

# ASK US ABOUT OK

The Monthly AmIOK Program Newsletter



## A SNAPSHOT OF THE MONTH

Katie Faure

Hello, all! We hope you are enjoying the lovely fall foliage and cooler temperatures. One of the highlights from this month was Healing People, Heal People, our semi-annual healing arts event. As we head into a new month, we have some very exciting plans coming up. We are currently recruiting for new volunteers, which is, of course, very exciting for us! We cannot wait to meet all students interested in joining our team. That's all for now - have a great month, everyone!

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# BUILDING A BETTER COMMUNITY FROM WITHIN

## AMIOK VOLUNTEER'S MENTOR/MENTEE EVENT

Tulika Desai

AmiOK volunteers had its first Mentor/Mentee event, in which older members of the program were paired with our newer members! Our volunteers participated in an activity we like to call "Elevator Pitches" where we practice how to spread awareness about our program to use around campus. We also had the opportunity to learn more about our volunteers, including some of their cool hidden talents and what they are most looking forward to this semester!





# ASK A VOLUNTEER

## VOLUNTEER SPOTLIGHT: HOW DO YOU PRACTICE SELF-CARE DURING EXAM SEASON?

Donika Begolli

Jess Mirkin

"Exam season for me personally has been tough and it usually does weigh a lot on me, however, I've adopted some ways to overcome the stress I feel. Typically what I like to do is I'll give myself a certain time in which I should be done with my work and when that time comes I make sure to do my skincare, shower, eat if I'm hungry and overall just listen to what my body needs for that day. I've found this to be super helpful."



# CATCH US ON CAMPUS!

## AMIOK VOLUNTEERS HAVE BEEN TABLING IN NUMEROUS SPOTS ON CAMPUS. DID YOU SPOT US?

Meghna Harinath



Volunteers have been keeping busy with tabling events around the TCNJ campus! On 10/12, the Peer2Peer and Racial Trauma teams gathered at the Brower Student Center to educate students on AmI OK and the resources the program provides. On 10/26, several of our companions tabled at the library cafe to look for and recruit potential volunteers for the upcoming semester. Students got to interact with the current volunteers and get a piece of candy!

# FALL 2022 RECRUITMENT

## APPLICATIONS TO JOIN OUR TEAM HAVE LAUNCHED ON OCTOBER 24TH, 2022. WILL YOU JOIN OUR TEAM?

Tulika Desai

AmlOK launched our volunteer application on October 24th until the 31st for the spring semester! We had a total of 6 applicants this fall. Look out next month for our group interviews where our current members will have the chance to talk to some applicants about our program!

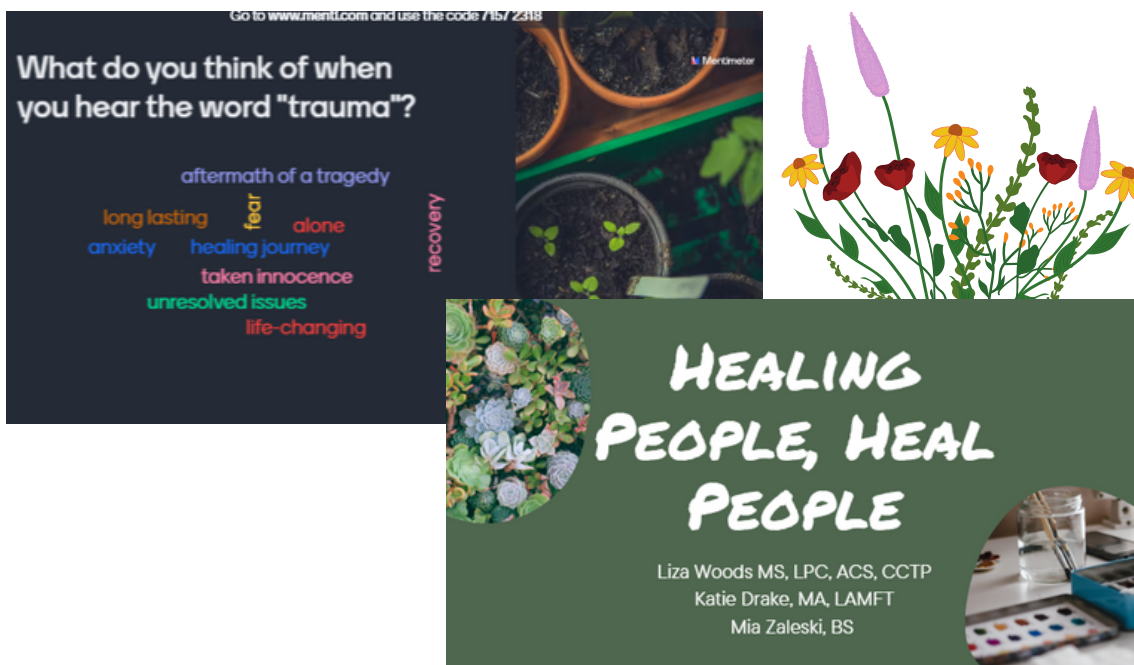
Thank you to all that applied, we look forward to seeing you soon!



# HEALING PEOPLE, HEAL PEOPLE

## CREATING A SAFE-SPACE FOR HEALING, WHILE CREATING PLANT BUDDIES!

Katie Faure



Healing People, Heal People is AmIOK's semi-annual healing arts event. This semester, we painted pots and planted wildflower seeds in them. Before the activity, Mia gave a presentation about the basics of trauma. She explained some of the physical and emotional effects survivors face, such as sleep disturbances and feelings of shame. She also discussed different ways to react when loved ones disclose that they've experienced a traumatic event. By pairing our painting activity with this presentation, we were able to both have a fun, relaxing time and leave with more tools to help survivors of trauma.



# UPCOMING EVENTS



## Companion Care Fair

The companion “Care Fair”, hosted by AmIOK Companions, provides resources on and off campus resources, information on trauma and trauma-informed care, and mindfulness activities. There will also be the opportunity for attendees to participate in giveaways!



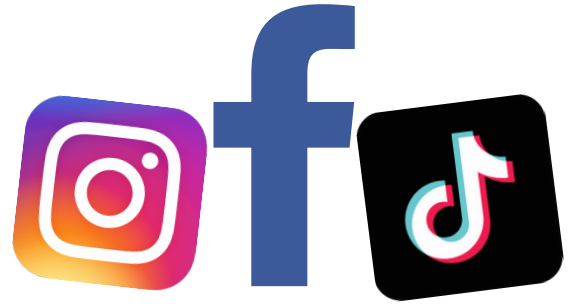
**Join us on Monday, November 14th  
from 12:30-2:30pm in the Intercultural  
Center (Roscoe West 201)!**

Please email Mia Zaleski  
(Zaleska2@tcnj.edu) with  
any questions!



# DATA AND INSIGHTS

## GROWING OUR PLATFORM



### in Octoberer 2022....

Current IG Followers: 1, 288

Accounts Reached: 1,779

Most reached post: Ask The Volunteers: How did you spend your fall break

Profile Visits: 367

Volunteers: 30

Total Volunteer Hours: 96

Current FB Likes: 15

Current FB Follows: 17

Current Tiktok Likes: 1936

Current Tiktok Followers: 158

Post Engagement: 3,534 Profile Views



# SEE YOU IN NOVEMBER!

