COVID-19 Protocol Updates

February 25, 2022

Please Standby
Campus E-Assembly Agenda:

- Welcome, Dr. Galvin Deleon Guerrero
- Guest Speaker:
  - Mr. Guillermo Lifoifoi, PIO CHCC
- Updates-New Protocols:
  - Acting HR Director Roman Tudela
- Mental Health Resources:
  - Project PROA Director Kaelani Demapan
- Q & A
Campus E-Assembly

- Active listening
- Be fully present by removing distractions from surrounding area (i.e. cellphone, etc.)
- When you have a question, please use the chat where messages can be sent anonymously.
Welcoming Remarks:

Galvin Deleon Guerrero, EdD

College President
Guest Speaker

Guillermo Lifoifo

CHCC Public Information Officer
COVID-19 in the CNMI
as of February 24, 2022
COVID-19 UPDATE
Feb. 24, 2022

5 Active hospitalizations
Feb. 24, 2022

446 COVID-19 tests conducted Feb. 23, 2022


<table>
<thead>
<tr>
<th></th>
<th>TOTAL</th>
<th>RECOVERED</th>
<th>ACTIVE</th>
<th>DEATHS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9,265</td>
<td>8,291</td>
<td>947</td>
<td>27</td>
</tr>
</tbody>
</table>

New COVID-19 Cases and 7-Day Rolling Average of New Cases
October 28, 2021-February 23, 2022

VACCINATION SUMMARY
Feb. 24, 2022

- Eligible Population Who Received An Additional Dose: 56.2%
- Total Additional Dose Administered: 20,967

For detailed vaccination information, visit www.vaccinatecnmi.com/vax-dashboard.

Practice the 3 Ws: Wear your mask, Wash your hands, and Watch your distance.
For a guidebook on how to live COVID-19 safe, visit www.staysafecnmi.com/livecovid1safe.
To register for a COVID-19 vaccine or booster shot, visit www.vaccinatecnmi.com.

Governor’s COVID-19 Infoline
(670) 488-0211
8 a.m. - 8 p.m., Monday - Sunday
info@staysafecnmi.com

CNMI COVID-19 Dashboard
(Updates next business day)
https://chcc.datadriven.health/covid19
www.chcc.gov.mp

Call the Tele-Triage Hotline if you are experiencing COVID-19 symptoms
(670) 233-2067
24 hours a day, 7 days a week
New COVID-19 Cases and 7-Day Rolling Average of New Cases
October 28, 2021-February 23, 2022

Date

No. of new COVID-19 cases
7-day rolling average of new cases
If you test positive on any COVID-19 test kit, regardless of your vaccination status:

• Stay home and isolate from others for at least 5 days
• Wear a well-fitted mask
• Get some rest
• Stay hydrated

You may take over-the-counter medicine as directed to relieve your symptoms.
If you test positive on any COVID-19 testing kit, report it online:

Visit [www.staysafecnmi.com/self-reporting within 5 days of your COVID-19 positive test result](http://www.staysafecnmi.com/self-reporting) for a certificate of completion.

Provide the following info:
- Photo ID
- Test result or photo of test result
- Contact information
If you tested positive on any COVID-19 test kit and are looking for treatment:

Visit the Koblerville COVID-19 Community Center or the CHCC Medical Care and Treatment Site **within 5 days of your test result** (especially if you are at higher risk for severe illness, including history of diabetes, high blood pressure, heart disease, obesity, or cancer, or over the age of 65).
For a guidebook on how to live COVID-19 safe and for more information on the CNMI’s COVID-19 response:

WWW.STAYSAFECNMI.COM/LIVECOVIDSAFE

For COVID-19 vaccination information:

WWW.VACCINATECNMI.COM or

(670) 682-7468
NMC COVID-19 Protocols

Phased Approach
NMC will continue to work closely with public health officials and government leadership to ensure a safe campus environment on all three islands. College leadership maintains the right to pause or move back in the implementation of this phased approach based on community health conditions.

Current Phase: Sailing Ahead
This phase means that both the CNMI and NMC have a vaccination rate above 95%. The College will now shift to an in-person operational status with health and safety guidelines in place.

- All employees and students are required to wear a facial covering on campus.
- All employees and face-to-face students must be fully vaccinated or have an approved medical or religious exemption.
- Faculty and staff support in-person operations. College leadership will continue to maintain flexibility in determining the split between remote (teleworking) and in-person work.
- Employees and students should stay home if they are sick or test positive for COVID-19. Employees and students who are sick or test positive should complete daily symptom check as prescribed by CHCC and the Governor’s COVID-19 Task Force.
- Employees should report for in-person work, unless approved by their direct supervisor to telework from home.
- On campus, indoor instruction resumes at 75% capacity.
- College leadership retains flexibility to adapt its operations as community health conditions require.
NMC COVID-19 SOP Flow Charts

Individual tests COVID-19 Positive (+)

Student

Faculty/Staff

Report to respective
1. Instructor, Counselor, or Academic Advisor AND
2. Dean of Academic Programs & Services (APS) or Student Support Services (SSS)

The Dean of APS/SSS will advise the Rapid Response Team

On-Campus

Face-to-Face Courses
Deans of APS will work with student and instructor on reasonable accommodation for the continuance of the student’s class instruction.

