



Closing Out the Fall Semester

As we prepare for winter break and the holidays, December is a month focused on closing many chapters in our lives. From an academic point of view, it is the preparation of reaching the end of our fall semester, which may signal a break from classes, a preparation to transfer, or even a graduation. From a personal point of view, it may be the closing of this year and preparing for 2021, which is often focused on setting new goals for the upcoming year. In the Student Wellness Program, it is the time that we work with students in our program to prepare to end or transition services to off-campus resources and discuss what support looks like over the winter break. (See page 3 for our resource list).

In the Student Wellness Program, we offer two main types of direct services to students; brief, individual counseling services and case management services. Our counseling services are provided to credit-seeking students who may be having difficulties with anxiety, depression, relationship issues, and many other personal concerns. Our students receive up to 10 individual sessions per academic year (fall—summer) and our caseloads are opened and closed within each academic semester. This means, students that began services at any point during the fall semester will prepare to either transition services to an off-campus provider or take a break from counseling services at JJC come the end of fall semester. Students that have not reached the end of their 10 sessions can pick up with services again in the spring semester or save sessions if needed for the summer. Our counseling services are arranged in this manner to allow our Student Wellness Advocates to work with our large student body.

However, this is not the same procedure for our case management services. Case management services focus on helping students connect to resources both on-campus and off-campus. These resources may include but are not limited to connect to resources for emergency housing, food insecurity, mental health services, medical services, health insurance, and much more. When working with our Case Management Coordinator, the goal is to identify what your needs are and what resources are available to meet your needs. Often, our Case Management Coordinator can connect you with resources

in one session and only a follow-up appointment is needed to confirm resources met your needs. Other times, you may meet with our Case Management Coordinator a few times to make sure everything works out as planned. There are no limits or time frame of when you can work with a Case Management Coordinator and we encourage you to reach out at any point during the year to connect with resources.



Despite having certain procedures in place for our services, we always encourage students to reach out and seek out support when it is needed. Our goal is to assist students connect to support they need in order to reach their full potential at JJC. If you are ever in need of our services or wish to connect to learn more, you can reach out to us by phone at 815-280-2936 or email us at mentalhealthservices@jic.edu. If you wish to make an appointment with one of our Student Wellness Advocates or Case Management Coordinator, you can do so online at <https://jic.titaniumhwc.com/>

Always remember, WE ARE HERE FOR YOU!

Wolves Wellness Podcasts available on Stream

Our podcast will be taking a winter break along with the school. We'll be back in February but in the meantime, you can re-watch any of our previous podcasts on [Microsoft Stream](#) in your JJC portal.

As always, if there is a topic you'd like us to discuss, or a question you'd like to have answered, you can submit your topic [here](#).

Your name will not be used in the discussion. All questions submitted are confidential.

This is a safe place to get professional answers to your mental health questions.



Sincerely Savanna - Your Questions Answered by a Peer

Question: *I am mentally fried and exhausted from this fall semester. I am worried how I am going to handle the spring semester being online too. Any tips or strategies to mentally prepare for the spring semester?*

The good news is that you are not alone - we are all struggling to adjust, despite having gotten through a whole semester. The most important thing you can do is enjoy your winter break and use that time to reflect on what you struggled with the most this semester and brainstorm some ways to combat those stresses for the spring semester. I read this article once that explained how, yes, self-care can ABSOLUTELY be doing small things for yourself like taking a bath, doing a face mask, lighting a candle, watching your favorite movie, etc., but self-care comes in many forms. It also is making difficult decisions that will positively affect you long-term. Maybe it means dropping a toxic friend or creating distance between you and someone who brings you down. Maybe it means ending a relationship or taking an obligation off your plate. These are all usually deemed bad things, but they can make your life feel so much lighter if they are long-overdue, necessary changes. Another important thing is to try not to care what others say about how you take care of yourself. Take what people say with a grain of salt - yes, take their thoughts and advice into consideration, but do what feels right to you, and do things in your own time. You will end up very unhappy in the end if you find you have been pleasing others and not yourself. Remember that YOU matter the most, and don't forget to give yourself credit! YOU got yourself through

this semester, and you can get yourself through another, should you choose to!

Quote for this issue: I just recently discovered a song I like called "Bloom" by bLack pARty, and the lyrics say, "I hope your flowers bloom." This seems like a great quote to tell others. While it's short and simple, it's sweet - and I think we could all use a pick-me-up and some encouragement. I challenge you to recite this phrase to a loved one, whether it be a relative, friend, partner, or even yourself, and see what they say. The best thing you can do for someone is believe in them and support them, and ultimately, hope that their flowers bloom.

Savanna asked a fellow student how she plans on winding down over winter break and how she will prepare for the Spring 2021 semester:

"Honestly, I don't know if I'm going to get a chance [to relax] this holiday season. I've always had a problem with overworking myself and it's something I really want to work on. If anything, I'm going to be taking lots of bubble baths, drinking hot cocoa, and watching Christmas movies on repeat. Hopefully, I'll be able to plan out more effective ways to manage my time and how to say no to other projects when I'm already doing so much!"
- Abbey Dissette

Community Contacts: Resources Outside of JJC

Even if you're not currently taking classes, Wolves Wellness wants you to know there are resources available in your community. In Joliet, we have partnered with a number of these resources. Since the school will be closed over Winter Break, we wanted to be sure you had access to them.

