### **WHOM can I contact?**

(Committee Members)

Stephanie Rankin, Chair
Associate Dean of Students,
Director of Academic Advising and Center
of Student Success
717-361-1569
rankins@etown.edu

Amy Berra 717-361-1415
Assistant to the Dean of Students & Center for Student Success

<u>Lynne Davies</u>, 717-361-1227 Director, Disability and Learning Zone

> <u>Dr. Emily Dietz</u> 717-361-1591 Head Athletic Trainer

Nichole Gonzalez 717-361-1179 Dean of Students/Title IX Coordinator

Michelle Henry 717-361-3017 Assistant Director of Career & Academic Advising

Joni Eisenhauer 717-361-1123 Assistant Director of Health Promotion

(continued on the back page)

#### **WHOM can I contact?**

(Committee Members)

Tammie Longsderff 717-361-1549
Assistant Director of
Learning Zone

<u>Dr. Bruce Lynch</u> 717- 361-1300 Director of Counseling and Health Needs

<u>Darcey Mills</u> 717-361-1998 Associate Director of Diversity, Equity & Belonging

Rev.Amy Shorner-Johnson 717-361-1260 Chaplain & Director of Religious Life

<u>Curtis Smith</u> 717-361-3767 Assistant Director of Academic Advising

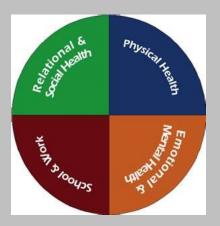
Stacey Zimmerman 717-361-1353
Director of New Student/Family
Orientation





## **Elizabethtown College**

# Campus Wellness Network



"Wellness must be a prerequisite to all else, students can not be intellectually proficient if they are physically and psychologically unwell" - Ernest Boyer



## What is the Campus Wellness Network?

The mission of Campus Wellness
Network is to identify and support
students of concern in our Elizabethtown College community. This group
consists of faculty and staff who meet
bi-weekly to discuss referrals. We
follow up on concerns, offering assistance and exploring options.



When can I refer?

You may contact any committee member whenever you have a concern pertaining to a student. The contact information is listed in this brochure. The committee keeps all information confidential.

## How do I refer a student to the Campus Wellness Network?

Any member of the Elizabethtown
College community can contact CWN.
You may call or email any member of the
committee with your concerns



## What happens with my referral?

Your referral will be presented to the committee by the contact person.

The committee will discuss the support strategy for the student and determine a plan of action

### **BEHAVIORS OF CONCERN**

## **Physical**

- Noticeable weight gain/loss
- Lethargic/apathetic
- Sexual indiscretion
- Being ostracized
- Poor hygiene
- Depressed or disheveled appearance
- Overt aggression/physical or verbal
- Poor eye contact

#### **Emotional**

- Anxious or agitated manner
- Oversleeping
- Suicidal/aggressive behavior
- Social isolation/withdrawn
- Parental concerns (parent initiated)
- Self destructive behaviors
- Sadness/despondency
- Crying spells
- Chronic homesickness

#### Classroom

- Pattern of illness/absence/lateness
- Little participation
- Writing quality (disconnected or morbid content)
- Falling asleep in class
- Poor academic performance