

September 2024

# Counseling & Community Care Hub Newsletter

# NONDAGA COMMUNITY COLLEGE

G230

New for Fall



## WALK-IN COUNSELING HOURS!

~ Stop by for a chat with the Counselor on duty ~

Mondays and Thursdays  
10:00 - 11:00

Mondays and Thursdays  
3:00 - 4:00

G230



### Counseling & Community Care Hub Hours

Monday - Friday  
8:30 am - 4:30 pm

Counseling: (315) 498-2675  
counselingcenter@sunyocc.edu

CCH: (315) 498-2801  
communitycare@sunyocc.edu



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# Meet the Counseling and Community Care Hub Staff



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**Erika Sheets, LMSW**  
Director of Counseling & Community Care Hub

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**Erin Day, LMSW**  
Assistant Director of Counseling & Community Care Hub

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**Kimber Gadaleta**  
Office Coordinator of Counseling & Community Care Hub

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**Sarah Magowan**  
Assistant Director of Student Health and Wellness

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**Jimmy Anderson, LMSW**  
Mental Health Counselor

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**Laura Lodes, LMSW**  
Mental Health Counselor

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**Donna Lucente, LCSW-R**  
Mental Health Counselor

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**Eileen O'Hara, LMSW**  
Case Manager of Community Care Hub

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**Counseling:**

Short-term and solution-focused, our free and confidential counseling is available to all registered students. Our Licensed Master Social Workers provide support through a brief therapy model. During your sessions, you'll have the opportunity to talk with a counselor who will listen and assist you in finding solutions to your concerns.

**Common counseling issues:**

- LGBTQ/Gender Identity Concerns
- Relationship Issues/ Peer Conflicts
- Academic/Instructor Concerns
- Family Problems
- Substance Abuse
- Domestic Violence

**Telepsychiatry:**

Referrals to Upstate Hospital’s Psychiatry Department for evaluation and Medication Management.

**Supportive Case Management**

- Food Insecurities
- On-Site Food Pantry
- Assistance with SNAP and WIC applications
- School Supplies
- Childcare Referrals
- Referrals to local homeless shelters
- Community Resources Referrals

OCC Counseling Center  
 After-Hours Support .....(315) 498-2675  
 Campus Safety ..... (315) 498-2311 or 911  
 Liberty Resources Mobile Crisis.....(855) 778-1900  
 National Suicide & Crisis Hotline.....Text or Call 988

## Expecting a Financial Aid Refund?

If you have a Financial Aid refund coming, you can **move** up to **\$600** of the refund amount to purchase items from the Book Store such as bus passes and school supplies. You can also move funds to your **Lazer Card** which can be used to purchase goods in the cafeteria, Starbucks, on-campus vending machines and off-campus vendors.

Click this link to see all off-campus partners.

<https://www.sunyocc.edu/where-use-your-lazer-card>



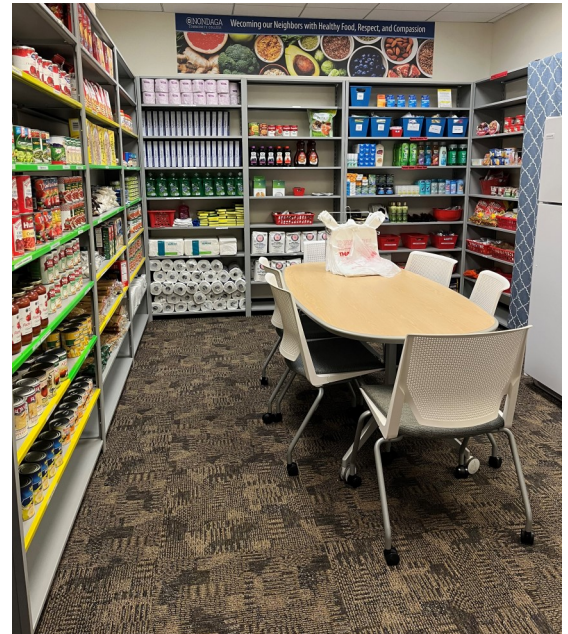


# OCC Food Pantry

The Food Pantry is located in Gordon Student Center, G230 and is supported by student volunteers. It is open to students who are experiencing food insecurity & can be used once every 14 days.

