

# Resources for LLU Students

## Winter Quarter, 2022

### COVID-19 Student Guidelines

<https://home.llu.edu/campus-and-spiritual-life/student-health-service/covid-19-student-guidelines>

### LLU Security 909-558-4320

If you ever feel unsafe on campus, need an escort to your car, see suspicious behavior, etc., call security.

### Title IX 909-651-4638

Title IX prohibits sex-based discrimination in any school or other education program that receives federal money. Should you experience any issue in this regard, please contact our Title IX Coordinator, Sara Matus. For more information visit <https://home.llu.edu/about-llu/policies/sex-discrimination-sexual-misconduct-title-ix/title-ix-coordinator>

### Parking & Traffic

Located in the P2 Parking Structure (11206 Campus St.), level 1, under the burgundy awning. (909) 651-3025 or x53025 [parking@llu.edu](mailto:parking@llu.edu) or [LLUHParking.AIMSparking.com](http://LLUHParking.AIMSparking.com)

**If you live in the dorm you MUST register for the LLU Student permit and then contact Parking and Traffic so they can verify your dorm status and adjust your permits.** Failure to do this will result in a parking citation.

### Counseling, Employee & Student Assistance Program

<https://jobs.lluh.org/benefits/employee-student-assistance-program>

- 909-558-6050
- Multiple providers

All *services are free* of charge and completely confidential. Our menu of services includes:

- Unlimited sessions for students
- Spouses of students are also eligible
- Phone and video sessions available
- Assessment & Referral
- Crisis Intervention
- In-Services
- LGBT+ Resources (Authentication required)
- LGBT+ Support Group
- Phone Consultations

In life, we all face challenges which can affect work, academics, and personal relationships. Our purpose is to assist you in developing and implementing a plan to discover your personal goals and move towards a healthy transformation.

Some issues may include but are not limited to:

- Depression
- Anxiety

- Stress
- Work/Academic Related Issues
- Marital/Relationship Issues
- Family Conflict
- Child & Adolescent Concerns
- Post-Traumatic Stress
- Substance Abuse
- Eating Disorders
- Grief & Loss
- Life Transitions
- Conflict Resolution
- Career Counseling

If you are struggling with any issues that are impacting your ability to live your life to its fullest, let us partner with you as you navigate your personal journey.

### **Behavioral Health Institute**

- For Behavioral Health Institute: 909-558-9500 (Option #2 for the intake office)
- Sessions are \$10/copay for therapists, psychologists, social workers, etc.;
- \$40/copay for a psychiatrist and/or physicians who are preferred providers (except for the physicians at the Center for Health Promotion).
- Psychiatry (Medications, Therapy, and Assessment)
- BMC Outpatient clinic (Therapy)

### **Student Health Service (at Center for Health Promotion)**

- Medical Health Concerns
- Medical and Pharmaceutical Support (ADHD, depression, and anxiety)
- <https://home.llu.edu/campus-and-spiritual-life/student-health-service>
- 909-558-8700
- *No co-pays*

### **The Wil Alexander Wholeness Series**

The Wil Alexander Wholeness Series offers insightful, meaningful, research-based presentations designed to inspire *wholeness*. Workshops are free to access at [home.llu.edu/waws](http://home.llu.edu/waws). For questions regarding workshops, please contact Yolanda Martinez at [ymartinez@llu.edu](mailto:ymartinez@llu.edu) or Lizzie Rios at [lrios@llu.edu](mailto:lrios@llu.edu)

### **Spiritual Care Team (Campus Chaplains)**

#### **Connect with a Chaplain:**

- To book an in-person or virtual appointment with Dr. Terry Swenson, please visit <http://terryswenson.as.me>.
- To book an in-person or virtual appointment with Chaplain Dilys Brooks, please visit <http://dilysbrooks.as.me>.
- K.C. Hohensee accepts walk-in, phone, and Zoom appointments as well.
- For additional needs, we encourage reaching out via phone (909-558-8348), email ([spiritualcare@llu.edu](mailto:spiritualcare@llu.edu)), or swing by in-person.

