

Morning Sessions

**Basic Needs Insecurity: Overcoming Barrier to Student Success**

**Arian Craig, MA** - Student Support Services Case Manager, Dean of Students, Student Development & Campus Life  
Montclair State University

**Tabitha Riley, MA** - EOF Counselor/Academic Advisor, EOF and Academic Success, Academic Affairs  
Montclair State University

**Yanira Amadeo, MA** - Executive Director of Development  
University of Connecticut

*This interactive session will provide an overview of factors contributing to basic needs insecurity and identify resources that can assist students in overcoming barriers. Presenters will share compelling data that will empower attendees to support students by encouraging them to recognize and utilize their personal agency to achieve their goals.*

**Chronic Medical Conditions: At the Crossroads of Medical, Psychosocial and Academic Needs**

**Ann Fink, PhD, MSW, LSW** - Behavioral Health Consultant and Therapist  
Rutgers University

*This workshop explores students' experiences with chronic medical conditions within higher education settings. The session will include practical examples of clinical, instructional and systemic approaches that may be helpful to students who live with chronic conditions. Participants will also engage creatively and interactively in a discussion of case scenarios.*

**Holistic Design: Sustainability and Mental Health as Partners in Space Creation**

**Albeirys Francisco, MS, MBA** - Facilities Planner, Division of Facilities and Campus Operations  
Stevens Institute of Technology

**Justine Dinardo-Lim, BFA** - Senior Director of Planning and Design, Division of Facilities and Campus Operations  
Stevens Institute of Technology

**Olivia Conner-Bennett, BA** - Sustainability and Transportation Coordinator, Division of Facilities and Campus Operations  
Stevens Institute of Technology

*Sustainability and mental health are closely allied, and they can affect each other in multiple ways. Environmental degradation has a significant psychological impact on people; it causes stress, anxiety, and depression. Sustainable practices that slow or reverse environmental degradation can have positive effects on mental health. Such practices can include the sustainable design of a space, and how it facilitates positive feelings.*

**Building Community and Collaboration: Collegiate Recovery, Harm Reduction, and Student Well-Being in Higher Education**

**Tara O'Keefe, MA, LCADC, RDT** - Addiction Counselor Supervisor, Counseling and Psychological Services  
Stockton University

*This 60-minute workshop explores strategies for building collegiate recovery communities, integrating harm reduction practices, and fostering cross-departmental collaboration in higher education. Participants will gain practical tools for creating supportive and inclusive environments and enhancing drug and alcohol education programs to better support students in recovery and promote campus-wide well-being.*

**Providing Psychological Counseling to Latino Students: Challenges and Strategies**

**Marta B. Aizenman, PhD** - Psychologist in Private Practice; Supervisor of Doctoral Students, Graduate School of Applied Psychology  
Rutgers University

*Studies indicate that individuals of Latino origin experience difficulties in reaching out for psychological therapeutic services when such need arise or to persist in treatment. This interactive workshop will address the issues that students from the Latino/Hispanic (Latinx) population face regarding their mental health, and why they have difficulties in seeking help when facing emotional problems. Challenges and coping strategies will be presented and discussed.*

### **A Holistic Model of ADHD Care: Mental Health Evaluation as a Tool for Empowering College Students to Engage with Support Services**

**Elizabeth Chan, PhD** - Postdoctoral Associate and Director of the ADHD Clinic at the Rutgers Center for Youth Social Emotional Wellness  
Rutgers University

**Joshua Langberg, PhD** – Chief Wellness Officer, Rutgers-New Brunswick; Professor in Clinical Psychology; Director of Rutgers Center for Youth Social Emotional Wellness  
Rutgers University

*ADHD is one of the most prevalent behavioral health conditions on college campuses. This workshop describes how Rutgers is building connected systems to help students with ADHD reach their full academic potential. This workshop will describe how virtual mental health evaluations and psychoeducation lead to brief group-based treatment and then further connect with disability and therapy services.*

### **Health Student Activists: Counseling Center Support on the Ground**

**Sodah Minty, PsyD** - Staff Psychologist, Counseling and Psychological Services; Psychologist in Private Practice  
Princeton University

**Jeanan Fares, PsyD** - Postdoctoral Fellow  
Princeton University

*Mental health distress on college campuses is shifting. Presenters propose an adjustment in care to meet the needs of what this generation of students demands of us. Attendees will consider how our values and identities shape how some student activists utilize or refuse mental health care on campus.*

