Health and Wellness Services Update

On November 14, 2016, students, staff and faculty gathered for a Post-Election discussion. Approximately 60 members of the CSUMB community attended the event. During the discussion, students expressed ideas about how CSUMB could support them. The Health and Wellness Services Team, comprised of the Campus Health Center, Health Promotion and Education, Personal Growth and Counseling Center, Campus Chaplaincy, Campus Sexual Assault Advocate and Student Disability Resources, met to discuss ways that our areas could address some of the student needs. What follows are steps we have taken to address some of what the students requested.

1. PGCC has hired a part-time bilingual, bicultural therapist to join the team this Spring 2017.
2. PGCC created an internship for a MSW student to re-build our National Coalition Building Institute Campus Affiliate as well as to restart our African Heritage Men’s Group.
3. PGCC is offering a Let’s Talk Program – a drop-in service where students can have informal conversations with mental health professionals.
4. PGCC is offering the following groups for Spring 2017:
   a. Stress and Anxiety
   b. Healthy Mind Healthy Body
   c. Grief and Loss
   d. Harambee African Heritage Men
   e. Women
   f. Living Well
   g. Yoga, Art and Meditation Group
   h. First in My Family (a group for first generation college students)
   i. Depression and Anxiety
   j. Health and Wellness
5. The Campus Chaplaincy is holding three interfaith dialogues (Christian, Muslim, Jewish faiths) this Spring 2017.
6. SDR has hired another advisor to work with students with disabilities.
7. Health Promotion and Education provides workshops, trainings, and events designed to help members of the CSUMB community care for themselves and others. Topics include stress management, positive thinking, and helping skills, and all programs can be tailored to meet the diverse needs of our campus community. The experienced health professionals and trained, certified student peer educators are available to help our students, especially during difficult and turbulent times.
8. Campus Sexual Assault Advocate provides confidential support and advocacy services for sexual harassment and sexual assault survivors at CSUMB.