- The University Spiritual Care offices are located in the Councilors Student Pavilion (CSP). Their office entrance is directly across from the CSP cafeteria.

**University@Worship** is meeting in person this quarter, beginning with An All Music worship presentation on January 5, 2022, at 11:00 A.M. in the LLUC Sanctuary. The Winter Week of Renewal will follow, Mon-Fri (January 10-15) at 11:00 A.M., featuring Jo & Laia Burgos-Amaya and Chaplain Dilys Brooks presenting. Weekly Wednesday worships will continue January 19 – March 9, 2022.

The LLUSA Religious Vice-Presidents will be hosting an **Agape Feast** on Friday, January 14, 2022 to conclude the Winter Week of Renewal. Keep an eye out for details on the LLUSA Instagram page (@llu\_sa).

**Micah 6:8 Experiences** A part of the “NeighborGood” initiative, the Micah 6:8 series was developed to create space for meaningful conversations and training around diversity, equity, and inclusion to facilitate culturally appropriate health care education and practice at Loma Linda University Health. Dates in 2022 currently are scheduled for Jan 20, Feb 17, Mar 17, Apr 21, May 19 & Jun 16 and will occur on Zoom from Noon–1 P.M.

The LLUSA Religious Vice Presidents will host other events during fall quarter. Follow the LLUSA Instagram (@llu\_sa) page for the latest details.

### **LLU Student Activities Office and LLU Student Association (LLUSA)**

**Fun In-person Opportunities:** The Student Activities office and LLUSA offer a variety of opportunities to connect with students across all eight schools. Our events are promoted through our Instagram page (@llu\_sa), via emails from your schools, and on digital signs across the campus. You will also find the Student Activities and LLUSA calendar in the link in our bio. <https://bit.ly/3E2u9Wm>

- Fitness Frenzy
- Agape Feast
- MLK Day of Service
- JR. High Science Fair
- Superbowl Party
- Finals Give-a-ways
- Weekend Get-a-ways
- General Assembly of Leaders
- Free Food and much!

**Late Night Study:** Councilors Student Pavilion, Sunday-Thursday from 6 P.M. - 12 A.M. This is an ideal space (with Wi-Fi) for students who prefer to study in small groups. Badge access required.

**Ongoing Instagram Challenges and Contests:** Stay tuned to the @llu\_sa Instagram page for the latest details.

**LLUSA:** Interested in getting involved in the LLUSA leadership or want to be an officer next year? Contact Shawn Plafker at [splafker@llu.edu](mailto:splafker@llu.edu) for more information. New LLUSA officers are voted in in February 2022.

**Get involved in the numerous LLU Clubs on campus - contact the Student Activities Office for more details and club contact info.**

- African Network (Afrinet)
- Association of Latin American Students (ALAS)
- Adventist Medical Evangelism Student Association (AMESA)
- Black Health Professionals Student Association (BHPSA)
- Bioethics Club (BIG)
- Cooking Club
- Cultural Arts Club - Loma Linda Student Chapter
- Garden Club
- Health Geoinformatics Systems Club (GIS)
- Mission Interest Group (MIG)
- Military and Veterans Club
- Sexuality and Gender Alliance (SAGA)

**Connect With Us Via Instagram - @llu\_sa**

For a quick link to the following opportunities, click on the Linktr.ee in our IG Bio:

- Club events and member sign-ups
- SBH Mindfulness sessions
- University@Worship Archive
- CAPS - volunteer opportunities
- Will Alexander Wholeness Series Archive
- Drayson Center Wellness Opportunities
- STRAVA club - Movin' Fitness Challenge

**Student S.P.A.R.K. Program:** (Setting goals, Positive self-talk, Accountability, Removing barriers, Keeping motivated)

Interested in connecting with other students to identify and enhance wellness in your daily life? Join the **FREE** S.P.A.R.K. Program to help you meet your goals! **This is a \$1000 value free for enrolled LLU students!** The S.P.A.R.K. Program is a 4-week cognitive educational group program that will help you create a healthy lifestyle. This virtual program provides you with the accountability you need. Find the S.P.A.R.K you need to stick to a healthy lifestyle!