### **The New College Experience: Addressing the Growing Epidemic of Disconnectedness Among College Students**

**Mike Zampini, BA** - Graduate Assistant for Residential Education, Office of Residential Education  
Stevens Institute of Technology

**Kristina Szumski** – Resident Assistant, Office of Residential Education  
Stevens Institute of Technology

*In today's digital age, students are more connected than ever—but paradoxically, feelings of isolation and disconnection on college campuses are at an all-time high. This workshop delves into the underlying causes of this "epidemic of disconnectedness" and offers practical, evidence-based solutions to foster a sense of belonging on college campuses.*

### **The Grateful Day: Five Exercises in Gratitude in Five Minutes a Day for Lifelong Well-Being**

**Margaret "Peggy" Delong, PsyD** – Licensed Psychologist, The Gratitude Psychologist  
Self-employed

*These 5 daily gratitude exercises guide you from your first waking moments, to when your head hits the pillow at the end of the day. They take very little effort, time, or planning. This brain-based, research-backed methodology helps overwhelmed and stressed college professionals and students experience more peace and joy.*

### **When Work is Working**

**Briana Trotty, MA** - Residence Coordinator, Office of Residence Life  
New Jersey Institute of Technology

*Have you ever felt overworked, overextended, or thought there might be a better way to manage your schedule? The good news is, there is! This presentation will explore building a flexible work schedule that reduces burnout and stress, helping cultivate a healthy work-life balance. Although designed with residence life professionals in mind, this model can benefit all work environments.*

Afternoon Sessions

**The WHY, WHAT and HOW of Integrating Behavioral Health into a University Healthcare Service**

**Mark Baehser, MD** - Associate Medical Director, Princeton University Health Services  
Princeton University

**Valerie Lewis, MD, MPH** – Medical Quality Oversight, Princeton University Health Services  
Princeton University

*Behavioral Health Integration in medical services for students is essential to providing evidence-based, quality and comprehensive care. This workshop will review concepts and frameworks of behavioral health integration as well as practical processes for student health services to advance their level of integrated primary care.*

**A Novel Model to Distribute Naloxone Without Barriers on a Large College Campus**

**Noa'a Shimoni, MD, MPH** - Associate Vice President for Student Health and Wellness  
Rutgers University

**Keith Murphy, MA, LPC, LCADC** – Director, Alcohol and Other Drug Assistance Program  
Rutgers University

**Tanisha Riley, MA, MCHES** – Director, Health Outreach, Promotion and Education  
Rutgers University

**Jillian Prior, BA** – Director of Strategic Communications  
Rutgers University

**Jack Hemphill, MHA** – Director, Rutgers Health Services Corps  
Rutgers University

*This workshop engages the audience in our journey and implementation of a successful naloxone distribution program across Rutgers campuses. This inter-professional collaboration between student affairs, addiction counseling, communications, health promotions, and the student service corps resulted in the distribution of more than 5,000 naloxone cartons in the first half of 2024.*

**Wellness Rooms as a Student Support Intervention: Impact and Practice Recommendations**

**Megan Johnston, MSW, LSW** – Health Educator  
Ramapo College of New Jersey

**Judith Green, PsyD** - Director, Center for Health and Counseling Services  
Ramapo College of New Jersey

*Campus wellness spaces are an intervention for student emotional, spiritual, social and physical wellness. This presentation will provide attendees with vital information, strategies, and discussion on bringing a wellness space to their college campus. Topics include resources for a room, strategic partnerships for sustainability, and assessment.*

**Concrete Steps to Address Social Determinants of Health (SDOH) Affecting Our Student Populations**

**Larry Klein, MSW, LCSW** - Director of Social Services  
Bergen New Bridge Medical Center

*Social Determinants of Health (SDOH) impact student health, mental health and academic success. Colleges must address poverty, food insecurity, transportation, homelessness/ housing, and social isolation as well as educational and health literacy. Addressing these determinants through interventions will foster a healthier, supportive environment, improving mental health and academic success.*

**The TikTok-ization of Mental Health: Leveraging Social Media for Student Support**

**Diane Sosa, MA, LPC, NCC** - Staff Psychotherapist, Counseling and Psychological Services  
Stevens Institute of Technology

