

ASK US ABOUT OK

The Monthly AmIOK Program Newsletter



A SNAPSHOT OF THE MONTH

Katie Faure

Happy January! As we embark on this new year, it is important to reflect on how far we've come. This past year at AmIOK, we've welcomed new volunteers, facilitated on-campus events, and most importantly, worked to achieve a trauma-informed campus. We look forward to the wonderful year ahead, and we hope you enjoy the rest of your break!

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EXPANDING OUR PROGRAM

INTERVIEWS

Julia Yoon

During the end of November and the start of December, AmIOK was able to interview 17 applicants, following the initial round of group interviews in November. These selected applicants have all been extended an invitation for an opportunity to interview with pro-staff members during the month of November. After rounds of interviews and meetings with prospective members, the time has come to finalize the decision for the final crew. Emails will be sent out during the third week of December (12/13/21 - 12/17/21). We are super excited to welcome our new members who will join us for the spring! Get ready to meet some new faces!



EATING DISORDERS AWARENESS DURING THE HOLIDAYS

Jessica McTeer

The holiday season can be filled with joy and love, however for some this time of the year can come with added stress. Many conversations during this time consist of topics on food and diet talk become more frequent. Those who are struggling with or in the recovery of eating disorders can face increased stress and anxiety during this time of the year.

Tips for those currently dealing with an eating disorder or in recovery:

Give self-compassion

Set healthy boundaries with yourself, family, and friends, such as not participating in diet talk or changing topics to a non-weight related subject

Set up a support systems

Reach out for help when needed, know you are not alone

Take extra steps to make sure you are practicing self-care

Tips for friends and family members:

Watch your language!

Don't have conversations about food, weight, or diets. We do not need to discuss working out after having a fulfilling meal!

Don't make comments on how much or little someone is eating

Don't make appearance-based complaints, especially about body shape or size.

No food is inherently good or bad.

Offer support and words of encouragement, ask what is best for them!

Be respectful to their recovery process

If you or a loved one is battling an eating disorder, text (800) 931-2237 for help.

DATA AND INSIGHTS

GROWING OUR PLATFORM

Tulika Desai



in December 2021....

Current IG Followers: 1,076

Accounts Reached: 619

Most reached post: "Meet The Volunteers:
Daniela Pardo-Perez"

478 accounts reached

Most reached story: "Healing People, Heal
People"

209 accounts reached

Profile Visits: 97

Volunteers: 21

Total Volunteer Hours: 90.25

Current FB Likes: 14

Current FB Follows: 16

Most reached post: Happy New Year!

Post Engagement: 7

Current Tiktok Likes: 90

Current Tiktok Followers: 72

Most reached post: "Don't Listen or Use Victim
Blaming Statements"

Post Engagement: 1,033 views and 90 likes

ANNOUNCEMENTS

AMIOK VOLUNTEER RECRUITMENT UPDATE:

Be sure to check your
email about next steps
following your AmIOK
group interview!



24/7 Hotline:
609-270-4524

Free, confidential services for
survivors of violent crimes.

office phone: 609-771-2164
email: amiok@tcnj.edu
instagram: [amiok_tcnj](https://www.instagram.com/amiok_tcnj)

SEE YOU IN JANUARY!

