

The background is a solid light pink color. Scattered across the entire surface are numerous adhesive bandages (band-aids) in a light tan or beige color. The band-aids are oriented in various directions, some overlapping each other, creating a pattern that suggests healing and care.

# STUDENT WELLNESS SERVICES

**FDU - Florham Campus**



# WHO ARE WE?

## **Mission:**

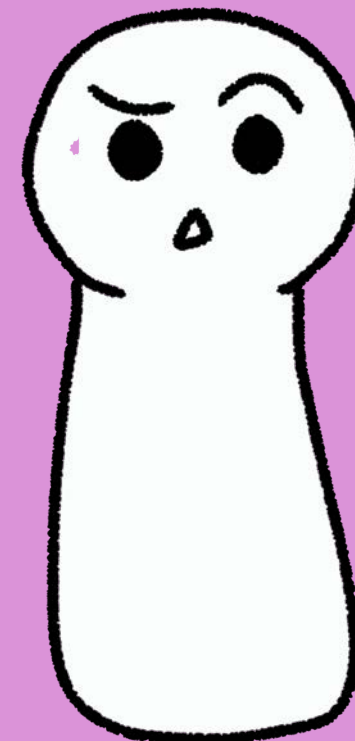
To prioritize students' health and wellbeing. Provide education, prevention, and intervention services for the FDU community.

## **Two-in-One:**

- Office of Health and Wellness
- Office of Mental and Emotional Wellbeing

## **Location:**

Behind the softball field, next to the residence halls.





# **(OHW) OFFICE OF HEALTH & WELLNESS**





# OFFICE OF HEALTH & WELLNESS

ALL SERVICES UNDER SWS ROOF ARE FREE

- Wellness Exams
- Testing (Pregnancy Test, COVID, Strep, Mono, Flu)
- STD Screening\*
- TB Skin Placement/Reading\*
- Physicals\*

Host Workshops/Events:

- Staff Wellness First Aid (August)
- Blood Drive (October)
- Flu Drive (November)

Staff:

- **Maria Krause**, MSN, APN-C, Adult Nurse Practitioner/Case Manager
- **Diana Heesemann**, BSN, RN, Registered Nurse/Case Manager

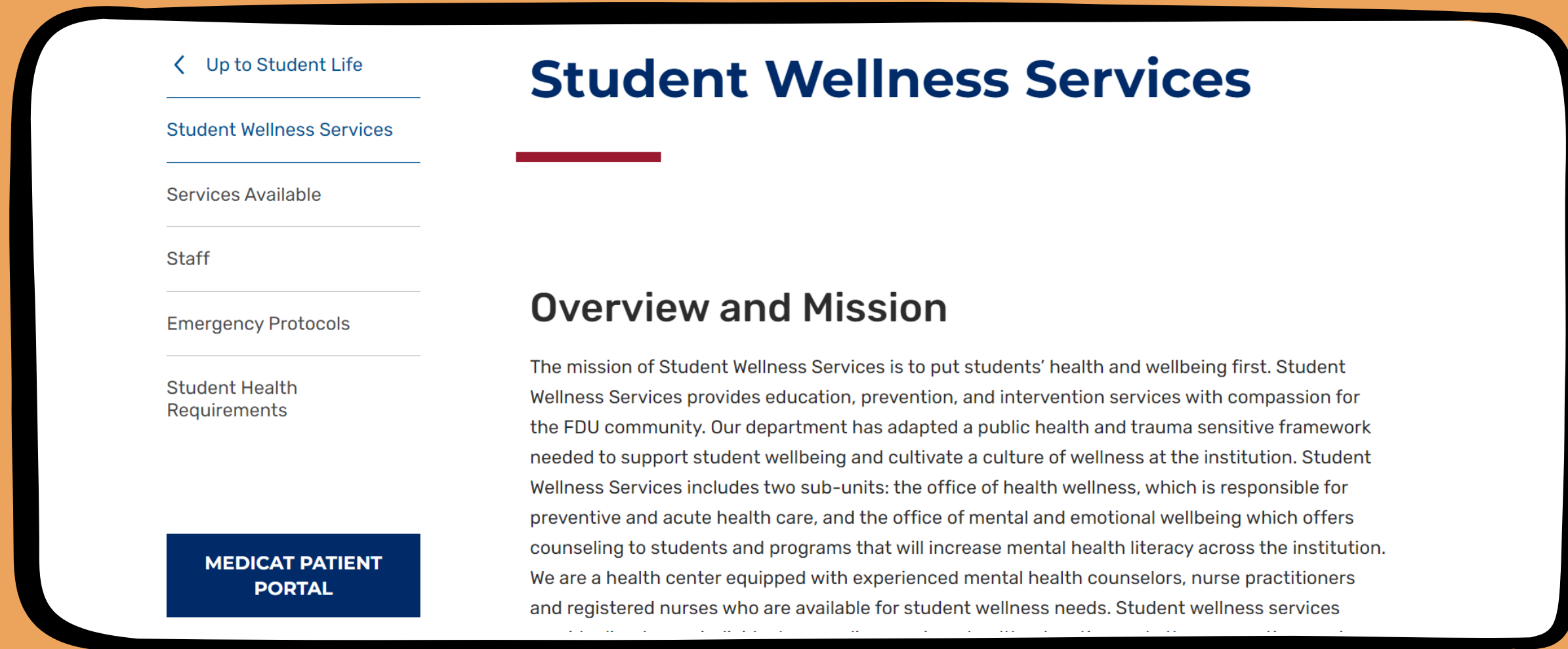
Things to Note:

- **Medicat & Authorization Form\***





# MEDICAT



**All Students must complete 4 forms, have a physical within 1 year.**

- Student profile form
- Healthy History form
- **Authorization form\***
- Meningococcal Requirement Form

Physical Exam form & Immunization form **needs to be filled out and signed by doctor.**

## Resident Student:

- MMR
- Hep B
- Varicella
- Tdap within 10 years
- Meningitis within 5 years
- **PPD/QuantiFERON within 1 year\***

## Commuter Student:

- MMR
- Hep B
- Meningitis within 10 years
- **PPD/QuantiFERON within 1 year\***



# **(OMEW) OFFICE OF MENTAL HEALTH & EMOTIONAL WELL-BEING**





# OFFICE OF MENTAL HEALTH & EMOTIONAL WELL- BEING



## ALL SERVICES UNDER SWS ROOF ARE FREE

- 8 – 10 Sessions per Semester
- Crisis Intervention
- Psychiatric Care\*
- Referrals for Specialized and Long-Term Mental Health Care

### Staff:

- **Diamond Carnall**, MS, LAC, NCC, Psychological Counselor
- **Laura Bancone**, MA, LPC, LPAT, ATR-BC, NCC, Psychological Counselor
- **Kimberly Monestime**, MSN, APRN, PMHNP-BC, Adult Psychiatric Nurse Practitioner/Case Manager



# LOOKING TO TALK TO SOMEONE SOON...

Uwill provides our students with access to telemental health at no cost, in addition to 24/7 crisis management and a variety of online wellness programs.



Students receive

## **FREE IMMEDIATE ACCESS TO A THERAPIST**

Choose a therapist based on your preferences  
*issue, gender, language, ethnicity*

At a time that fits your schedule  
*day, night, weekend availability*

*Get started using your school email*

Experiencing a mental health crisis? Help is available 24/7/365  
**833.646.1526**

*If you are experiencing a medical emergency call 911.*



**FAIRLEIGH  
DICKINSON  
UNIVERSITY**



**Uwill®**



# COMMUNITY ENGAGEMENT





# SWS - OUTSIDE!

- Local Community Partners
- Workshops, Events, and Trainings
- Volunteer, Internships & Work-Study Positions

## What to Expect this Fall:

- DIY Stress Ball Tabling Event
- Journal Jam Workshop
- Mindfulness & Meditation
- Blood Drive
- De-stress Fest
- and more...