In a supportive community, you can work on personal goals such as:

- Time management
- Stress due to academics
- Test anxiety
- Setting and meeting academic goals
- Sleep optimization
- Nutrition and physical activity

***Winter Program: February 9<sup>th</sup> – March 2<sup>nd</sup> (Wednesdays via zoom from 5:30 P.M. - 7 P.M.)***

To register and receive additional information, call the Living Whole Wellness Program at (909) 651-4007 or email [livingwhole@llu.edu](mailto:livingwhole@llu.edu) For more information: [myllu.llu.edu/livingwhole/studentSpark/](http://myllu.llu.edu/livingwhole/studentSpark/)

For more information or to get involved with Student Activities contact Shawn Plafker at 909-558-4979 or [studentactivitiesoffice@llu.edu](mailto:studentactivitiesoffice@llu.edu)

### **International Student & Scholar Services**

We are open and serving international students primarily via phone, email, and Zoom. When needed, we are scheduling in-person advising appointments (meeting at a distance and maintaining safety protocols). We are sharing resources when students express concerns or need assistance with their health (e.g., Student Counseling, Student Health, Spiritual Care).

For our administrators, faculty, and staff: we are available for meetings to answer questions regarding international students and immigration regulations.

For more information, please contact the International Student & Scholar Services

Phone - (909) 558-4955

Email - [intlstdsrv@llu.edu](mailto:intlstdsrv@llu.edu)

Zoom - [Personal Meeting Room](#) (Password: 386047)

Here is the full link to my Zoom

Room: <https://llu.zoom.us/j/8914997044?pwd=NFZaOWNLTGVSMnVFdFpUUnpiTk1sUT09>

### **Residence Halls (Lindsay Hall and Daniells Hall)**

If you have any questions or concerns, please contact your dean. Stay connected with events that the residence hall deans are planning for you by the flyers that are posted around the dorms.

### **LLU Dining Services**

LLU Dining Services is owned and operated by Loma Linda University. We offer lacto-ove vegetarian menus in a variety of venues through the campus including catering services. We can answer your questions about meals, menus, and catering needs. Email your inquiry to [foodservices@llu.edu](mailto:foodservices@llu.edu).

[LLU Dining Services | Loma Linda University](#)

### **Drayson Center**

Take time out of your busy day to boost your mental output with physical activity. Whether you're looking for a fitness class, prefer to work the weights or cardio on your own or with a class, play some sports and exercise that way, or just enjoy the pool or jacuzzi, Drayson Center has it all. Winter Quarter intramural sports include Co-Rec Volleyball, Team Pickleball, Men's Basketball (Divisions 1 and 2), Women's Basketball, Co-Rec Basketball, Women's 7x7 Short Soccer, and 11x11 Full Soccer. Tend to your mind, body, and spirit—the whole you.

Visit <https://drayson.llu.edu> or call 909-558-4975 for more information. For intramural leagues, visit <https://imleagues.com/llu>.

### **Del Webb Library**

**Student Guide:** <https://libguides.llu.edu/infoforstudents>

**Variety of study spaces:**

- Computers lab with printers
- Quiet & collaborative areas
- Individual & Group study rooms
- Graduate Study Carrels
- Patio
- Lounge with microwave, hot water, vending machine

**Expert help on:**

- Navigating information resources
- Literature searching
- Getting full-text
- Bibliographic management software, EndNote
- Formatting citations
- Systematic reviews
- Evidence-based practice projects
- Where to publish

**Contact:**

<https://library.llu.edu/>

(909) 558-4550

**Ask a Question:**

<https://libanswers.llu.edu/> OR email Reference Librarians, [libref@llu.edu](mailto:libref@llu.edu)

Contact the Liaison Librarian for your school/program:

<https://libguides.llu.edu/infoforstudents/librarians>

Make an appointment to meet in person or on Zoom: [libref@llu.edu](mailto:libref@llu.edu)

### **Community Academic Partners in Service (CAPS)**

Build Community, Serve Local. CAPS offers service opportunities for all students to connect to our community in meaningful and impactful ways. Visit [caps.llu.edu/volunteer](https://caps.llu.edu/volunteer) to learn more about the opportunities available.

