



SCHOOL OF ARTS AND SCIENCES
SCHOOL OF ENGINEERING
Executive Director, Health and Wellness
Health and Wellness

September 2019

Dear Parents and Families,

My name is Michelle Bowdler and I am the Executive Director of [Health and Wellness](#) at Tufts. I so enjoyed speaking at Matriculation Day and having the opportunity to meet so many parents, guardians, and siblings at a variety of events and Open Houses last week. In my role at Tufts, I am responsible for supervising and coordinating support for [Health Service](#) and [Counseling and Mental Health](#), as well as [Health Promotion](#) and the [CARE office](#), which addresses sexual assault prevention and sexual health more generally. I'm writing today to share information about a couple of exciting new initiatives starting this year at Tufts.

Last year, the [JED Foundation](#), the premier national foundation focusing on student mental health, suicide prevention, and alcohol and substance abuse concerns on college campuses, chose us to be the recipient of their first [JED Campus scholarship](#). That means we will begin a four-year partnership with JED, building on the good work of the recent [Mental Health Task Force](#), and bringing together students, staff, and faculty to look at ways to increase our students' wellbeing and respond broadly to issues of stress and self-care as a campus community. I couldn't be more excited about JED's recognition of the work we do on the Tufts campus, and I'm looking forward to collaborating with them extensively over the next four years.

This fall, we are also very proud to be the first university in New England to welcome [The Haven at College](#) to our campus to assist and support students in recovery, or those who may be struggling with their alcohol or substance use. The Haven will support a residence on campus for students in recovery, as well as offer outpatient services and work with our staff on programming. We'll be providing students with more information about their services in the coming months as The Haven builds out their programming and services at Tufts. For more information or to schedule an assessment with The Haven for your student, please call their Admissions Director at 310-822-1234, or email info@thehavenatcollege.com.

There are some additional topics important to students and parents at the start of the year. For many students, college is the first time they access health care on their own. Please know that our clinicians understand this transition for students and are experienced college health professionals. We also have a [business office](#) to help your student with any concerns or questions they may have regarding insurance and referrals. If your student does not currently have their health insurance card with them, we do recommend they carry one. Or, at the very least, have a picture of the card – front and back – on their phone. We offer support in our business office for questions about health insurance, bills, or getting off-site referrals if needed. Our goal is always to assist students, and there is no question too small that we will not welcome as a chance to get to know and help your student. Our [website](#) also contains a lot of information about our care and our policies, and please know we are happy to talk to parents and guardians, particularly if you have a specific concern or question you'd like to discuss.

If you are the parent or family member of a new student, here is some additional advice from current Tufts students:

- **Make Sure Your Student Gets Their Free Flu Shot!** As first-years, students live in close proximity in the residence halls. When flu season and finals come along, the last thing they'll want is to get sick. Encourage your student to get their free flu shot from Health Services while supplies last. We'll be sending information to students about flu clinics throughout the Fall Semester.
- **Remind Your Student to Take Care of Themselves.** Remind your student to stay hydrated, exercise (walking counts), and that sleep matters -- even for busy college students. A word from a parent or family member can go a long way!
- **Let Your Student Know it's Always Okay to Reach Out and Ask for Help.** If your student is ever feeling like they might be getting sick, or if they are feeling like they wonder if they should talk to someone about their mental health, encourage them to be in touch with [Health Service](#) or [Counseling and Mental Health](#). There is no "threshold" they need to reach to make an appointment. If they are wondering if they should contact us, that means they should. Students can reach assistance at any time, including after hours: [Health Service](#) and [Counseling](#).

My very best to you and yours at the start of Fall 2019. Please be in touch with us at any point if we can help your student find support or connect with resources.

Sincerely,

Michelle Bowdler
Executive Director of Health and Wellness