



August 2020

To Whom It May Concern,

Congratulations on your student's acceptance into The College of New Jersey! We are so excited for them to experience our wonderful campus community and we join you in celebrating this accomplishment. While this is an exciting time, we recognize that the transition into college can also be challenging for students and their families.

We realize that one of the major issues that students face during their time in college is underage and high-risk drinking and other drug use. The Alcohol and Drug Education Program (ADEP) offers counseling services, psychoeducational workshops, online tools, programming opportunities & more to all TCNJ students. Due to COVID-19, ADEP's services are still available virtually, to learn more about ADEP's response to COVID-19 please visit: <https://adep.tcnj.edu/covid-19-resources/>. Our office is committed to connecting students with appropriate resources and education related to alcohol and other drug-related issues. For more information about our office please visit: <http://adep.tcnj.edu>

At the collegiate level, first-year students will be faced with many choices and their decision-making skills will be tested in both academic and social settings. The choices they make can have significant physical, emotional, legal, and academic consequences.

- [TCNJ Amnesty Policy and 911 Lifeline Legislation](#) - When in doubt, we want our students to reach out for help.
- According to research, there is less frequent alcohol use among young people who feel highly connected to their parents and family members.
- In New Jersey, the possession of alcohol by anyone under the age of 21 is a violation of college policy and a criminal offense which may result in fines, a criminal record, etc.
- Possession of a fake I.D. is a violation of college policy and a criminal offense, which may result in loss of one's driver's license, fines, and additional penalties.
- Contrary to popular belief, recent national & TCNJ studies indicate college students drink *less* and engage in *fewer* dangerous activities than most students think.

Not Anymore for Alcohol and Other Drugs:

Each year, our office launches an online program to assist your student's transition to college called Not Anymore for Alcohol & Other Drugs. This is approximately a 30-minute, reality-driven suite of interactive, online videos and surveys designed to educate students on the risks of the abuse of alcohol and other drugs, and to teach successful strategies for handling a variety of situations.

All first-year and transfer students will receive an email, to their TCNJ account, with information & log-in instructions about this program slated for August 17, 2020. All first-year and transfer students are required to complete this program, **ADEP prefers that students complete the program prior to Labor**

Day (9/7), but the final due date is October 12th. An academic hold will be placed on their account if they do not complete the program (prevents them from registering for Spring 2021 courses).

If you have any questions, comments, or concerns regarding this program please contact the Program Assistant for Health and Wellness, Christina Sargiss, at sargissc@tcnj.edu

For more information, please visit our webpage: <https://adep.tcnj.edu/not-anymore/>

Information about our Collegiate Recovery Program:

The Collegiate Recovery Program offers support to students impacted by addiction and mental health recovery through community-support, counseling, and recovery housing services. The Collegiate Recovery Community (CRC) is a student group of individuals in recovery and allies of recovery dedicated to Support, Advocacy, and Community. Mutual support meetings are available on campus. Additionally, recovery housing, called Lion's House, is available for students in recovery from a substance use disorder.

For more information please email Chris Freeman at freemanc@tcnj.edu or visit <https://recovery.tcnj.edu/>

Campus Well by Student Health 101:

To assist with your student's adjustment to college life and achieve personal and academic goals, we offer Campus Well by Student Health 101. Campus Well is a state of the art online magazine for TCNJ students that focuses on all areas of health and wellness. We encourage you to click [here](#).

Thank you for taking the time to help us support TCNJ students in being responsible, healthy, and productive members of TCNJ's community. If you have any additional questions please feel free to reach out to me via email.

Sincerely,



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