

An aerial photograph of a city campus, likely New York University, featuring a large green field with a red logo, a street with cars, and various city buildings under a cloudy sky. A large red speech bubble-like shape is centered over the image, containing white text.

SUPPORTING YOUR STUDENTS JOURNEY: HEALTH & WELLNESS



Rutgers University-Newark

COUNSELING CENTER

Counseling Center & Alcohol & Drug Assistance Program

- The Counseling Center and ADAP are OPEN and operating virtually during the Summer and Fall 2020 semesters.
- Services are provided Monday to Friday from 8:30AM to 6:30M with a limited number of later evening appointments (6pm-8pm) also available.
- Call or email us to make an appointment:
 - Telephone: 973.353.5805
 - Email: counseling@newark.rutgers.edu

Counseling Center: Overview of Services

- All available remotely (via encrypted videoconference or telephone)
- Individual Therapy
- Group Therapy
 - Ex: Women of color group, Survivors of Sexual Assault, PhD Student Support Group, Mindfulness Meditation
- Therapy Assistance Online (TAO): Online cognitive behavior therapy self-help and therapist-assisted treatment
- Support for transgender students seeking Hormone Replacement Therapy (HRT)
- Risk assessment and crisis intervention
- Referrals

Alcohol and Other Drugs Services: Overview of Services

- All available remotely via encrypted videoconference or telephone
- Individual Therapy
- Group Therapy
- Brief Screening for substance use concerns
- Evaluation/Assessment
- On Campus AA meeting
- Recovery Housing
- Recovery Community Referrals

IG: @run.4.recovery

Email: run4recovery@rutgers.edu

FB: @run4recov

Therapy Assistance Online (TAO)

- Therapy Assistance Online (TAO): Online cognitive behavior therapy self-help and therapist-assisted treatment
- Self-help resources available to all Rutgers Newark students with a valid newark.rutgers.edu email.





Rutgers University-Newark

OFFICE OF STUDENT HEALTH INSURANCE

*Rutgers University requires full time and ALL F&J Rutgers Visa Sponsored Students to WAIVE or ENROLL in the Student Health Insurance Plan each semester. The Health Insurance Premium is automatically added to the term bill each semester.

The Student Health Insurance Plan is optional for part-time students and the premium is not added to the term bill.

R-REMEMBER

- Follow the two (2) steps to waive/enroll (w/e) each semester before the deadline.
- You do not have to wait for the term bill to complete the w/e forms once step 1 is completed.
- The premium is removed from the term bill four business (4) days after completing the waiver form.
- Even though you have health insurance, you will be responsible for the premium on the term bill if you failed to waive before the deadline.
- Paying the insurance premium on the term bill is not enrolling; you must complete the enrollment form before the deadline. Failure will result in automatic enrollment and this process can take several weeks, which will delay access to your insurance card.

U-ULTRA CONVENIENT

- Find a provider for virtual visits/in-person, get the insurance card, read about the summary of benefits, view rates and deadline dates at www.universityhealthplans.com

N-NOTIFICATIONS

- Courtesy emails to students, premium included on the term bill, postcards, enrollment pathway-myRutgers, We R Wellness presentations, website <https://myrun.newark.rutgers.edu/student-health-insurance>