Sign up for:

**Healthy Neighborhood Projects:** A student-led initiative to serve our community through various programs.

- [Project HOPE](#): Serve teen parents in our community.
- [CKC Music Tutoring](#): Bring the gift of music to our local youth.
- [CKC Academic Tutoring](#): Mentor our local children and help them improve their academics.
- [Street Medicine](#): Serve our local unhoused population.
- & more!

**[Jardín de la Salud](#):** A local LLU-partnered community garden in San Bernardino highlighting equitable access to healthy food and safe recreational spaces for families.

**Food Delivery Assistance:** Help us bring food boxes to families in our community! These boxes supply a week's worth of food to families, together we have delivered over 16,000 boxes since mid-2020!

E-mail [caps@llu.edu](mailto:caps@llu.edu) for any questions and make sure to follow us on Instagram @capsllu. Visit [caps.llu.edu/volunteer](https://caps.llu.edu/volunteer) to see the most up-to-date service opportunities.

### **Students for International Mission Service (SIMS)**

Students for International Mission Service (SIMS) exemplifies Loma Linda University Health's commitment to global service, and our mission is to provide students with high-quality service-learning opportunities that empowers students to become caring, competent, and socially responsible health professionals who value service as a lifelong process. If you are interested in an international service experience, please visit our web site at <https://ghi.llu.edu/sims>

### **Loma Linda University Church**

There are many ways on campus to nurture your spiritual life. Here are a few options available this quarter:

**Praxis:** The young adult ministry of the Loma Linda University Church led by Pastor Filip Milosavljevic and an incredible young adult team. Our goal is to provide you with opportunities to deepen your faith and fellowship with your classmates and other young adults in the community. We meet at the new ministry building of the University Church:

- **Friday:** evening worship (music, testimonies, & sermon) **Night Church** at 7:30 P.M, followed by **Afterglow** where snacks are provided to keep the hangout going.
- **Saturday: Sabbath School** (Bible Study) at 9 A.M. on Saturdays
- **Mid-Week: Life Groups** is a mid-week fellowship with 8-12 other young adults to discuss a terrific book, laugh, meet new friends, and deepen your faith. There are 12 different Life Groups to register for coming up this February!
- **Monthly:** Once a month there are outreach and fun socials and trips!
- Follow us on Instagram @praxisministry for the latest announcements. Connect with Pastor Filip for any questions [pastorfilip@lluc.org](mailto:pastorfilip@lluc.org).

**Rooted:** Join our community of young professionals growing deeper in faith and friendship. We journey through scripture together at the University Church Family Ministry Building Room 2402 on Saturday mornings at 10:15 A.M. We also gather regularly to share food and friendship. Get to know us better by following us on Instagram: @rootedlluc, Facebook (<https://www.facebook.com/groups/llucrooted>), or visiting [www.lluc.org/rooted](http://www.lluc.org/rooted).

**Advent Hope:** Are you yearning for a wonderful worship and community experience unapologetic about faith, Adventism and being together? Join Advent Hope on Saturday mornings at the Centennial Complex at 9 A.M.. (for Bible study/Sabbath School) and 10 A.M. (for a worship presentation). Follow on Instagram: @Adventhopellu or email Ryan Dolinsky [contact@advent-hope.org](mailto:contact@advent-hope.org) for more details.



**Anthem:** LLUC is inviting you to join our modern worship service, Anthem! It happens every Saturday at 10:30 A.M. in the Auditorium on the campus of the Loma Linda University Church. Come for community, coffee, and worship. Follow @anthemxlluc for more details.

