

The Office of Health Promotion



Our Mission:

We provide students with the knowledge, tools and resources to make informed decisions about their health.

About Us:

We provide Montclair State University a variety of services to create a healthy campus community including support for student success.

- **Peer Advocacy Program**
- **Weekly Workshops (meditation, crafts, discussion groups)**
- **Alcohol and Other Drug Program**
- **Safer sex supplies & abstinence kits**

We strive to:



- Eliminate health disparities in the student population
 - Increase culturally competent health promotion services
 - Utilize best practices in health promotion and disease prevention
 - Describe the relationships between health status, student retention and academic success
 - Utilize theoretical and evidence-based methods of health promotion
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Peer Advocacy Program

The Peer Advocate Program is a major component of Health Promotion. Created in 2004, Peer Advocates are student volunteers who have been trained to provide peer education, referral and health advocacy services to other students. Our volunteers bring a first-hand perspective to current health and social issues.

Peer Advocates help develop and implement new initiatives they recognize as critical to the campus and to help others make healthy lifestyle choices. They provide workshops, discussion groups, information and materials, and someone to talk to about health and social concerns. Their actions are all in an effort to create change and an actively healthy campus community.

Weekly Workshops

- Mindfulness Meditation : **Mondays from 1-2 p.m.**
(All are welcome to meditate and develop mindfulness in daily life.)
- Fireside Chats: **Tuesdays from 11 a.m. – 12 p.m. & Thursdays from 1-2 p.m.**(An informal gathering to unwind with tea and biscuits.)
- Recovery Room: **Tuesdays 3 -4 p.m.**
(A confidential group for students to explore their relationship with alcohol and other drugs or who self-identify as recovering from alcohol and other drugs.)

(Schedule subject to change)

Weekly Workshops Continued...

- Studio DIY: **Wednesdays from 12:30-2 p.m**
(Join us each week for various Do-It-Yourself activities)
- Connecting Across Cultures: **Thursdays from 2-3 p.m.**
(Join us to discuss multicultural experiences on campus)
- Donut Stress: **Fridays from 1-2 p.m.**
(Stress-free hang out to snack on Dunkin' Donuts munchkins!)

(Schedule subject to change)



Alcohol and Other Drug Programs

Montclair State University's Alcohol and Other Drug Prevention Project (AODPP) is a comprehensive, evidence-informed practice designed to implement and evaluate campus and community-based strategies to prevent high-risk drinking and other drug use among college students. It is a collaborative effort involving **Health Promotion, Counseling and Psychological Services (CAPS)**, the Student Conduct Officer and many campus and community partners.

Visit Health Promotion at the Drop In Center!



Safer Sex Supplies

- Condoms (external & internal)
- Lube
- Dental Dams
- Choosing to Abstain Kits

Health Information & Resource Center

One on One

A one on one conversation with a trained Peer Advocate in a safe space to provide support and resources for students.

www.montclair.edu/hp

