<table>
<thead>
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<th>Partners in Health</th>
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<td>Health, Wellness and Prevention Resources at SBU</td>
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| Center For Prevention and Outreach |
Who are you?

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

YOU MEAN TO TELL ME

SOME PARENTS MOVE TO COLLEGE WITH THEIR KIDS?!
Why are you here?

Transition
Communication
Partnership

You Matter in your student’s success
Transitions...

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

Know what we offer...
Health and Wellness Services

- Counseling and Psychological Services
- Student Accessibility Support Center
- Student Health Services
- Recreation & Wellness
- Prevention & Outreach Services

University Police: 631-632-3333 (emergencies)
Parents asked to draw the greatest influence on their teens placed themselves last...

Greatest Influences – Parents

My child  Friends  Teacher  Media  Parents (me)
...but teens asked to draw the major influences in their lives placed their parents first.
Parental Influence on Alcohol or Other Drug Use

- Communicate with your student:
  - Listen
  - Be respectful towards them
  - Express your 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 not sure who to tell, I guess I’ll call my UGC advisor.

I’m glad you called, why don’t you come in and I will go over some resources.
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
2017 National College Health Assessment

- Stress 33.7%
- Anxiety 26.2%
- Sleep difficulties 22.2%
- Depression 17.3%
- Internet use/computer games 10.7%
- Finances 6.5%
- Homesickness 4.6%
- Alcohol use 4.1%
- Drug use 1.9%

Spring 2017 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

- Let’s Talk and other programs in your community: stonybrook.edu/CPO
Student Health Services

Medical Advice Line         Hours and Location

(631) 632-6740             • Monday to Friday 8am-12pm & 1-5pm Tuesday until 7:30pm

• Student Health Center located at 1 Stadium Road

NOTE: Submit proof for Meningitis and MMR Immunization Compliance by 1st day of classes to SHS
Student Accessibility Support Center
Find Your Ability Through Accessibility

• Works collaboratively with students, faculty, and staff to create an inclusive educational environment for students who self identify with a support need for accommodations.

• 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.

• Students can contact the office to meet with our accessibility support counselors.

• Please note all information and documentation is confidential.

To learn more about the services and resources available, visit us at:
www.stonybrook.edu/sasc
128 ECC building
(P) 631-632-6748
Monday through Friday 8:30 am to 5:00 pm.
sasc@stonybrook.edu
Center for Prevention and Outreach
Educate Empower Connect

• Alcohol and Other Drug Prevention and Education Services
• Violence Prevention Education & Advocacy
• Mental Health Awareness & Suicide Prevention
• Peer Education & Internship Opportunities
• Bystander Intervention Trainings
Survivor Advocate & Prevention Specialist

• Provides **confidential** advocacy & support
• Discusses resources on and off campus
• Assist with accommodations on campus, as needed
• Samantha August, Survivor Advocate & Prevention Specialist: 631-457-9981
• Located in Center for Prevention and Outreach in SAC 310
Remember:

• 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!!