Virtual/Online Courses
Class instruction will continue

Student Work-Study
Career Manager will work with Director of Learning Support Services and Deans of SSS to mitigate a plan with respective department head of which the student is working in, work with Director of HR as needed.

Leave Immediately
If no immediate transportation is available, self-isolate in an enclosed area until transportation arrives.

Adhere to all directions and protocols provided by the Commonwealth Healthcare Corporation (CHCC) and other authorities (i.e., Quarantine/Isolation Orders)

Obtain a Certification of Completion of Quarantine/Isolation (stayhomecmni.com/self-reporting)

Submit Certification to the respective Instructor for clearance to return back to campus

Director of HR will inform VP and Director of Facilities of the areas that should be sanitized, as needed.

Off-Campus

Do not return back to campus

The Director of HR will advise the Rapid Response Team

On-Campus

Staff & Non-Instructional Faculty
Supervisor may initiate teleworking option, as needed.

Instructional Faculty
Dean of APS will decide on the continuance of class instruction

Individual may also apply for leave during quarantine/isolation for rest & recovery

Leave Immediately
If no immediate transportation is available, self-isolate in an enclosed area until transportation arrives.

Adhere to all directions and protocols provided by the Commonwealth Healthcare Corporation (CHCC) and other authorities (i.e., Quarantine/Isolation Orders)

Obtain a Certification of Completion of Quarantine/Isolation (stayhomecmni.com/self-reporting)

Submit Certification to the Director of HR for clearance to return back to campus

Off-Campus

Do not return back to campus

Faculty/Staff

Report to respective
1. Supervisor AND
2. Respective Dean or VP, QAA AND
3. Director of HR

The Director of HR will advise the Rapid Response Team

On-Campus

Face-to-Face Courses
Deans of APS will work with student and instructor on reasonable accommodation for the continuance of the student’s class instruction.

Virtual/Online Courses
Class instruction will continue

Student Work-Study
Career Manager will work with Director of Learning Support Services and Deans of SSS to mitigate a plan with respective department head of which the student is working in, work with Director of HR as needed.

Leave Immediately
If no immediate transportation is available, self-isolate in an enclosed area until transportation arrives.

Adhere to all directions and protocols provided by the Commonwealth Healthcare Corporation (CHCC) and other authorities (i.e., Quarantine/Isolation Orders)

Obtain a Certification of Completion of Quarantine/Isolation (stayhomecmni.com/self-reporting)

Submit Certification to the respective Instructor for clearance to return back to campus

Director of HR will inform VP and Director of Facilities of the areas that should be sanitized, as needed.
NMC COVID-19 SOP Flow Charts

Student Positive

1. Report to respective Instructors, Counselor, or Academic Adviser ANDorth
2. Dean of Academic Programs & Services (APS) or Student Support Services (SSS)

The Dean of APS/SSS will advise the Rapid Response Team

On-Campus Off-Campus

**Leave Immediately**
- If no immediate transportation is available, self-isolate in an enclosed area until transportation arrives.

**Do not return back to campus**

**Face-to-Face Courses**
- Dean of APS will work with student and instructor on reasonable accommodation for the continuance of the student's class instruction.

**Virtual/Online Courses**
- Class instruction will continue.

**Student Work-Study**
- Career Manager will work with Director of Learning Support Services and Dean of SSS to mitigate a plan with respective department head of which the student is working in; work with Director of HR as needed.

**Adhere to all directions and protocols provided by the Commonwealth Healthcare Corporation (CHCC) and other authorities (i.e., Quarantine/Isolation Orders)**

**Obtain a Certification of Completion of Quarantine/Isolation (stayafeecnmi.com/self-reporting)**

**Submit Certification to the respective Instructor for clearance to return back to campus**

**Director of HR will inform VP and Director of Facilities of the areas that should be sanitized, as needed.**
Individual tests COVID-19 Positive (+)

Student

- Report to respective
  1. Instructor, Counselor, or Academic Advisor AND
  2. Dean of Academic Programs & Services (APS) or Student Support Services (SSS)

The Dean of APS/SSS will advise the Rapid Response Team

On-Campus

- Leave Immediately
  If no immediate transportation is available, self-isolate in an enclosed area until transportation arrives.

