

Dickinson

Helping Your Student Thrive at Dickinson

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Dickinson College
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Useful education for the common good since 1783

Purpose

- Provide an overview of common academic and social transition issues
- Review transition issues that are specific to this year
- Share some of the most common challenges that students encounter during their first year
- Detail the roles that families, students, and staff play in resolving student issues

Our Mission

Dickinson College provides a useful, innovative and interdisciplinary education in the liberal arts and sciences to prepare students to lead rich and fulfilling lives of engaged global leadership, working for the common good.

Dickinson College Parent Philosophy

- The college and parents each play a significant role in encouraging students' confidence and success in advocating for themselves and learning to resolve the challenges they encounter.
- When students come to us with concerns, we will encourage them to take appropriate actions. As parents, you can nurture their problem-solving ability by encouraging the same.
- If parents call, College staff will commonly ask that we first have the opportunity to speak to the student.
- We do not routinely report academic, social, medical, or personal problems to parents (FERPA).

Dickinson College Parent Philosophy

- If you ever have a more serious or immediate concern about the mental, or physical well being of your child, we encourage you to make the College aware of the situation by contacting the Vice President and Dean of Student Life Office (717/245-1676) or the Department of Public Safety (717/245-1349).

FERPA

The Family Educational Rights and Privacy Act (FERPA) is a federal law under which schools must generally afford certain rights to students who are 18 years or over, or attending a postsecondary institution, including:

- Access to their education records
- An opportunity to seek to have the records amended
- Control over the disclosure of information from the records

Key Transition Points during the First Year of College

- A student's first year will feature many high points and potentially some significant personal & academic challenges.
- The changing seasons of the academic year present various difficulties and growth opportunities that are common for many students.
- By looking ahead, we hope that this session will help you and your student have a successful first year at Dickinson College.

Typical Family Concerns

- COVID-19
- Adjustment to College/Isolation from being home
- Involvement & Engagement
- Living with a roommate
- Alcohol & Drugs
- Common Health Concerns
- Sexual Violence Prevention
- Academic Support

COVID – 19: How is Dickinson Responding

- Classes are being held remotely
- Health Monitoring/Reporting
 - All students and employees are encouraged to self-monitor and track symptoms using the link to our daily symptom tracker website
 - Only those on campus will be required to track symptoms at this time
- Students and employees on campus will be required to take other protective measures
 - e.g., use face coverings and practice physical distancing; limit gatherings
- Visitors and Guests on Campus

COVID-19: What will things look like on campus? (Possibly Use for a Later Presentation – Keep Slide Hidden for Aug. 4th Presentation)

- Initial Testing/Restricted Movement Period
- Universal Precautions
 - Face coverings
 - Physical Distancing
- College Notification of COVID-19 Symptoms
- Health Monitoring/Reporting
- Classes
- Events and Social Spaces
- Travel
- Visitors and Guests

Adjustment to College

- Understand that this is a normal part of transition that will have unique challenges this year
- Transition & adjustment can take a year or longer
 - Expect multiple transitions this year
- Encourage a balance of connection on campus and with home
 - Connect with professors, on-campus staff, RA's virtually
- Remind your student of past successful transitions and what has helped in the past

Student Involvement

- Students are encouraged to have quality involvement in one or two campus activities
 - Virtual Activities Fair: Sunday, August 23 2:00pm-4:00pm
- Students are encouraged to try activities that may be different than those in high school
- Help your student navigate the process of removing oneself from all the prior commitments and focus on the one or two choice activities to have deeper involvement
- EngageD online platform to facilitate co-curricular engagement

Getting to know your Roommate

- Students are practicing important skills living with a roommate and in community. Skills that are valued by employers, including:
 - Self-awareness
 - Empathy
 - Tolerance for ambiguity
 - Flexibility in thought & behavior
 - Patience
 - Curiosity
 - Active listening
- If things are not going well, let us know. **We don't want students suffering in silence.** Encourage your student to contact their Resident Advisor or the Office of Residence Life & Housing.

Alcohol

In a February 2020 survey of Dickinson students:

- 87% reported using alcohol at least once in the last year
- 56% reported using alcohol at least once per week
- 40% of students reported using alcohol 2 or fewer times over the past month (21% reported not drinking at all over the past month)
- Over 90% of students reported that they think the average Dickinson student uses alcohol at least once per week

Other Substances

In a February 2020 survey of Dickinson students:

- 48% reported using marijuana at least once in the last year
- 17% reported using marijuana at least once per week
- Marijuana is the second most used drug on campus (second to alcohol)
- 67% reported that they think the average Dickinson student uses marijuana at least once per week
- Over 70% of students reported not using marijuana at all in the past month
- Medical marijuana use is prohibited on campus per federal law (even with a prescription) as well as any product containing THC (the psychoactive component of marijuana)

Alcohol & Other Drugs

Our Approach: HARM REDUCTION

- Education: All students get multi-step alcohol education
- Intervention: If students go to the hospital or go through the conduct process, this is required
- Treatment: If students have a problem, we offer alcohol and drug counseling and can provide referrals

What parents can do to help?

