Bouncing Back: Rethinking how to support your Blue Jay on campus

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The “New" Normal

• What does it mean for students?

• What does it mean for parents?
Understanding What Your Jay Needs

- 1st and 2nd year students are facing similar issues
- Mental health needs have escalated
- (Re)adjustment to campus and hybrid models
- (Lack of) social connections
- Faculty stress
Your Jay Needs You

• Do not limit communication to email and texts – encourage phone/video calls

• Support and validate

• Create a community of care, for instance, grandparents, aunts and uncles

• Be open and honest (within boundaries) about difficulties you and/or the family may be facing

• Understand and learn about University resources
YOU Matter!

• Take care of yourself

• It is okay to NOT be fully available 24/7/365

• Reach out for support – self help resources on website
Questions
Please post your questions to the Q&A section of this webinar

Resources:

Calm app  https://www.calm.com/jhu
Silver Cloud  https://jhu.silvercloudhealth.com/signup/
TimelyMD  https://www.timely.md/faq/mental-telehealth-faq/ and use service key “JHU2020”
JHU Wellness website  www.wellness.jhu.edu