



breathe

From the Director

Dear Student,

Welcome and congratulations on your accomplishment! Let me assure you that the steps taken that led you to either continuing your education at KCC or entering KCC for the first time is an accomplishment and a reason to give yourself a pat on the back. You made a choice and carried through with it. It is a great reason to be proud of yourself. Believe it or not, if you feel joy while thinking about this, it is a sign of good health and a very good prognosis for a successful outcome of your academic career. If you still doubt whether it is worthwhile, that's okay.

Take my word for it, it is worthwhile and you are great for doing it. There is no more joy than accepting and celebrating who you are and caring about how you feel. Everything is a choice. Make one that leads to a joyful life and it will result in great success. We are happy to have you come and chat about whatever it is that you have in mind. We listen and we care.

Have a joyful and successful semester!

Dasha Gorinshteyn
*Director of Counseling
 and Health Services*

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THE POWER OF POSITIVE THOUGHTS

By: J. Cortes-Agnello

Your mind and body are powerful pieces of who you are. Both your mind and your body have the ability to impact your daily functioning. And guess what?! How you think impacts how you feel. The more positive thoughts you have the more positive your body feels.

On the other hand, the more negative thoughts that you have the more negative your body feels. In addition, the more negative thoughts that you hold, the more susceptible your body is to the negative impacts of stress.

As per the Merriam Webster dictionary the mind is defined as the part of a person that thinks, reasons, feels, and remembers. When we think about the mind we may begin to understand that our mind includes our overall feelings of wellness and feelings of overall health. In addition to the existence of our minds, research has shown that our brains produce substances that can improve our health. These substances in-

clude endorphins, which can act as natural painkillers.

Research shows that what our brain produces depends in part on our thoughts, feelings, and expectations. If you're sick but you have hope and a positive attitude and you believe that you have the ability to get better, your brain is likely to produce chemicals that will boost your body's healing power.

What does this mean for you as a Kingsborough college student? This means that if you feel positive and hopeful these feelings of positivity and hopefulness can positively impact your overall sense of well-being, your studies and your overall college experience. One technique that is helpful for college students to begin to practice is a technique called positive self-talk. Practice positive self-talk, start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself. If a negative

thought enters your mind, evaluate it and respond with affirmations of what is good about you.

Begin using this one strategy and remember to be kind to yourself, and with that kindness remember that with each kind word that you speak to yourself internally you are improving your mind-body experience. We are what we think!

Every one of us can think of strategies to increase our positive energy! Feel free to stop by D-102 and drop your creative ideas to encourage positive thoughts into our **positive thoughts jar**! We will share some of your techniques and strategies in our next newsletter!

BEHIND TITLE IX

By Karen Seales

OUR GROUPS

WOMEN'S SUPPORT GROUP

Wednesdays
11:30-12:30
Starts 10/1/14
Room M-382

CONVERSATION GROUP FOR ESL STUDENTS

Wednesdays
11:30-12:30
Starts 9/17/14
Room D-333

or

Mondays
4:10-5:10
Starts 9/29/14
Room D-333

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**For more
information or
to sign up for a
group, please
stop by our
office located
in room
D-102.**

You've been to the workshop on Title IX (9) and saw the information cards around the campus. You feel a knot in your stomach as you realize that you can relate to some of what was said. Going out with that guy from English class seemed like a good idea at the time, but something went horribly wrong. He didn't listen when you said "No." You feel like you were sexually assaulted but he acts as if everything is fine. You wonder if you're the one who has it all wrong, but that awful feeling inside remains.

You think about dropping the class or leaving the college all together. The last thing you want is to see him in your class and around the campus. You wonder if he has done this to someone else or could do this to someone else. You want to say something, but you wonder if you do, if you will be believed. You understand that under Title IX, reports of sexual assault, harassment, and other unwelcome sexual behavior are taken very seriously on CUNY campuses and that there are people you can speak to about it, but the thought of doing so is uncomfortable. You see an opening when your professor notices a change in you and is concerned about your slipping grades. She asks if everything is okay. You

open your mouth to speak, but cannot bring yourself to say the words.