- Provide education about keeping safe if/when student chooses to drink
- Emphasize when to seek help
- Keep open lines of communication to recognize when substance use becomes a problem

Health

Physical Illnesses

- Common colds, pink eye, flu, gastrointestinal issues, seasonal allergies
- Sexually Transmitted Infections

Mental Illnesses: *Adolescence is often the time of first presentation*

- Most common: Anxiety/Depression

Impact of COVID-19

- A national survey of college students revealed that while students reported increased depression and lower levels of psychological wellbeing in the spring, they also reported decreased substance use and increased levels of resiliency

The Wellness Center

- General information
 - Integrated care: Health Services; Nutrition Services, Counseling & Psychiatric Services (CAPS)
 - Hours: 8:30am-4:30pm M-F
 - All services are confidential; no charges for visits
 - Online COVID-19 and general wellness resources on the Wellness Center's website
- What is the Wellness Center doing to address COVID-19?
 - Call ahead for all appointments
 - This includes Open Hours at CAPS (11am-noon & 2-3pm every weekday)
 - Testing Tuesdays will be offered for no contact STI testing and consultation
 - Remote check-in for all appointments and call the office to be admitted
 - Waiting rooms are only used for well visits (students who are sick will use a separate entrance)
 - Social distancing in waiting rooms
 - All students and staff are screened for COVID-19 symptoms (including taking temperature) upon entering the building
 - Wash hands/use hand sanitizer upon arrival
 - All students and staff wear face coverings

What Wellness Center services are available this semester?

For all students

- Remote same-day or scheduled consultation appointments with Counseling, Health, and Nutrition Services staff
 - These meetings will consist of discussing the student's concerns, recommendations for managing these concerns, and treatment options
- Virtual support/discussion/educational groups and workshops
- Assistance with identifying appropriate treatment referrals and/or online resources

For students on-campus:

- Virtual health, counseling, and nutrition appointments
- In-person appointments when virtual appointments are not appropriate to the student's treatment needs
- In-person crisis counseling for mental health emergencies

What Wellness Center services are available this semester?

For students off-campus:

- Virtual health, counseling, and nutrition appointments (when appropriate)
 - Working with a local provider will be the best option for most students, and in most cases, we will assist students with finding a local provider
 - A local provider will be more aware of other local services, crisis resources, and (for out of state students) relevant state laws
 - A local provider will likely have the option to meet in person if this becomes necessary
 - If a student cannot access a provider in their area, we will make treatment decisions on a case by case basis
 - We will provide services to students when appropriate to the student's needs, but may not be permitted to treat students in some states
- If virtual appointments are not appropriate/possible we will provide the services below and assistance with identifying appropriate referrals

Health – What Can Parents Do To Help?

- Encourage calling a healthcare provider when ill
 - Especially for COVID-19 symptoms
 - Wellness Center staff can help students find a provider
 - Wellness Center can serve as primary care provider when on campus
- Encourage flu shots (now more than ever), good handwashing, sleep, and basic self-care
- Encourage signing up for the First Year Student Health program
 - now or in the future
- For emergencies call 911 - or DPS when on campus (717-245-1111)
 - For off campus mental health emergencies, you can also call your local mental health crisis center, or the National Suicide Prevention Lifeline, 1-800-273-TALK (8255)
- Encourage using our after-hours phone triage service for medical advice that cannot wait until the Wellness Center reopens: (877) 229-4183
- Don't Wait: Concerns about Meningitis, Appendicitis, Suicidal Thoughts, Psychosis

Safety

- Safety is everyone's responsibility
- No lock works unless you use it
- Walk with a friend, or two
- Online safety

Resources

- Campus Shuttle
- Safe Walk (Escort)
- Red Alert

Sexual Violence Prevention

- Step-Up Program (Bystander Intervention)
- Healthy Relationships Education
- Healthy Masculinities Programming
- Peer Educator Program
- Orientation & Extended Orientation Required Sessions
- Title IX Office (Kat Matic, Title IX Coordinator)

Academic Support

- Academic Advisor
- Center for Advising, Internships, and Lifelong Career Development
- Access & Disability Services
- SOAR (Strategies, Organization, and Achievement Resources)
 - Webinar for Students & Parents: Tuesday, August 11 at 5:00pm (EDT)
- Writing Center
- Quantitative Reasoning Center

Overview of Other Student Resources

- Athletics
- Department of Public Safety
- Residence Life & Housing
- Student Leadership & Campus Engagement (SLCE)
 - New Student Programs, Clubs & Organizations, Campus Recreation, Greek Life, and other student activities
- Vice President and Dean of Student Life Office
- Wellness Center (Health, Counseling & Psychiatric, Nutrition Services)
- Office of Equity & Inclusivity
 - Popel Shaw Center for Race & Ethnicity
 - LGBTQ Services
 - Women's & Gender Resource Center
 - Center for Spirituality & Social Justice
 - Asbell Center for Jewish Life

Summary

- We encourage you to continue discussing these topics with your students.
- Please remember that all staff members at Dickinson are here to assist your student's transition, so please encourage them to seek our assistance when needed.