### **Campus Hill Church**

Crave Ministries is a creative hub and multicultural community for young adults by the Campus Hill Church. We keep students up to date on our IG [@crave.ministries](#)

**Crave Rest:** Our theme leads us to an open church for sacred rest-full gatherings.  
Fridays, 7 P.M.  
Saturdays, 4:45 P.M.

### **Campus Hill Church Worship**

Saturday mornings, 11 A.M.

### **Our Campus Location:**

David's Chapel, Linda Hall, and Sanctuary of Campus Hill Church  
11057 Hill Dr.,  
Loma Linda, CA 92354

### **Direct Links:**

- [IG](#)
- [Linktree](#)
- [YouTube](#)

## **SCHOOL SPECIFIC RESOURCES**

### **San Manuel Gateway College**

Program Directors and staff are always available to help with students' emotional, spiritual, and physical needs. Contact any of the following staff members:

Tania Rucker, Administrative Assistant – [trucker@llu.edu](mailto:trucker@llu.edu)

Arwyn Wild, Executive Director – [awild@llu.edu](mailto:awild@llu.edu)

Dr. Lily Lee, Director of San Manuel Gateway College and Promotores Academy – [llee1@llu.edu](mailto:llee1@llu.edu)

Maria Ochoa Williams, Director of Student Services – [mechoa@llu.edu](mailto:mechoa@llu.edu)

Lisa Gayles, MA Program Director – [lgayles@llu.edu](mailto:lgayles@llu.edu)

Dr. Oscar Bingcang, Surgical Tech Program Director – [obingcang@llu.edu](mailto:obingcang@llu.edu)

Dr. Heather Hogue, Pharmacy Tech Program Director – [heatherhogue@llu.edu](mailto:heatherhogue@llu.edu)

Dr. Nellie Leon, CHW program Manager – [nleon@llu.edu](mailto:nleon@llu.edu)

Pamela Fernandez, CHW Program – [pfernandez@llu.edu](mailto:pfernandez@llu.edu)

Sylvia Ortega, CHW Program – [siortega@llu.edu](mailto:siortega@llu.edu)

Brittany Chavez, Project Coordinator for CHW- [BrittneyChavez@llu.edu](mailto:BrittneyChavez@llu.edu)



## **School of Allied Health Professions**

### **The Wil Alexander Wholeness Series**

The Wil Alexander Wholeness Series offers insightful, meaningful, research-based presentations designed to inspire *wholeness*. Workshops are free to access at [home.llu.edu/waws](http://home.llu.edu/waws)

For questions regarding workshops, please contact Yolanda Martinez at [ymartinez@llu.edu](mailto:ymartinez@llu.edu) or Lizzie Rios at [lrios@llu.edu](mailto:lrios@llu.edu)

### **Lunch Power**

Available for pre-registered SAHP students every Tuesday

**School of Allied Health Professions Student Association (SAHPSA)** events follow us:

- @llusahp on Instagram
- @llualliedhealth on Facebook
- @llualliedHealth on Twitter

### **Mentorship Program**

This program is designed to help students who are in the final year of their program get ready to enter the workforce. We encourage students to connect with a mentor on our LLUH Connect platform at <https://lluhconnect.org>. This platform is for all students and all professions. After graduating, there are a variety of jobs posted for all professions. We also have a way for cohorts to stay connected through this platform.

Contacts for the office of Recruitment and Student Affairs:

Chuck Dart, Associate Dean of Student Affairs (Accommodations, SAHPSA Sponsor) – [cdart@llu.edu](mailto:cdart@llu.edu)

Sara Pinto da Silva, Director of Recruitment and Student Affairs (Chapel Attendance, SAHPSA Sponsor) – [spsilva@llu.edu](mailto:spsilva@llu.edu)

Yvonne Wren, Management of Recruitment and Alumni (Mentorship Program, SAHPSA Sponsor) – [ywren@llu.edu](mailto:ywren@llu.edu)