If you can relate to this scenario, you are not alone. According to the U.S. Department of Justice's National Crime Victimization Survey (NCVS)--there is an average of **237,868** victims (age 12 or older) of rape and sexual assault each year. This number may be even higher if we consider the reality that many cases of rape and sexual assaults are not reported.

This may be due to a variety of reasons including feelings of shame or self-blame, concerns about not being believed, fear of retaliation or uncertainty about if what happened was a reportable offense.

Sexual assault is any sexual contact that occurs without your consent. It can happen to anyone regardless of age, gender, sexual orientation, race, religion or economic status. Perpetrators can be strangers or people you know such as a friend, an acquaintance, a date, a partner, a relative, or someone in a position of authority.

If you have been sexually assaulted or harassed, it is important to know that help is available. If the incident happened on campus, contact any one of the following: Public Safety, the Office of the Vice President of Student Affairs, or the Title IX

Coordinator. They can help you to get medical attention and/or explore your next steps including reporting options and connecting with resources for emotional support.

If the sexual assault occurred off campus, call 911 or go to your local NYPD precinct. You may also choose to contact any of the following KCC offices for assistance: Public Safety, the Office of the Vice President of Student Affairs, or the Title IX Coordinator. It is very important that you seek medical attention to treat any injuries and preserve evidence of the assault. Some hospitals have Sexual Assault Forensic Examiners (SAFE) who are specially trained to handle such cases as well as Emergency Room advocates and social workers to provide you with emotional support.

For additional information or to talk to someone, please contact:

Public Safety
(718) 368-4800 (L202)

Office of the Vice
President of Student Affairs
(718) 368-5563 (A216)

Title IX Coordinator,
Angel Rivera
(718) 368-5026 (A228)

Counseling Services
(718) 368-5975 (D-102)

Safe Horizon's Rape and
Sexual Assault Hotline
(212) 227-3000

MENTAL HEALTH PROFESSIONS

<http://www.kbcc.cuny.edu/CounselingServices/Pages/InformationontheMentalHealthProfessions.aspx>

Mental Health Counselor (MHC, LMHC): Mental health counseling is a distinct profession with national standards for education, training and clinical practice. Mental health counselors are highly-skilled professionals who provide flexible, consumer-oriented therapy. They combine traditional psychotherapy with a practical, problem-solving approach that creates a dynamic and efficient path for change and problem resolution.

Website(s):

American Mental Health Counselors Association (AMHCA): <http://www.amhca.org/>
New York State Office of Professions (Licensing Requirements): <http://www.op.nysed.gov/prof>

Psychologist (MA, PhD, Psy.D): Some psychologists have a master's degree (M.A. or M.S.) in psychology while others have a doctoral degree (Ph.D., Psy.D., or Ed.D.) in clinical, educational, counseling, or research psychology. Most states license psychologists to practice psychology. They can provide psychological testing, evaluations, treat emotional and behavioral problems and mental disorders, and provide psychotherapy.

Website(s)

American Psychological Association (APA): <http://www.apa.org/>
American Counseling Association (ACA): <http://www.counseling.org/>
New York State Office of Professions (Licensing Requirements): <http://www.op.nysed.gov/prof>

Psychiatrist: a psychiatrist is a physician with a doctor of medicine (M.D.) degree or osteopathic (D.O.) degree, with at least four more years of specialized study and training in psychiatry. Psychiatrists are licensed as physicians to practice medicine by individual states. "Board certified" psychiatrists have passed the national examination administered by the American Board of Psychiatry and Neurology. Psychiatrists provide medical and psychiatric evaluations, treat psychiatric disorders, provide psychotherapy, and prescribe and monitor medications.

Website(s)

American Psychiatric Association: <http://www.psych.org/>

Psychiatric Nurse: Psychiatric/mental health nurses may have various degrees ranging from associate's to bachelor's (B.S.N.) to master's (M.S.N. or A.P.R.N) to doctoral (D.N.Sc., Ph.D.). Depending on their level of education and licensing, they provide a broad range of psychiatric and medical services, including the assessment and treatment of psychiatric illnesses, case management, and psychotherapy. In some states, some psychiatric nurses may prescribe and monitor medication.

