

# ASK US ABOUT OK

The Monthly AmIOK Program Newsletter



## A SNAPSHOT OF THE MONTH

*Donika Begolli*

We're (finally) in the midst of summer, and the AmIOk is still hard at work to prepare for this upcoming semester. This month, we're going to be taking a moment to appreciate some of our volunteers as well as getting to know some of our team. We'll be doing a "Ask an AmIOk Alum", as well as going over some important outreach expansion and data insight information. Make sure you enjoy your summer, and we'll catch you next month!

### WHAT'S INSIDE THIS ISSUE:

- Monthly Overview - 1*
- Volunteer Spotlight - 2-3*
- Meet the Team - 4*
- Outreach & Expansion - 5*
- Ask an AmIOk Alum - 6*
- Data and Insights - 7*

*AmIOk Hotline: 609-270-4524*

*IG: @amiok\_tcnj*

*Email: [amiok@tcnj.edu](mailto:amiok@tcnj.edu)*

*Website: [ciw.tcnj.edu/amiok](http://ciw.tcnj.edu/amiok)*

# VOLUNTEER SPOTLIGHT

## REBECCA KLEIN

*Ambassador*

I joined AmIOK in Spring 2022 as an ambassador. I decided to join AmIOK because I love what the program stands for and aims to do. I think it is so important to spread more awareness about both mental health issues and trauma across the TCNJ campus and other Mercer County college campuses.

I enjoy being a part of AmIOK because I feel like I am making a change within the campus community! Whether it's running a tabling event or creating a social media post, I love to spread awareness about our program and what we do to educate and help fellow students.



# VOLUNTEER SPOTLIGHT

## FIONA LENZO

*Ambassador*

Hi! My name is Fiona and I am an ambassador with AmIOK. I am a rising junior at TCNJ and my major is History Secondary Education with a minor in Psychology. I joined AmIOK in the Spring of 2022 because I am really passionate about helping others who have gone through similar experiences as me. My favorite part about AmIOK is the amazing team I get to work with!



# MEET THE TEAM

## THE FACILITATORS

*Sophia Alexis*

### Peer2Peer Support Group



**Sophia Alexis**  
Companion  
Lead P2P Facilitator



**Julia Meola**  
Intern  
Co-Facilitator



**Aylin Jimenez**  
Ambassador  
Co-Facilitator

### Racial Trauma Workshop



**Sadhvi Mohankumar**  
Companion  
Co-Facilitator



**Sophia Santos**  
Companion  
Co-Facilitator



**Natasha Gantaram**  
Ambassador  
Co-Facilitator

# OUTREACH & EXPANSION

## SIGMA NURSING CONFERENCE

*Tulika Desai*



The AmIOK Team had the honor of presenting at the **33rd International Nursing Research Conference** for Sigma in Edinburgh, Scotland. Our Executive Director, Dr. Dara Whalen, was accompanied by Assistant Director, Liza Woods, former AmIOK intern, Jordan Kadish, and Administrative Assistant, Tulika Desai. Our team's presentation, "Development and Implementation of an Interdisciplinary Trauma-Informed Campus Program: Nursing Takes the Lead", was a huge success and we were able to share AmIOK's journey with nurses from all around the world! This was a truly groundbreaking step for us as a program, and we are so proud of our team for getting to where we are today. Great job, ladies!

# ASK THE VOLUNTEERS



## ASK AN AMIOK ALUM

*Tulika Desai & Jordan Kadish*

Jordan Kadish is a recent graduate of TCNJ with a Bachelor of Arts degree in Psychology and a minor in Women & Gender Studies. During her senior year at TCNJ, she was an AmIOK intern and worked primarily on the trauma informed care survey. She currently works as a Content Writer for Eleanor Health, a healthcare and treatment organization for those with substance use disorder. Below, she answers some questions about our program's influence on her life post-grad.

**Q:** What was the most important thing you learned through AmIOK?

**A:** The most important thing I learned at AmIOK is just how important it is for trauma survivors, and anyone struggling with their mental health, to have a solid support system. It can be easy to feel alone even within a large campus community, so it is extremely necessary to have resources for support and care out there for anyone who needs!

**Q:** How has AmIOK helped you in your career?

**A:** AmIOK has provided me with so much knowledge and training that I am able to use in my career. Nowadays, many companies are incorporating mandatory trauma training into their onboarding sessions. It felt great being already knowledgeable on this subject before starting at a job, which is all thanks to AmIOK!

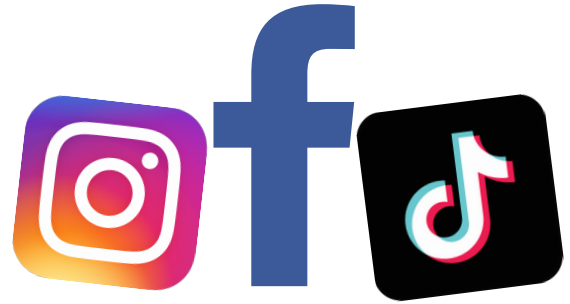
**Q:** What advice do you have for upcoming seniors at TCNJ?

**A:** My advice for upcoming seniors at TCNJ is to get involved with things you care about! If there's a club or organization that sparks your interest, don't be afraid to put yourself out there and apply to join. It's your last year, so get the most out of it!

# DATA AND INSIGHTS

## GROWING OUR PLATFORM

*Tulika Desai*



### **in July 2022....**

Current IG Followers: 1,218

Accounts Reached: 1,038

Most reached post: "Trauma Bonding in Stranger Things"

Profile Visits: 402

Volunteers: 31

Total Volunteer Hours: 26.75

Current FB Likes: 15

Current FB Follows: 17

Most reached post: "Happy 4th of July"

Post Engagement: 3

Current Tiktok Likes: 1622

Current Tiktok Followers: 142

Post Engagement: 92 Profile Views

# ANNOUNCEMENTS

Tulika Desai

**5th Annual Philadelphia Trauma Training Conference: Yo...**

**HIGHLY ATTENDED SESSION**

Tulika Desai  
*"An Integrative Approach to the Development of a Trauma Informed Campus"*

**Session with big attendance!**  
Friday July 15, 2022 / 09:00 AM - 10:30 AM

Powered by Vnova

Executive Director, Dr. Dara Whalen, Assistant Director, Liza Woods, and Administrative Assistant, Tulika Desai, presented at the **5th annual Philadelphia Trauma Training Conference: youth Mental Health Conference: The Time is Now**. Our session was one of the most highly attended in the conference!



**SEE YOU IN AUGUST!**

