



National Recovery Month and Suicide Prevention Awareness Month

Life can be unpredictable, and the challenges we face are not always easy to navigate. Difficult moments can make even everyday tasks feel overwhelming, leading to feelings of uncertainty, isolation, or hopelessness. September is both **National Suicide Prevention Month** and **National Recovery Month**, a time to raise awareness about suicide prevention, celebrate the strength and resilience of those in recovery from mental health and substance use challenges, and encourage meaningful conversations about hope, healing, and support. It is also an opportunity to remind others that help is available, and recovery is possible. Read on to learn about resources that can support you, your friends, and your loved ones whenever they may be needed.



Employee Assistance Program

The EAP supports early problem resolution, helping employees remain healthy, productive, and engaged. It provides confidential, professional assistance to employees and their eligible family members for personal issues that may affect well-being or job performance.

All full- and part-time employees and their immediate family members who are eligible for medical benefits may use the EAP.

You may contact the EAP provider directly using the listed phone number to schedule an appointment.

Local Provider: Franco Counseling Associates, P.C.

26 State Avenue | Carlisle, PA Phone: 717-243-1896

<https://www.francocounseling.com> | email@francocounseling.com

Telehealth Provider

In partnership with Reliance Matrix, ***AllOne Health*** is an additional EAP program available to all active, eligible full-time employees.

Additional Support Resources



Addiction and Recovery: Real Support for Real Life See how ***AllOne Health*** can help you or a loved one navigate addiction and recovery

[Insights Latest Video](#)



Suicide Prevention | What to Know and How to Help - a *Health Advocate* webinar.

Thursday, September 17 at 10 a.m. and 4 p.m.

[Register here](#) or browse their on-demand library.



How are you, REALLY?

Health Advocate offers suggestions to *check in with yourself or someone else.*

[Learn more here](#)

Employee Announcements

Allan Houser, *Spirit of the Wind*

A new sculpture from the Rose Art Collection arrived on campus and was installed in Morgan Field on Thursday, September 3.



Shannon Egan and James Bowman of the Trout Gallery, along with Prof. Anthony Cervino, Art & Art History; Carlo Robustelli, College Advancement; and Jon Brighton, Facilities Management, were instrumental in coordinating the installation of the piece.

The following Facilities Management team members, pictured above, performed the herculean task of positioning and securing the sculpture: *Tim Cahill, Jeff Jumper, Levi Crum, Eric Lay, and Skip Groves.*



Health Advocate 101

Learn About Your Free Employee Benefit

Wednesday, October 14 | Noon - 1:00 p.m.

HUB Sideroom 203

Join us for an overview of Health Advocate, a confidential service available at no cost to all full-time employees. Health Advocate provides personalized support from registered nurses, doctors, and health care experts who can help you and your eligible family members navigate medical, insurance, and health care issues.

During this session, you'll learn how Health Advocate can assist with finding providers, understanding medical bills, resolving insurance challenges, coordinating care, and accessing health resources. Eligible family members include your spouse, children, parents, and your spouse's parents.

[RSVP](#) today to discover how Health Advocate can help simplify the health care experience for you and your family.

Substance Misuse and the Drug-Free Workplace

Thursday, October 15 | 2:00 - 3:00 p.m.

HUB Lower-Level Conference Room

[RSVP in EngageD](#)



Presented by Missy Stine, Ph.D., Executive Director, Dickinson College Wellness Center

We live in a complicated world -- and these complications stress us out, leading some to turn to self-medicating or other options to cope with life's challenges or issues. ***Did you ever wonder why some become addicted to substances, or how to recognize substance use or potential substance abuse?***

This employee workshop is designed to provide brief education on substance misuse and related problems. You will learn about the warning signs of a substance use disorder, how to support persons struggling with substance misuse, and the connection between substance misuse and Dickinson's Drug-Free Workplace policy. This program will also provide information on available resources.



Required Training in Workday

Required training for faculty and staff is assigned in Workday Learning. To view your training status, select **Learning** from your **Personal** menu. This will redirect you to your **Learning Home** page, which displays your required training items. More information can be [found here](#). Required learning may include, but is not limited to, the following:

- **Protecting Our Community** series of courses
 - Title IX and You: Faculty and Staff (annually)
 - Mosaic Prevent Discrimination and Harassment Together (biennially)
 - Protecting Our Community (new employees)
- **Information Security and Awareness** series of courses (annually)
 - You Are the Shield
 - Malware
 - Email and Phishing
 - Passwords
 - Mobile Devices
- **Active Intruder/Assailant Awareness** (annually)
- Other assigned courses or programs based on position requirements

Please check your status to confirm you are up to date with your training. Questions can be directed to hrrservices@dickinson.edu.

Community Engagement



Register for United Way of Carlisle and Cumberland County's **Day of Caring by September 17.**

Day of Caring will take place on **Friday, October 9.**

[Learn more & register here.](#)



The **Central PA Blood Bank** Blood Drive will take place on **Friday, September 18** from **10 a.m. to 6 p.m.** in the **Allison Hall Community Room.**
Sponsored by ROTC.

[Register here](#), or walk-ins are accepted.



Bird Town Pennsylvania works in partnership with municipalities to promote community-based conservation actions to create a healthier, more sustainable environment for birds, wildlife, and people.

[Learn more here](#) to volunteer or participate in programs & events.