Website(s)

American Psychiatric Nurses Association (APNA): <http://www.apna.org>

Social Worker (MSW, LMSW, LCSW. PhD.):

Social workers have either a bachelor's degree (B.A.,

B.S., or B.S.W.), a master's degree (M.A., M.S., M.S.W., or M.S.S.W.) or doctoral degree (D.S.W. or Ph.D.). In most states, social workers take an examination to be licensed to practice social work (L.M.S.W., L.C.S.W. or L.I.C.S.W.), and the type of license depends on their level of education and practice experience. Social workers provide various services including assessment and treatment of psychiatric illnesses, case management, hospital discharge planning, and psychotherapy.

Website(s)

National Association of Social Workers (NASW): <http://www.socialworkers.org/>
Be a Social Worker: <http://www.beasocialworker.org/>
New York State Office of Professions (Licensing Requirements): <http://www.op.nysed.gov/prof>

OUR EVENTS

SEPTEMBER 23 / OPEN HOUSE

Breezeway and Counseling Services Office D-102 / 10:10-1:20

Breezeway only 5:10-6:30

Visit our office or stop by our table for information about the many services provided by Counseling Services.

OCTOBER 6 TO OCTOBER 9 / NATIONAL DEPRESSION SCREENING

Breezeway / 10:10-1:20 and 5:10-6:30 **only on Tuesday, October 7**

Breezeway / 10:10-1:20 on October 6, October 8, and October 9

OCTOBER 21 / ANGER: FRIEND OR FOE

Breezeway / 10:10-1:20 and 5:10-6:30

November 4 / National Eating Disorder Screening Day

Breezeway / 10:10-1:20 and 5:10-6:30

NOVEMBER 18 / LOVE IS LOUDER

Breezeway / 10:10-1:20 and 5:10-6:30

Look for additional information on day of the event.

(In observance of National Survivors of Suicide Day)

DECEMBER 2 / DE-STRESSING FOR FINALS

Breezeway / 10:10-1:20 and 5:10-6:30

Stop by our table for information on how to de-stress before final exams.

Events location is subject to change. For updated information, please stop by or call our office.

Dear Students,

Life is full of beginnings, middles and endings. Amongst these chapters is college life. As you enter the fall semester, take a look around. Whether it's taking a walk along Manhattan Beach, grabbing lunch at the cafeteria or passing by our aquarium, decide for yourself what kind of experience you wish to have this semester. Would you like to have better grades? A better job? Healthier relationships? Motivation and time management? A lot depends on your state of mind and how you approach your challenges. While changes may not spark in the blink of an eye, there is no better time than now to begin to notice the small and meaningful experiences that help you to develop who you are. That is of course only when you decide to challenge yourself!

When we begin to approach life from a place of self-empowerment, confidence and optimism, we are more capable of reaching our goals. Better grades and healthier choices are attainable and sustainable; our connections with others are deeper and more genuine.

With this in mind this semester, I would like to invite you to visit our Counseling Services in D-102. Our counselors are highly qualified in helping you identify your goals, listen to you in a safe and non-judgmental environment and empower you to develop healthy relationships. Our counselors can facilitate the changes that you have been wishing for. Sometimes a little support and guidance can begin the process of transformation.

Come to our Open House to meet and greet our counselors and graduate interns. We are excited to present to you our many resources, from individual and confidential counseling to events such as national depression screening, de-stressing for finals and eating disorder screening day. You are welcome to join us this fall semester and begin a new chapter in your life – with happier, healthier and a more confident you!

Best regards, Ilona Fridson, Outreach Coordinator

INTERNSHIP OPPORTUNITY

PEER COUNSELING EDUCATOR

Peer Counseling Educator responsibilities include: tabling events, wellness campaigns, class visits and presentations, aid in developing and implementing psycho-educational workshops, and participate in all out-reach events hosted by Counseling Services.