# Contact Information

## SWS Leadership

- **Tiffany Walker**, LCSW – Director  
(t.walker@fdu.edu)
- **Dr. Krystal Mayers-Pagan**, DHSc, MPH –  
Associate Director (k.mayerspagan@fdu.edu)

## Florham Wellness Coordinator:

- **Ceciley Smith-cruz** (c.smithcruz@fdu.edu)

## Florham Administrative Staff:

- **Sara Barbar**, Office Manager  
(sarabarbar@fdu.edu)

## SWS Email & Phone Number:

(fpstudentwellness@fdu.edu)

Florham Campus: 973-443-8535





**THANK  
YOU!**



**SWS**

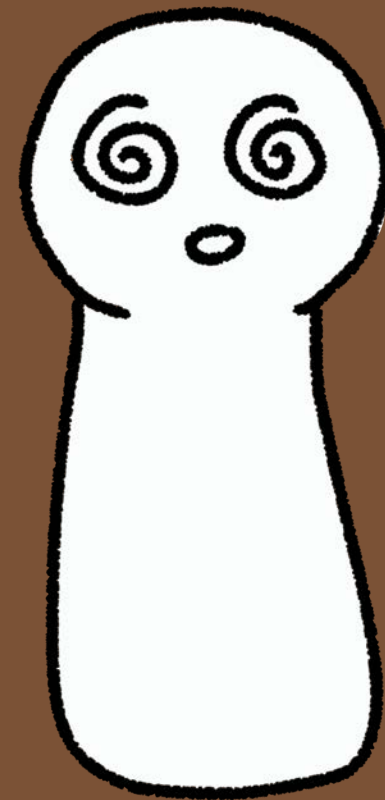
**TWO  
TRUTHS  
& A LIE**





# TWO TRUTHS AND A LIE: WIN A PRIZE

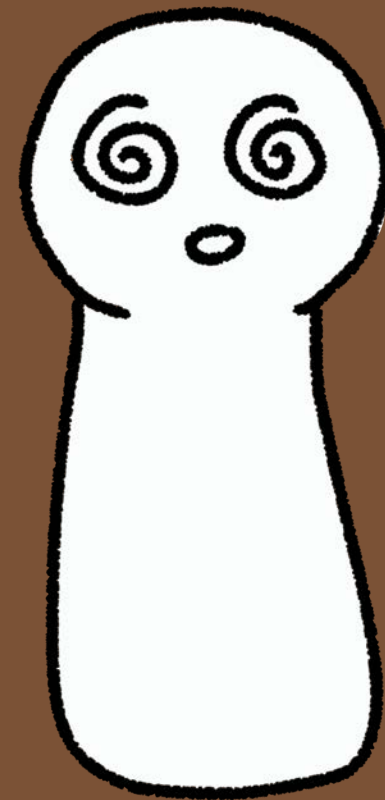
- SWS has two parts: Health Wellness and Mental & Emotional Wellbeing, located in one building.
- Students can get FREE COVID-19 tests and flu shots from SWS.
- The Office of Mental and Emotional Wellbeing offers students 8-10 free counseling session per year.





# TWO TRUTHS AND A LIE: WIN A PRIZE

- To be medically compliant, students must submit their medical documents through Medicaat.
- Students can get free services under SWS, but are billed for blood work.
- SWS is behind the softball field, across from Rutherford dorm.





# TWO TRUTHS AND A LIE: WIN A PRIZE

- “I need a physical for Wroxton, I can just schedule for one at SWS”
- “If I want to set up an appointment for UWILL telehealth, I must first go to the SWS office”
- “I’m a Nursing major and need some volunteer experience, let me check with SWS for any opportunities”