United Way of Carlisle and Cumberland County

Restaurant Fundraisers *on behalf of Dickinson College*

Red Robin - Carlisle: Thursday, September 24 from 4 to 8 p.m. 20% of food sales will be donated. [See this flyer](#) for more details.

Chipotle - Carlisle: Wednesday, October 21 from 4 to 8 p.m. 25% of event sales will be donated. Order online for pickup using code VXJ83GF or [show this flyer](#).

Commute PA

Go Car Free!

One less car.

One more hero.



Looking for a better way to commute while saving cash, boosting your health, and helping the environment? Swap out your commute this September and unleash your inner commute hero! Whether your superpower is biking, walking, taking public transit, carpooling, vanpooling, or telecommuting, every non-drive alone trip makes a huge difference:

- Improves health for you & your community.
- Saves money on fuel, parking, & vehicle costs.
- Less traffic, stronger, more connected communities.

How to join the action:

1. [Sign up with Commute PA.](#)
2. Complete your profile with your home and work locations.
3. Log your non-drive alone trips throughout September to earn prize entries!

Professional Development

College Prep for Parents

- **High School Counseling & Admissions:** Thursday, September 17
- **Financial Aid and Tuition Benefits:** Thursday, September 24



Sessions will be held from **noon to 1 p.m.** in the **McCauley Room of Old West**.

We encourage all parents to attend if your child is a junior or senior in high school and planning to attend college. [Register via EngageD.](#)



Feature Courses in Workday Learning

This month's learning theme:

Refresh Your Routine. Reinforce Your Foundation.

As the back-to-school season reminds us of the value of fresh starts, this theme encourages employees to revisit the core workplace behaviors and skills that drive success. Just as students return to the classroom ready to learn, grow, and establish productive habits, employees can use this opportunity to reset routines, strengthen skills, and recommit to professional and personal development.

Take a look at this month's feature courses, which are available for enrollment in Workday Learning:

- Time Management 101
- Using Feedback for Professional Growth
- Civility in the Workplace
- Conflict Resolution in the Office (or any work area): Resolving Conflicts Effectively
- Emotional Intelligence series of courses:
 - What is Emotional Intelligence
 - Developing Emotional Intelligence
 - 7 Ways to Improve Your Emotional Intelligence
 - Emotional Self-Awareness
 - Recognizing Other People's Emotions
 - Regulating Your Emotions
 - Managing Your Relationships

Search for keywords in Workday Learning to enroll in a course or courses. Use this [job aid](#) for further assistance or email devwell@dickinson.edu.

Financial Wellness



TIAA Retirement Consultations will be held on:

- **Thursday, September 17** in HUB Sideroom 203
- **Wednesday, October 7** in HUB Sideroom 203

[Sign up for an appointment directly with TIAA](#) or call 800-732-8353.



Navigating the Medicare Annual Enrollment Period - a Fidelity Investments webinar:

Wednesday, October 7 Noon - 12:45 p.m.

Learn how to evaluate your coverage and understand your options.

[Register here.](#)



VIA Benefits: *Confidently Plan for Retiree Health Coverage.* VIA Benefits is a free service on our [Medicare Resources](#) webpage that makes it easy to compare and enroll in the nation's top healthcare plans from leading regional and national insurers.

[Learn more here.](#)

Wellness @ Dickinson

2026 Fall Into Wellness Challenge

[Register now!](#)

Embrace the season while supporting your physical, mental, and emotional health during this four-week wellness journey.



The challenge will **begin on Sunday, October 25, and run through Saturday, November 21.**



Lowering Blood Cholesterol & Triglycerides

Join Our Campus Dietitian: Courtney Hager

Wednesday, October 7 | 1:30 - 2:30 p.m.

Facilities Management Break Room, 5 N. Orange St.

Come chat with the Dickinson registered dietitian about lowering your blood lipids. She will provide information about what foods and eating patterns are best for managing your cholesterol and triglyceride levels, how to keep it simple, and how to overcome barriers and take imperfect steps to reduce cardiovascular risk. *Walk in; no appointment necessary.*



Flu Vaccine Clinics will be available for students, faculty and staff on:

- September 24 from 9-11 am.
- October 13 from 11 a.m. to 1 p.m.
- November 10 from 4-6 p.m.

All clinics will be held in the HUB Social Hall West.

[Book your appointments here.](#)



Employee **Biometric Health & Wellness Screenings** will be available on:

Thursday, October 1 from 7 to 9 a.m. in HUB Sideroom 202-203

Results will be available on-site within minutes. **[Register here](#)** to book your appointment and complete the preregistration form.



Body Composition Analysis:

Tuesday, October 13 from 11 a.m. to 1 p.m. in HUB Social Hall East.

Stop by for a body composition measurement using the InBody 240 scale. Receive a printout of your results and a brief verbal explanation of the interpretation.

Walk-in; no appointment necessary!



DOWNLOAD THE APP TODAY



Google Android



Apple iOS

All full- and part-time faculty and staff have access to [YMCA360](#), a virtual platform offering a variety of wellness classes to support your health journey. New employees will be notified via email to confirm enrollment in the program. [Learn more here.](#)



This creamy soup brings all the flavors of the season together:

Indian-Spiced Pumpkin-Apple Soup

Source: [American Heart Association](#)

Vitality Webpage



55 N. West Street | Carlisle, PA 17013

Phone: 717.245.1503 | Email: devwell@dickinson.edu | [HR Services website](#)