Who are you?

1. First-time parent/family member of a college student

1. Veteran parent/family member of a previous college student
Why are you here?

Transition
Communication
Partnership

U Matter in your student’s success
Which kind of parent are you?

1. Can I come with you?
1. I still know what’s best for you...
1. When I was in college...
1. Whatever it is, my student can handle it...
1. 18 and out...
Now that your student is in college, how much do you anticipate your role will change?

1. Too much
2. Not at all
3. Too little
Transitions…

• Dealing with your feelings
• Empowering your student
• Negotiating your student’s independence
• Managing new expectations

Know what we offer…
What do you want your student to get out of college most?

1. Job skills
2. Critical thinking
3. Have fun
4. Learn to cook and do laundry
5. Make new friends
What do you think your student wants to get out of college most?

1. Job skills
2. Critical thinking
3. Have fun
4. Learn to cook and do laundry
5. Make new friends
Parents asked to draw the greatest influence on their teens placed themselves last...
...but teens asked to draw the major influences in their lives placed their parents first.

Greatest Influences – Teens

U Matter!
Parental Influence on Alcohol or Other Drug Use

- Communicate with your student:
  - Listen
  - Be respectful towards them
  - Communicate concerns clearly and directly
  - Ask questions

- Know the Student Conduct Code
SBU Alcohol and Drug Policy

- ILLEGAL for anyone under 21 to use or possess alcohol.
- Providing alcohol to minors is unlawful
- Illicit drug use is illegal

- **Student Conduct Code** describes specific policies on the **LEGAL** use or possession of alcohol on campus
Good Samaritan

• Stony Brook’s Good Samaritan encourages students to call for help in an alcohol or drug related emergency without fear of facing University sanctions in most instances.

• The following are signs of an overdose. Call 911 or UPD if the person:
  • Is semi-conscious or passed and cannot be awakened
  • Vomits while sleeping or passed out and does not wake up
  • Is not breathing or breathing very slowly
  • Has cold, clammy, pale or bluish color skin

• For more information visit stonybrook.edu/goodsamaritan
Hi, my child is taking a new medication that may affect their concentration.

Thanks for calling, we’ll let their teachers know.
That medication may affect your concentration, don’t forget to speak to the people at school.

I’m glad you called, why don’t you come in and we will go over some resources.

I’m not sure who to tell, I guess I’ll call my UGC advisor.
Obstacles to Academic Success

1. Alcohol & other drugs
2. Homesickness
3. Sleep difficulties
4. Stress
5. Anxiety & Depression
6. Financial Problems
7. Internet Use/Computer Games
# 2016 National College Health Assessment

<table>
<thead>
<tr>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress</td>
<td>31.8%</td>
</tr>
<tr>
<td>Sleep difficulties</td>
<td>20.7%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>23.2%</td>
</tr>
<tr>
<td>Depression</td>
<td>15.4%</td>
</tr>
<tr>
<td>Internet use/computer games</td>
<td>11%</td>
</tr>
<tr>
<td>Finances</td>
<td>7.3%</td>
</tr>
<tr>
<td>Homesickness</td>
<td>4.1%</td>
</tr>
<tr>
<td>Alcohol use</td>
<td>3.5%</td>
</tr>
<tr>
<td>Drug use</td>
<td>1.8%</td>
</tr>
</tbody>
</table>

*Spring 2016 ACHA National Health Assessment Survey Data*
RED FLAGS: Drastic changes in...

- Mood
- Behavior
- Communication
- Academics

“Just not acting like themselves”
CAPS Hours and Location

• Monday to Friday – 9 am to 5 pm
   No appointment necessary; just walk in!
   2nd Floor, Student Health Services Building

• When we’re not open, contact CAPS After Hours at (631) 632-6720

• Check out our website to learn about Let’s Talk and other programs in your community: stonybrook.edu/CAPS
Student Health Services

Medical Advice Line

(631) 632-6740
Disability Support Services works collaboratively with students, faculty, and staff to create an inclusive educational environment for students with disabilities - including temporary or permanent challenges with mental health, chronic health, sensory ability, physical health/mobility, and learning ability.

During your initial meeting, you and your counselor will discuss your documentation and together decide if educational, housing, and/or classroom accommodations are appropriate.

Each semester you and your counselor will meet to renew accommodations.

If you have a disability or have questions regarding a disability related manner, please contact our office to meet with one of our counselors. Please note all information and documentation is confidential.

To learn more about the services and resources available, visit us at:
http://studentaffairs.stonybrook.edu/dss

128 ECC building
(P) 631-632-6748
Monday through Friday 8:30 am to 5:00 pm.
DSS@stonybrook.edu
Center for Prevention and Outreach

- Alcohol and Other Drug Prevention and Education Services
- Violence Prevention Education & Advocacy
- Peer Education & Internship Opportunities
- Bystander Intervention Trainings
Complainant Navigator/Advocate

• Provides **confidential** advocacy & support
• Discusses resources and reporting options for on and off campus
• Assist with institutional process if a student decides to report
• Samantha Winter, Complainant Navigator: 631-457-9981
• Located in Center for Prevention and Outreach in SAC 310
Remember:
U matter at SBU

• Transitions: challenging and exciting
• Communicate and take an active interest in your student’s college experience
• Know our services
• We are partners in your students’ success
Thank you!!