## **School of Behavioral Health**

**Mental Health Resources:** listed on the SBH webpage

- Listed under Covid-19 Resources <https://behavioralhealth.llu.edu/covid-19-mental-health-resources>
- Video/links for more support

**Mindfulness Sessions:** These sessions are open to all students, staff, faculty—anyone within LLUH and extending to the community. <https://behavioralhealth.llu.edu/about/campus-life/mindfulness-sbh>

## **School of Dentistry**

At the **School of Dentistry**, the following services are available for students:

**SD Office of Admissions & Student Affairs** is here to ensure that students feel appreciated and supported. Our goal is to:

- Assist students in accessing financial resources
- Listen to concerns
- Provide guidance for class officers
- Plan events
- Offer encouragement, and more.

For more information regarding School of Dentistry Resources contact:

Tania Kurunathan [tkurunathan@llu.edu](mailto:tkurunathan@llu.edu) or 909-558-4790

Esther Forde [eforde@llu.edu](mailto:eforde@llu.edu) or 909-558-4293

Please visit <https://dentistry.llu.edu/current-student/student-affairs>

**A Full-time Counselor** is available for students, providing triage services and emotional support for those in distress. In addition, she facilitates testing and accommodation for students with learning disabilities, provides study skills support for students facing academic challenges, and finds the appropriate match for counseling services (which includes referrals to ESAP, Employee Student Assistance Program). Contact Debra K. Friesen, MS, RDH, LPCC – *Director of Student Support and Counseling* (909)558-8572, [defriesen@llu.edu](mailto:defriesen@llu.edu)

**School of Dentistry Spiritual Life and Wholeness (SLW) Committee** is Co-chaired by Doyle Nick DDS and Loredana Trica RDH—leading the School of Dentistry family in planning experiences that enhance spiritual wellbeing and development.

**Weekly SD Prayer Time** is a SLW Committee initiative that has been in place for two years. It takes place every Monday from 1:30-1:45 P.M. Students, employees and patients know they are welcome to submit prayer requests via email or in our prayer request box in the lobby. Students and employees are invited to join the prayer time via Zoom. **Submit prayer requests** to: [shayton@llu.edu](mailto:shayton@llu.edu)

**ASDA – American Student Dental Association** – is the formal student organization for our dental students to plan social events, facilitate networking with other students and professionals by attending national conferences, and promote professional development. For more information or to get involved visit <https://dentistry.llu.edu/current-students/student-government/about-llu-asda>

## **School of Medicine**

**Mental health resources:** listed on the SM Student Affairs webpage:

<https://medicine.llu.edu/academics/student-affairs/student-counseling-resources>

### **Get involved:**

- **CKC Music** - Music is a fun, interactive way to get involved with the local kids in our community. Do you sing, play an instrument, or just love music? Share your passion!

Step 1. Contact Siena Mirasol at [smirasol@students.llu.edu](mailto:smirasol@students.llu.edu)

Step 2. Make a volunteer profile at <https://lluh.samaritan.com/custom/1427/>

Step 3. Get involved.

- **CKC Tutoring** - Everyone needs some help sometimes. Be the help that school children need. Help tutor children in math, reading, writing, and more.

Step 1. Contact Peter Reim at [preim@students.llu.edu](mailto:preim@students.llu.edu)  
Step 2. Make a volunteer profile at <https://lluh.samaritan.com/custom/1427/>  
Step 3. Get involved.

- **Healthcare Sparks** - Want to teach young kids about science? This program is designed to teach underserved children about science and expose them to careers in healthcare.

Step 1. Contact Danae Smart at [dsmart@students.llu.edu](mailto:dsmart@students.llu.edu)  
Step 2. Make a volunteer profile at <https://lluh.samaritan.com/custom/1427/>  
Step 3. Get involved.

- **Operation NEXTT (Navigating Excellence Today for Tomorrow)** - Kids need to see successful role models that look like them. This program is designed to pair young black youth with mentors that reflect their background. Children are academically tutored by mentors weekly. Be tomorrow's change, today!

