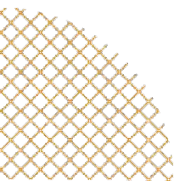


RCNJ

# Leveling up your Crisis Response Skills in the Residence Halls, with a Splash of Wellness!

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# Conference Bingo!

Themed words related to crisis response skills,  
Residence Life and/or wellness



# Welcome!

- Introductions
- About Us!
  - Ramapo College of New Jersey
    - Four-year State Institution
    - Liberal Arts College
    - Approximately 5,000 undergraduate students, 2,000 on-campus residents
    - On-Call staffing structure

# Tools in the Toolbox



# What are some of our tools in the toolbox?

- Written Protocols, Written Resources
  - Examples.
  - Continually review and assess protocols.
- On-going Training programs
  - Why are these important?
  - “Year in review”, sharing statistics and reviewing scenarios.
  - Training Topics of Interest.
- Building Strong Relationships
  - Identifying key units that support your on-call Staff.
  - EX: “Debrief group” - Residence Life, Center for Health & Counseling, Student Conduct and Public Safety.
- Strengthening Individual skills set



# Strengthening Individual skills set

- Critical thinking
  - “Need to act swiftly but no need to make a hasty decision”.
  - Making level headed decisions that can be rationalized.
- Preparation
  - Prevents operating in a “fight or flight” mode.
- Building Confidence
  - Through feedback, mentorship and experience.
  - Knowing that you are capable.
- Understanding the “Why”
  - Seeking to understand policies.
  - Knowing the why to a policy may help set a better foundation.
- Managing personal emotions around sensitive topics
- Practicing Wellness!

# Splash of Wellness!

- Seeking/ Promoting self care and well-being

## Ramapo's Student Well-being Core Definition of Well-Being:

Vital to a holistic, individual student experience, well-being cultivates feelings of acceptance, community, curiosity, resiliency, belonging, and accountability. This student experience maximizes every opportunity, within a support network, to explore and develop physical, emotional, mental, social, environmental, and academic harmony. Well-being is aspirational in nature – it is a fluid experience that is different for all and may be accepted, challenged, or changed based on individual circumstances.

# Wellness Continued

- Reflect, debrief and seek feedback on incidents
  - reach out, check-in after difficult situations, take a moment to acknowledge a difficult situation
- Managing the advantages and challenges of living where you work.
- Available resources at your Institution
  - Access to mental health professionals
  - Intentionally planned wellness activities (chair massages)
- Managing Sensitive Topics / Content Warnings



# **Sensitive Topics / Content Warnings SAMPLE**

We want our Staff to practice good personal wellness and an appropriate work/life balance, recognizing that at times in the position, you may be exposed to incidents or topics that are sensitive in nature.

Specifically, during ORL Training, we discuss topics that can be triggering to some. This could include, but may not be limited to scenarios involving the use of excessive profanity, violence, mental health crisis, suicide awareness, medical emergencies, sexual misconduct, racism/ racial conflict alcohol/cannabis, and other drug awareness.

Assess your level of sensitivity to such topics and be prepared to manage how they may affect your personal well-being.



# Can you recommend alternative tools?



# Self Care Circle (if time)

Please share one self care practice that brings you joy or relaxation and how it impacts well-being.



# Any Questions?

Thank you for Coming!

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