Welcome Home, Wildcats

The Wellness Center (SURC 256) wants to extend a warm welcome to all students—new, transfer, and returning—to our campus!

Sometimes our perceptions of campus, or opinions of what is going on with the entire student population, are skewed by the people we choose to hang out with the most.

That means that sometimes we may think that more people have similar behaviors or choices to us than what is actually happening on campus.

As Welcome Week has ended and students move through fall quarter, the Wellness Center wants to offer encouragement to all students to seek healthy friendships, explore spaces on campus that feel welcoming to you, and ask questions while adjusting to campus life.

CWU Police: 509-963-2959 or 9-1-1
CWU Counseling Services: 509-963-1391
CWU Wellness Center: wellness@cwu.edu
24/7/365 mental health support http://www.wildcatcare365.com/
Local Crisis Lines
Central Washington Comprehensive Mental Health:
Ellensburg - (509) 925-4168
Cle Elum - (509) 674-2881
Risky business

In a social norms study for the fall of 2019, students perceived that almost 51% of students chose to drink during that time. However, that same study also showed that only 12.5% of students actually chose to drink. This means that not all students are choosing to drink and many celebrations are planned by students without alcohol.

If you do choose to drink, consider adding at least one protective factor to your routine:

- **Alternate** water and alcoholic drinks
- **Set a limit** for yourself and stick to it
- **Arrange** a safe ride home before you go out
- **Pour** your own drinks, if possible
- **Avoid mixing** alcohol and caffeine
- **Eat before or while** you drink

CWU Resources for Students

CWU’s Division of Health and Wellness is aware of the impact that opioid and other drug related overdoses are having on the students, faculty, and staff. Here are some resources currently offered to our campus:

- **L.E.A.D. Recovery** - weekly support groups and recovery ally trainings. Contact the Wellness Center for more information
- **Naloxone** - provided by Student Health Services on campus and offered at multiple locations in Ellensburg for community use

Campus Activities Calendar

These on campus activities are free for students and offer substance free spaces. You can find the full calendar on Presence:

- **Monday Movie Madness** - every Monday during fall quarter in SURC Theatre (Room 210) with showings at 7pm & 9:30pm
- **Fall Concert Series** - Thursday Oct 7, Oct 28, Nov 4 beginning at 7pm in the SURC Pit
- **Wildcat Tailgates** - during home football games beginning at 4pm
- **Shivers & Quivers** - archery tag hosted by Intramurals on Oct. 28th from 7-10pm
- **Hocus Pocus** - movie screening in the SURC Theatre and costume contest hosted by Wellness Center on Oct 28th starting at 9pm
- **Rocky Horror Picture Show** - hosted by Campus Activities in McConnell Auditorium. Doors open at 9, drag show starts at 9:45pm.
- **The Haunting at Central** - full night of Halloween events on Oct 30 from 8pm to midnight

CWU Policy Reminders

- Alcohol possession and consumption are prohibited on campus property, except by persons of age in the privacy of specifically designated areas, residence hall rooms and apartments.
- Furnishing alcohol to minors in any form is prohibited.
- Smoking of any substance in a campus building is prohibited.
- Possession, consumption, intoxication or trade of any federally scheduled substance on campus or at any University sponsored event is prohibited.

And always remember that Washington State Good Samaritan Policy expresses that if you think someone's overdosing or has alcohol poisoning and you seek medical help for the victim, neither of you will be charged for possessing or using drugs or for minor in possession.