## Hours of Operation

Monday - Friday  
9:00 am - 4:00 pm



## ***New Programming: OCC Veteran's Support Group***

In support of the Onondaga Community College's Student Veterans/Servicemembers and their Families, the Counseling Center in collaboration with the Office of Veterans and Military Services will offer a peer-based Veteran Support Group for the Fall semester. The aim of the group is to help facilitate personal and professional growth in self and others while encouraging and supporting each other. A safe place, where compassion and humility are welcomed.

**Veteran Support Group "Alpha" will begin on Weds, September 11<sup>th</sup> from 12-1PM**  
Veteran Support Group Alpha is for new Veteran Students. Students will focus on emerging mental health topics relating to Veterans and their Families.

**Veteran Support Group "Bravo" will begin on Tuesday, September 10<sup>th</sup> from 12-1PM**  
Returning Veteran Students who participated in the Spring 2024 session will discuss case studies and apply what they have learned in Veteran Support Group Alpha group sessions to identify contemporary mental health issues that affect Veterans and their Families.



# September = *Suicide Awareness Month*

September is a time for us to come together to talk openly about mental health and support one another. This month is all about raising awareness, sharing resources, and learning how we can help friends, family, and ourselves.

**Why It's Important:** Suicide is a serious issue that affects many people, including those in our own community. By talking about it and understanding the signs, we can make a big difference. Knowing what to look for and how to offer support can help save lives.

## How You Can Help:

1. **Learn the Signs:** Understanding common warning signs like changes in mood, withdrawal from friends, or extreme changes in behavior can help you recognize when someone might need help.
2. **Talk Openly:** If you're worried about someone or if you're feeling down yourself, don't be afraid to reach out and talk to a trusted person. It's okay to ask for help.
3. **Seek Support:** Remember, there are resources available, such as counselors and support groups, where you can get advice and support.

***Remember, you're not alone.  
Let's use September to stand  
together, support each other,  
and make a positive impact.***

**Get Involved:** OCC Counseling & Community Care Hub will be having a **Chalk the Walk** event on **September 18th at Gordon Student Center** **1:30-PM- 3:30 PM** to raise awareness.





Civil discourse is all about having respectful and thoughtful conversations.

Here's what it means:

- **Respectful Conversations:** Talk about important topics without being rude or dismissive. Listen to others' opinions and share your own ideas clearly.
- **Open-Mindedness:** Try to understand different points of view, even if they're not the same as yours. It's okay to disagree, but it's important to do so politely.
- **Calm Discussions:** Keep the conversation calm and focused. Avoid shouting or getting upset, and instead, work towards understanding each other.
- **Working Together:** Use these respectful conversations to solve problems or make decisions together. It helps everyone feel heard and valued.

By practicing civil discourse, we can have more meaningful and productive discussions!

**OCC is continuously working towards fostering an inclusive & respectful classroom environment. Be part of the solution!**



# ***Tips for a Smooth Transition to OCC***



## **Give Yourself Time to Figure It Out**

No need to stress about finding your place right away. Try out different classes and join clubs to see what clicks.

## **Deal with Homesickness Like a Pro**

- Missing home? Totally normal. Stay in touch with family but also jump into campus life to make your new place feel like home.
- Your RA can be a good resource—get involved in dorm activities and ask for tips on adjusting.

## **Get Involved and Explore**

- OCC is full of clubs and activities. From sports to gaming to creative arts, there's something for everyone. Dive in and meet people who vibe with you!
- Check out campus events to find cool opportunities and new friends.

## **Leverage Campus Resources**

- Think of campus resources as your personal support crew. Navigators, Learning Center, Counseling and Community Care Hub are some examples that are here to help you win.

## **Navigate Roommate Life Smoothly**

- Sharing space can be easy if you set some basic rules early on. Make a chore chart and sync up on routines to avoid drama.
- Get to know your roommates' schedules so you can plan for your own downtime.