Rutgers University-Newark

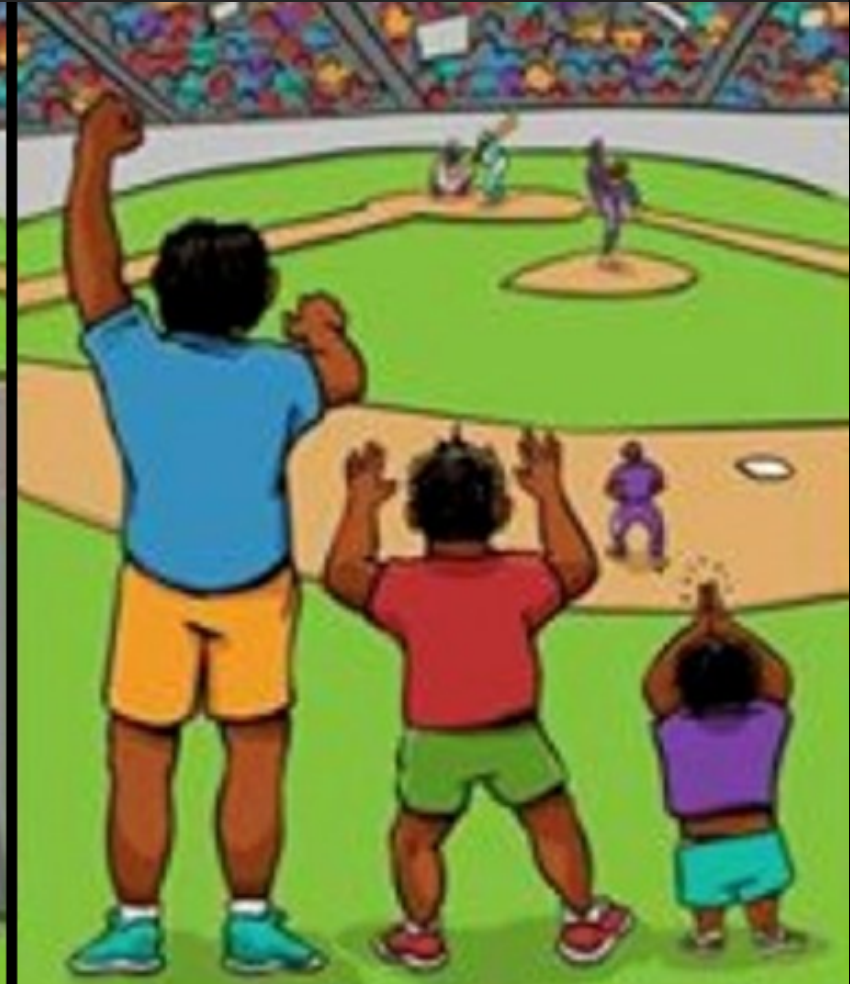
OFFICE OF DISABILITY SERVICES



Fence = Barrier to access



**Accommodations provide
access over barrier**



**Access occurs because
barrier is removed**

What do I need to know?

- **Nearly 1 in 5 people have a disability in the U.S. (U.S. Census Bureau, 2010).**
- **What is a condition that could be a disability?**
 - **Medical Conditions (Diabetes, Asthma, Cancer, IBD, etc.)**
 - **Psychiatric (Depression, Anxiety, Bipolar, Schizophrenia, etc.)**
 - **ADHD**
 - **Sensory Conditions (Deaf/Hard of Hearing, Blind/Low Vision)**
 - **Physical/Mobility (Amputees, paralysis, tremors, etc.)**
 - **Autism Spectrum Disorder**
 - **Cognitive (TBI, Tourette's, Multiple Sclerosis, etc.)**
 - **Learning Disabilities**

Connect with us

Website: [ODS.Rutgers.edu](https://ods.rutgers.edu)

Paul Robeson Campus Center, Room 219

Telephone: 973-353-5375

Email: ODS@Newark.Rutgers.edu



Rutgers University-Newark

STUDENT HEALTH SERVICES

RU HEALTHY?

RUTGERS UNIVERSITY-NEWARK STUDENT HEALTH SERVICES 249 UNIVERSITY AVENUE - BLUMENTHAL HALL, ROOM 104

973-353-5232-HEALTH SERVICE WWW.HEALTH.NEWARK.RUTGERS.EDU 973-353-5201-PHARMACY

866-221-9674 24-HR NURSE HOTLINE

WHAT WE OFFER:

WELLNESS EXAMS MEDICAL CARE WOMAN'S HEALTH MEN'S HEALTH LGBTQ HEALTH & HORMONE THERAPY
NUTRITION & PHYSICAL FITNESS COUNSELING SMOKING ALCOHOL & DRUG CONSULT HIV & STI TESTING
IMMUNIZATION LAB SERVICES ON-SITE PHARMACY