Step 1. Contact Simone DeShields at [sdeshields@students.llu.edu](mailto:sdeshields@students.llu.edu) or Shantel Tummings at [stummings@students.llu.edu](mailto:stummings@students.llu.edu)  
Step 2. Make a volunteer profile at <https://lluh.samaritan.com/custom/1427/>  
Step 3. Get involved.

- **Project Hope** - A mentorship program where LLU students connect with pregnant or parent teens, both moms and dads, at local high schools. Through longitudinal mentorship, relevant workshops, and authentic connections, we serve as a source of support for young parents.

Step 1. Contact Ashli Moore at [asmoores@students.llu.edu](mailto:asmoores@students.llu.edu)  
Step 2. Make a volunteer profile at <https://lluh.samaritan.com/custom/1427/>  
Step 3. Get involved.

- **Special Ops** - Enjoy working with kids? Through arts and crafts, games, sports, and more, we connect with local elementary school kids. Special Ops is a mentorship program where we engage with kids through fun activities.

Step 1. Contact Emmanuel Omosor at [eomosor@students.llu.edu](mailto:eomosor@students.llu.edu) or Gideon Harianja at [gharianja@students.llu.edu](mailto:gharianja@students.llu.edu)  
Step 2. Make a volunteer profile at <https://lluh.samaritan.com/custom/1427/>  
Step 3. Get involved.

- **Street Medicine** - Interested in using your developing skills and time to help those without access to health care? Join the student-led initiative, Street Medicine, in our mission to provide care to the uninsured homeless population. Join us in being the hands and feet of compassion to the underserved.

Step 1. Contact Esther Gow Lee at [egowlee@students.llu.edu](mailto:egowlee@students.llu.edu)  
Step 2. Make a volunteer profile at <https://lluh.samaritan.com/custom/1427/>  
Step 3. Get involved.

**School of Nursing**

Academic Center for Excellence (ACE) is a department within the School of Nursing that empowers, enables, and encourages students as they navigate nursing programs at LLUSN. ACE services provide a wide variety of academic and whole person skills, strategies, and resources to promote academic excellence. The purpose of ACE is to help students enhance their skills and identify new strategies to support achievement of their academic, personal, professional, and wholeness goal(s). Appointments with ACE faculty are free for ALL LLUSN students.

**Office hours:**

Monday-Thursday 8:15am – 5:00pm

Friday 8:30am – 12:00pm

(\*Early morning, evening, and online appointments available upon request).

**Contact:**

Office: West Hall, room 1413

Phone: (909) 558-1000 ext. 83826

Email: [ACE@llu.edu](mailto:ACE@llu.edu)

**Friday 9 a.m. LLUSN Zoom Devotionals:** 15-minute devotional provided by a variety of faculty, alumni, students, and local pastors for our LLUSN family (students, faculty, staff, and alumni). A chance to connect and recharge our spiritual batteries.

**LLUSON Well-Being Wednesdays:** hosted by faculty with guest speakers and breakout sessions with focus on "wellbeing" (battling isolation, resilience, hope, etc.)

- **Purpose:** To create a platform and space for nursing students that emphasizes well-being and self-care. The goal of this space will be to uplift, inspire, and equip students with practical tools to improve well-being and manage stress during this increasingly demanding time for healthcare. This is a biweekly virtual space that would meet on zoom from 7:30-8:30 p.m. (Tentative). Each meeting has a theme that is connected to a concept of well-being, self-care, or stress management. The structure consists of a short presentation (speakers from the university as well as leaders in the field of well-being outside of the University), followed by a Q&A portion or structured dialogue portion. Time is left at the end for anyone who wants to stay on for the full hour.
- **Well-Being Wednesdays** can also serve as a portal in which students can gain information about resources available to them regarding well-being, mental health, etc. Speakers can be invited to share available resources from time to time.

**Students in need of mental health assistance:**

**Step 1.** Call Student Assistance Program/Student Counseling Services at 909-558-6050.

- Schedule same day appointment for student or have student call to schedule same day appointment.
- If same-day appointment is not an option, make the appointment (for soonest date) and continue to step 2.