## **Sleep Like a Boss**

- Sleep is key to staying sharp and energized. Aim for 7-9 hours each night and stick to a regular schedule.
- Avoid pulling all-nighters—your brain will thank you with better focus and grades.

## **Eat Smart and Stay Healthy**

- College dining can be tempting, but make balanced choices and don't skip the veggies.

## **Master Your Time Management**

- Balance is everything. Plan your classes, work, *and* fun to avoid burnout.
- Use time management hacks to keep your study sessions productive and stress-free.

## **Stay Safe and Smart**

- Have fun, but keep safety in mind.
- Get familiar with emergency contacts and safety resources so you can enjoy campus life with confidence.

***With these tips, you'll be all set to thrive in college and make the most of your journey!***



# Community Partners

Stop by the Gordon hallway to chat with our partners and learn about resources in our community. A private room is available in the CCH if needed.

<p><b>ACR Health-Testing</b> Provides free and confidential HIV, STD testing ! Every other Monday 11:00 am—1:00 pm 9/9, 9/23 , 10/7, 10/21, 11/4, 11/18, 12/2</p>	<p><b>AmeriCU</b> Free banking memberships, budget solutions, understanding credit Tuesdays 11:00 am—1:00 pm 8/27, 9/10, 9/24, 10/8, 10/22, 11/5, 11/19, 12/3</p>	<p><b>ACR Health CAPP</b> Adolescent Pregnancy prevention., Support for LGBTQ youth , assist with insurance needs. Every other Thursday 11:00am– 1:00pm 8/29 - 12/5</p>
<p><b>Contact Community Services</b> Crisis and Suicide Prevention Thursdays once per month 11:00am– 1:00pm 9/5, 10/3, 11/14, 12/5</p>	<p><b>Fidelis Care</b> Health insurance and enrollment assistance Once per month, Thursdays 11:00 am—1:00 pm 9/12, 10/10, 11/7, 12/5</p>	<p><b>Hillside Healthy Families</b> Support expectant families and new parents . Once per month ,Wednesdays 11:00 am—1:00 pm 8/28, 9/25, 10/16, 11/20, 12/4</p>
<p><b>Planned Parenthood</b> Provides safe sex supplies, reproductive healthcare Every Wednesday 11:00 pm—2:00 pm 9/4– 12/4</p>	<p><b>REACH CAPP Protection Connection</b> Nonjudgmental information about sexual health; provides free condoms Every Wednesday from 9/11—12/4 12:00 pm—2:00 pm</p>	<p><b>REACH Healthy Families</b> Assistance with WIC, SNAP, and other public assistance Every other Thursday 11:00 am—1:00 pm 9/12– 12/5</p>
<p><b>Syracuse Community Connections: FACES</b> HIV/STI prevention program for men, encourage condom use. Every other Monday 11:00am-1:00pm 9/9, 9/23, 10/7, 10/21, 11/4, 11/18, 12/2</p>	<p><b>Sexual Wellness Center</b> STI testing, birth control, helping individuals take control of their sexual health and wellness. 11:00 am—2:00 pm Every other Tuesday (Mawhinney) 9/10, 9/24, 10/8, 10/22, 11/5, 11/19, 12/3</p>	<p><b>Willow network</b> Free pregnancy testing, pregnancy counseling, parenting classes Every other Monday from 11:00 am—1:00 pm 8/26, 9/9, 9/23, 10/7, 10/21, 11/4, 11/18, 12/2</p>
<p><b>United Healthcare</b> Health insurance enrollment assistance 11:00 am—1:00 pm Once per month , Thursdays 9/19, 10/17, 11/14, 12/5</p>	<p><b>Upstate PrEP Program</b> Provides PrEP and PCP for those who identify as at risk for contracting HIV 9:00 am—12:00 pm Every Tuesday From 9/3—12/3</p>	<p><b>Vera House</b> Resource for any issues related to domestic/sexual violence, abuse or unhealthy relationship 11:00 am—1:00 pm Every other Monday 8/26—12/5</p>