**Katelyn Delano, MA, LCSW** - Staff Psychotherapist, Counseling and Psychological Services  
Stevens Institute of Technology

*This workshop explores the TikTok-ization of mental health among college students, highlighting how students engage with mental health topics on social media and the implications for mental health practices in higher education. We discuss effective strategies for incorporating these digital connections into mental health practices, fostering community and enhancing outreach while addressing the unique challenges posed by social media dynamics.*

### **Exercise and Mental Health**

**Matt Brzycki, BS** - Assistant Director of Campus Recreation, Fitness  
Princeton University

*A growing body of research shows the positive effects of exercise on a variety of conditions, including depression and anxiety disorders. Learn about some of the studies and their findings along with ways that college-aged individuals (and others) can design exercise programs that are efficient and effective.*

### **Not Everyone Needs Therapy: Integrating Non-Clinical Case Management in College and University Wellness Centers**

**Kristen Wilson, MS, DSocSci** - Director, Behavioral Services  
Rowan College of South Jersey

**Diane Musoline, DSocSci, LMFT** - Executive Director, Behavioral Services  
Rowan College of South Jersey

*College student mental health continues to be a pressing concern. This session explores the growing need for holistic mental health support in higher education, differentiates between non-clinical case management and clinical treatment, and highlights how a three-prong wellness model can enhance college counseling centers, promoting comprehensive, transformative student care.*

### **Montclair State University Mental Health First Aid Initiative: Increasing Bystander Actions Through a Cross-Disciplinary, Campus-Wide Effort**

**Melissa Shuman Zarin, PhD** - Associate Director of Counseling and Psychological Services  
Montclair State University

**Kevin Schafer, PhD** - Associate Director for Residential Support Services  
Montclair State University

**Fatima DeCarvalho, EdD** - Senior Associate Dean, Dean of Students Office, Student Development and Campus Life  
Montclair State University

*Student well-being is a pressing challenge facing higher education today. Faculty, staff, and students often witness this distress without knowing how to help. One way to address this issue is through education, equipping the community with the knowledge to recognize and intervene in mental health crises. To foster a culture of care, Montclair State University (MSU) has implemented a campus-wide initiative to train staff and students in Mental Health First Aid. This evidence-based, 8-hour training teaches participants to identify signs and symptoms of mental illness and how to intervene at all stages of a mental health struggle. This session will showcase the collaboration between Counseling and Psychological Services, the Dean of Students Office, and Academic Affairs, which worked together to achieve these objectives.*

### **From Surviving to Thriving: Mental Health and Well-being for International Students in the United States**

**Santiago Castiello, PhD** - Assistant Professor of Higher Education, Dept of Education Leadership, Management and Policy  
Seton Hall University

*The purpose of this interactive workshop is to provide an overview of unique challenges and experiences of mental health and well-being among international students and provide recommendations and suggestions for best practices to support international student mental health on campus for faculty and professional professionals who work with this population.*

January 9, 2025

Hosted by  
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Hoboken, New Jersey

## PROGRAM LIST

*Each program will be offered only once during the Summit in either a morning or afternoon session.*

### **Understanding the Link Between Mental Health and Substance Misuse on College Campuses, and How to Reduce the Risk (panel)**

**Linda Richter, PhD**- Senior Vice President of Prevention Research and Analysis

**Cori Hammond, MPH**- Director of Prevention Services, Partnership to End Addiction

**Patricia Aussem, LPC, MAC** - Vice President of Consumer Clinical Content Development, Partnership to End Addiction

**Christopher Freeman- LPC, LCADC**- Assistant Director of Alcohol and Drug Support Services, The College of New Jersey

*Rates of substance misuse and mental health problems are highest among emerging adults, and college students face unique stressors and social circumstances that contribute to the risk of each and to the risk of their co-occurrence. Now that the immediate threat of COVID-19 has subsided, it is important to understand what the latest data show and what best practices are for addressing these problems and fostering better mental health and safety among college students. Partnership to End Addiction, a national nonprofit that works with young people, families, and schools on issues related to substance use and mental health, will share current knowledge about evidence-based strategies for school-based prevention, early intervention, clinical practice, and policy aimed at addressing student mental health and substance use challenges. The panel will also feature insights from the Assistant Director of Alcohol and Drug Support Services at a local college on effectively applying that research and evidence-based practices to college students.*