**** Mental Health Resources ****

Guardian Angel Community Services

Domestic Violence 24-Hour Hotline: **815-729-1228**

Sexual Assault 24-Hour Hotline: **815-730-8984**

7 Cups of Tea

7 Cups, which can be found at

<https://www.7cups.com/p/jjc/>, connects you to caring listeners for free emotional support (Enter School Code/ Password: JJC). You can also explore self-help guides & growth paths for proven tips and advice on how to feel better.

NAMI of Will-Grundy County

(National Alliance on Mental Illness)

<http://namiwillgrundy.org> or by calling **815-409-7917**

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

800-273-TALK

The Crisis Text Line for free 24/7

To text with a trained counselor:

Text TALK to **741741**

Call4Calm free emotional support

Text SUPPORT to **552020**

**** Housing Resources ****

Continuum of Care Emergency Housing Assistance Plan: City of Joliet Police Department, Morningstar Mission, and Daybreak Shelter are working to support individual's housing needs. Clients are being transitioned to local hotels. For more information visit [Daybreak's website](#) or call **815-774-4663**.

Morning Star Mission provides housing and also is serving three hot meals daily, located at 350 E. Washington Street Joliet, IL 60433. Meals will be served at: 7-8 am, 12-1 pm, 5-6 pm, During COVID-19 crisis: **815-722-5780**.

Will County Center for Community Concerns (WCCCC) Emergency: Assistance with rent, water bill, and prescriptions. Services are being provided over the phone: **815-722-0722**

Catholic Charities of Will County: Vouchers and referrals to other community resources for rent, mortgage, prescription assistance, and food vouchers, please call **815-774-4663**.

**** Food ****

Northern Illinois Food Bank: to find your nearest food pantry, see a list of upcoming mobile pantries, and learn about other food assistance programs available in your community visit www.solvehungertoday.org/get-help.

Will County Access Map Collaborative: Visit <http://arcg.is/1uiXci> to find food access maps. Download the app to your phone or computer.



Questions? You can contact us at:
mentalhealthservices@jjc.edu or calling us at 815-280-2936

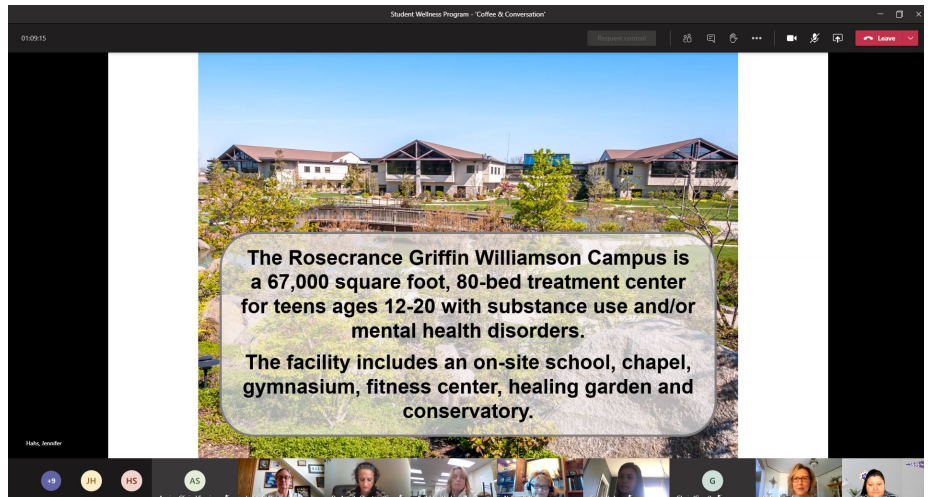
To make an appointment [click here](#)



JJC Mental
Wellness

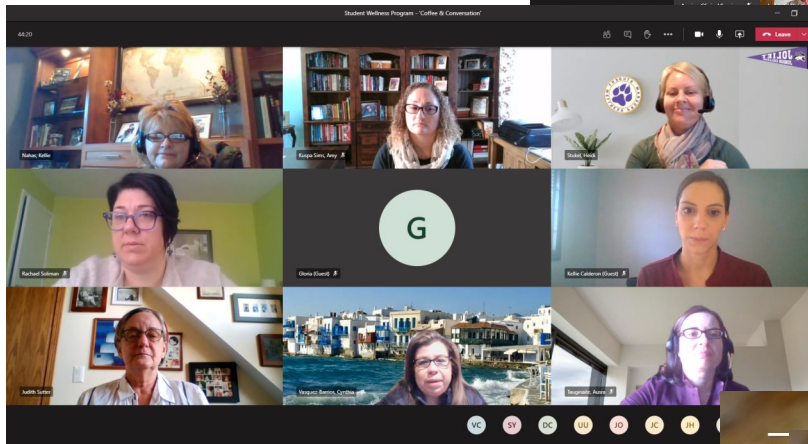
Thanks for a great 2020 !

We appreciate everyone who was able to participate in our virtual events this fall. We hope to be able to engage with you even more in 2021!



Coffee & Conversation— March 2020

During Spring semester, our JJC Wellness Department hosted an on-campus breakfast meeting with Social Service Agencies to provide updates for 2020. A Safe Zone Frontline training session was presented by Amy Kuspa-Sims, Interim Director of Student Activities and Wellness.



Virtual Coffee & Conversation— October 2020

Our kick-off this Fall semester consisted of 12 Social Service Agencies joining our JJC Wellness Department virtually for updates and information during the 2020 pandemic.



Purple Thursday— October 22, 2020

An all campus recognition of Domestic Violence Awareness day. This was a great success off-campus through social media and on-campus of wearing purple for our support in ending Domestic Violence.

