at Northwestern.
SASS

- Residential Community & Supports
- Faculty/Staff
- Parents/Families
- NUPD
- CAPS
- Office of Community Standards
- Students
- Community Providers
MEET THE STAFF

Nicole Eggleston Watkins
Associate Dean & Director

Nadim Rana
Assistant Dean

Mary Goldenberg
Assistant Dean

Kylie Hutchins
Program Assistant
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 you 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
# REST & RENEW
## FEBRUARY 2023

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>11 am Welcome Back Brunch</td>
<td>6:30-7:30 pm Guided Community Labyrinth Walk</td>
<td>Journal Prompt: I feel peaceful when...</td>
<td>Create a peaceful morning or bedtime routine</td>
<td>3:30 pm Suite Spot Takeover feat. AAIV</td>
<td>1 pm Jumu’ah</td>
<td>Create a peaceful morning or bedtime routine</td>
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<td>12:15 pm Rest &amp; Renew Retreat</td>
<td>9 am-10 pm Open Labyrinth Walk</td>
<td>9 am-10 pm Open Labyrinth Walk</td>
<td>3:30 pm Suite Spot Takeover feat. OM &amp; YUVA</td>
<td>3 pm Spirituality Reading Series</td>
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<td>4 pm Meditation</td>
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<tr>
<th>DREAM</th>
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<tr>
<td>5</td>
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<tr>
<td>5 pm Alice Millar Birthday Concert</td>
<td>6-8 pm Hosted Labyrinth Walk</td>
<td>6-8 pm Hosted Labyrinth Walk</td>
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<td>7 pm Satsang</td>
<td>9 am-10 pm Open Labyrinth Walk</td>
<td>9 am-10 pm Open Labyrinth Walk</td>
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<td>7 pm Satsang</td>
<td>8 pm Hosted Labyrinth Walk</td>
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<td>9 am-10 pm Open Labyrinth Walk</td>
<td>9 am-10 pm Open Labyrinth Walk</td>
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<tr>
<td>Write out 3 positive affirmations to repeat to yourself today</td>
<td>Take time to exercise and move your body today</td>
<td>3:30 pm Suite Spot Takeover feat. OM &amp; YUVA</td>
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<tr>
<td>11 am Black History Month Worship Service</td>
<td>6-8 pm Hosted Labyrinth Walk</td>
<td>Start reading a new book - one that speaks to your imagination</td>
<td>12:15 pm Ash Wednesday RSL Service &amp; Lunch</td>
<td>3:30 pm Suite Spot Takeover feat. MENA &amp; PSA</td>
<td>1 pm Jumu’ah</td>
<td>Visit a peaceful space and imagine how life would feel if you consistently prioritized rest</td>
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<tr>
<td>7 pm Satsang</td>
<td>9 am-10 pm Open Labyrinth Walk</td>
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<td>12 pm, 5 pm, 6 pm Shabbat Ash Wednesday Mass</td>
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<td>3 pm Spirituality Reading Series</td>
<td>4:30 pm Ecstatic Dance Party</td>
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Northwestern
RELIGIOUS & SPIRITUAL LIFE

For more information, visit:

*full list of events and locations on second page

REST DREAM RESIST IMAGINE

Discover Islam Week
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?

Kristen Glass Perez
UNIVERSITY CHAPLAIN EXECUTIVE DIRECTOR
KIRSTEN.GLASSPEREZ@NORTHWESTERN.EDU

Amar Shah
HINDU CHAPLAIN
AMAR.SHAH@NORTHWESTERN.EDU

Tahera Ahmad
ASSOCIATE UNIVERSITY CHAPLAIN
DIRECTOR OF INTERFAITH ENGAGEMENT
TAHMAD@NORTHEASTERN.EDU

D’ana Downing
ASSISTANT UNIVERSITY CHAPLAIN
DANA.DOWNING@NORTHWESTERN.EDU

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.
Getting Involved

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

• Area Council
• Residential College Executive Boards
• Resident Assistant
Northwestern | STUDENT AFFAIRS

Campus Life

Northwestern | STUDENT AFFAIRS
Leadership Development & Community Engagement

Northwestern | STUDENT AFFAIRS
Student Organizations & Activities

Northwestern | STUDENT AFFAIRS
Fraternity & Sorority Life
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!