

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.



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PROGRAM LIST

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

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.

Understanding the Link Between Mental Health and Substance Misuse on College Campuses, and How to Reduce the Risk

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

Keith Murphy, LPC, LCADC - Director of Alcohol and Other Drug Assistance Program
Rutgers University

Amelia M. Arria, PhD - Professor and Associate Chair, Department of Behavioral and Community Health
Director, Center on Young Adult Health and Development
University of Maryland School of Public Health

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. This presentation will discuss evidence-based strategies for school-based prevention, early intervention, clinical practice, and policy aimed at addressing student mental health and substance use problems.