**Step 2.** If this is an issue that needs to be addressed sooner than the available date, please schedule same-day appointment with Student Health:

- Linda Bell: x 44537 (Director)

- Jennifer Rodriguez: x 44496 (staff)
- General number for Student Health: x 88770

For more info from the School of Nursing please contact Brandie Richards DNP, FNP-C, CCRN, Associate Dean of Undergraduate Nursing and Student Affairs

### **School of Pharmacy**

Student organizations are re-engaging with live community service activities. For more information, contact your student organization officers, or Milly Brieno in the Office of Student Affairs at [mbrieno@llu.edu](mailto:mbrieno@llu.edu)

Are you struggling with a life situation and need financial assistance? The School of Pharmacy has an emergency student relief fund if you need help with rent, food or other routine expenses. These funds are intended to help meet basic needs. If you need assistance, contact Dr. Alan Connelly at [aconnelly@llu.edu](mailto:aconnelly@llu.edu)

### **School of Public Health**

At the **School of Public Health** the following resources are available to students:

**Student Success** planning: Students are encouraged to reach out to our Student Success Coordinator to discuss academic options, satisfactory academic progress, graduate transition, accommodations, etc.

#### **Office hours:**

Monday-Thursday 8:00am – 5:00pm

Friday 8:00am – 2:00pm

#### **Contact:**

Office: Nichol Hall, room 1515

Phone: (909) 651-5378 ext. 15378/82881

Email: [MMozov@llu.edu](mailto:MMozov@llu.edu)

**Tuesdays 12-12:50 p.m. LLUSPH SA Bible Study (NH 1407 and via ZOOM):** 45-minute bible study led by our chaplain Dilys Brooks with a particular focus that is geared for our LLUSPH family (students, faculty, staff are welcomed). This is an opportunity to pause, make connections with peers, and recharge our spiritual batteries.

**Mindfulness Sessions:** These sessions are open to all students, staff, faculty—anyone within LLUH and extending to the community. <https://behavioralhealth.llu.edu/about/campus-life/mindfulness-sbh>

The **Wil Alexander Wholeness Series** offers insightful, meaningful, research-based presentations designed to inspire *wholeness*. Workshops are free to access at [home.llu.edu/waws](http://home.llu.edu/waws)

**Heroes in Public Health** is a series coordinated by the Office of Alumni Relations with a special focus on different public health disciplines at each of the events; alumni, faculty, and students are invited to attend held via zoom.

**Students in need of mental health assistance:**

**Step 1.** Call Student Assistance Program/Student Counseling Services at 909-558-6050.

- Schedule same day appointment for student or have student call to schedule same day appointment.
- If same-day appointment is not an option, make the appointment (for soonest date) and continue to step 2.

**Step 2.** If this is an issue that needs to be addressed sooner than the available date, please schedule same-day appointment with Student Health:

- Linda Bell: x 44537 (Director)
- Jennifer Rodriguez: x 44496 (staff)
- General number for Student Health: x 88770

Academic and Student Support: please know your Academic Advisor and Program Director are a point of contact. You can also connect with the Student Success Coordinator or my office. We are here to listen to your concerns, provide guidance and encouragement. We can also connect you with existing resources and pray with you.

For more information, please reach out to Wendy Saravia-Genovez, Assistant Dean for Academic and Student Support at SPH.

**School of Religion**

Students are always welcome to reach out directly for emotional and spiritual support. We are happy to connect and to pray with and for you!

MA Bioethics - Dr. Whitney Braun, [wbraun@llu.edu](mailto:wbraun@llu.edu)

MA Religion and Society - Dr. Zdravko Plantak, [mplantak@llu.edu](mailto:mplantak@llu.edu)

MS Chaplaincy - Dr. Saul Barcelo, [sbarcelo@llu.edu](mailto:sbarcelo@llu.edu)

DSc - Dr. Jon Paulein, [jpaulien@llu.edu](mailto:jpaulien@llu.edu)