Qualifications:

- All candidates must currently be enrolled at KBCC and display a strong interest in the field of psychology, mental health, community health, holistic wellness, recreational therapy, nursing, and other health related careers.
- Candidates should have a GPA close to or above a 3.0 with plans of advancing their education.
- Personal qualities: empathic, good listener, friendly, self-starter, responsible, flexible, open-minded, and eager to learn.

Duration: At least six months or more.

Academic Credit: Academic credit can be claimed but not necessary.

Application Process: Please contact Ilona Fridson, Counselor & Coordinator for The Students Wellness Center at 718-368-5975.

Additional Incentives available for successful candidates after completing training.

FREE MEDICAL SERVICES

MMR Vaccine (Measles, Mumps, and Rubella) - Fridays 9am-11am
TB Vaccine (Tuberculosis) -appointment required
Medical Consultation by a College Physician-appointment required

For an appointment, visit or call the Health Services office from 8am to 4pm.

HEALTH SERVICES

ROOM A.108
718.368.5684

**SERVICES
UNDER THE
COUNSELING
& HEALTH
SERVICES
UMBRELLA**

Counseling Services
D-102 / 718.368.5975

Access-Ability
D-205 / 718.368.5175

Health Services
A-108 / 718.368.5684

The Lighthouse
U-228 / 718.368.5684

Women's Center
M-382 / 718.368.4700

**The Students
Wellness Center**
A-108 / 718.368.5975

OUR STAFF

Full Time

Dasha Gorinshteyn LCSW
Director of Counseling & Health Services

Jeanette Cruz, LMSW
Counselor & Coordinator of Faculty and Staff Campus Outreach

Karen Seales, LCSW
Counselor & Coordinator of ESL Support Services and ESL Peer Mentorship Program

Part Time

David Castro, LCSW
Marilyn Chernin, LPP
Joanna Cortes-Agnello, LMHC
Robert Gangi, PhD, Psychologist
Mark Hollander, PhD, Psychologist
Yelena Repka, LCSW
Rosa Tovar, LMSW
Orsolya Varkonyi, PhD, Psychologist
Margarita Vodopyanov, LMSW

Administrative

Ayfa Ahraf, CUNY CAP
Johanna De Leon, College Assistant
Kathleen Pacilio, CUNY Office Assistant
Lubjana Rusi, College Assistant

Health Services

Dorothy Gale, College Nurse
Robin Nelson, Administrative Assistant

The Students Wellness Center

Ilona Fridson, LCSW, Counselor & Coordinator for The Students Wellness Center
Maribel Mendoza, Health Educator

RESOURCES

- Healthy CUNY (www.cuny.edu)
- LifeNet-crisis hotline (www.800lifenet.org)
- Safe Horizons - domestic violence resource (www.safehorizone.org)
- New York State Smokers' Quitline (www.nysmokefree.com)
- Suicide Prevention Resource Center (www.ulifeline.org)
- Go Ask Alice (www.goaskalice.com)
- Anxiety Disorders Association of America (www.adaa.org)
- American Psychological Association (www.apa.org)
- American Psychiatric Association (www.psych.org)
- National Institute of Mental Health (www.nimh.nih.gov)
- National Mental Health Association (www.nmha.org)
- S.A.F.E. Alternatives (www.selfinjury.com)
- Substance Abuse & Mental Health Services (www.mentalhealth.samhsa.gov)
- NYS Office of Alcohol and Substance Abuse Services (www.oasas.ny.gov)
- National Eating Disorder Association (www.nationaleatingdisorders.org)
- The Jed Foundation (www.jedfoundation.org)

**Kingsborough Community
College**

**COUNSELING & HEALTH
SERVICES**

Room D.102

Tel: 718.368.5975

Fax: 718.368.5057

[www.kbcc.cuny.edu/Counseling Services/](http://www.kbcc.cuny.edu/Counseling%20Services/)

Visit our website to access past issues of
the newsletter.

OFFICE HOURS

Monday 9 - 7

Tuesday 9 - 7

Wednesday 9 - 5

Thursday 9 - 6

Friday 9 - 5

We listen.