Off-Campus

- Do not return back to campus
Individual tests COVID-19 Positive (+)

- **Face-to-Face Courses**
  Dean of APS will work with student and instructor on reasonable accommodation for the continuance of the student's class instruction.

- **Virtual/Online Courses**
  Class instruction will continue.

- **Student Work-Study**
  Career Manager will work with Director of Learning Support Services and Dean of SSS to mitigate a plan with respective department head of which the student is working in; work with Director of HR as needed.

  Director of HR will inform VP and Director of Facilities of the areas that should be sanitized, as needed.

- **Adhere to all directions and protocols provided by the Commonwealth Healthcare Corporation (CHCC) and other authorities (i.e., Quarantine/Isolation Orders)**

- **Obtain a Certification of Completion of Quarantine/Isolation**
  (staysafecnmi.com/self-reporting)

- **Submit Certification to the respective Instructor for clearance to return back to campus**
NMC COVID-19 SOP Flow Charts

Individual tests
COVID-19 Positive (+)

Faculty/Staff

1. Report to respective Supervisor AND
2. Respective Dean or VP-GAA AND
3. Director of HR

The Director of HR will advise the Rapid Response Team

On-Campus

Leave Immediately
if no immediate transportation is available, self-isolate in an enclosed area until transportation arrives.

Adheres to all directions and protocols provided by the Commonwealth Healthcare Corporation (CHCC) and other authorities (i.e., Quarantine/Isolation Orders)

Obtain a Certification of Completion of Quarantine/Isolation (staysafe.nmcmi.com/self-reporting)

Submit Certification to the Director of HR for clearance to return back to campus

Staff & Non-Instructional Faculty

Supervisor may initiate teleworking option, as needed.

Instructional Faculty

Dean of APS will decide on the continuance of class instruction

Individual may also apply for leave during quarantine/isolation for rest & recovery

Director of HR will inform VP and Director of Facilities of the areas that should be sanitized, as needed.

Do not return back to campus

Off-Campus
**Individual tests COVID-19 Positive (+)**

**Faculty/Staff**

1. Report to respective Supervisor **AND**
2. Respective Dean or VP OAA **AND**
3. Director of HR

**The Director of HR will advise the Rapid Response Team**

**On-Campus**
- **Leave Immediately**
  - If no immediate transportation is available, self-isolate in an enclosed area until transportation arrives.

**Off-Campus**
- **Do not return back to campus**
Individual tests COVID-19 Positive (+)

Adhere to all directions and protocols provided by the Commonwealth Healthcare Corporation (CHCC) and other authorities (i.e., Quarantine/Isolation Orders)

Obtain a Certification of Completion of Quarantine/Isolation (staysafecnmi.com/self-reporting)

Submit Certification to the Director of HR for clearance to return back to campus

Staff & Non-Instructional Faculty
Supervisor may initiate teleworking option, as needed.

Instructional Faculty
Dean of APS will decide on the continuance of class instruction

Individual may also apply for leave during quarantine/isolation for rest & recovery

Director of HR will inform VP and Director of Facilities of the areas that should be sanitized, as needed.
Individual tests
COVID-19 Positive (+)

Student

- Report to respective Instructor, Counselor, or Academic Advisor AND 2. Dean of Academic Programs & Services (APS) or Student Support Services (SSS)

The Dean of APS/SSS will advise the Rapid Response Team

On-Campus

- Leave Immediately if no immediate transportation is available, self-isolate in an enclosed area until transportation arrives.

Off-Campus

- Do not return back to campus

Face-to-Face Courses
Dean of APS will work with student and instructor on reasonable accommodation for the continuance of the student's class instruction

Virtual/Online Courses
Class instruction will continue

Student Work-Study
Career Manager will work with Director of Learning Support Services and Dean of SSS to mitigate a plan with respective department head of which the student is working in;

Director of HR will inform VP and Director of Facilities of the areas that should be sanitized, as needed.

Faculty/Staff

- Report to respective Supervisor AND 2. Respective Dean or VP OAA AND 3. Director of HR

The Director of HR will advise the Rapid Response Team

On-Campus

- Leave Immediately if no immediate transportation is available, self-isolate in an enclosed area until transportation arrives.

Off-Campus

- Do not return back to campus

Staff & Non-Instructional Faculty
Supervisor may initiate teleworking option, as needed.

Instructional Faculty
Dean of APS will decide on the continuance of class instruction. Individual may also apply for leave during quarantine/isolation for rest & recovery

Adhere to all directions and protocols provided by the Commonwealth Healthcare Corporation (CHCC) and other authorities (i.e., Quarantine/Isolation Orders)

Obtain a Certification of Completion of Quarantine/Isolation (staysafecnmi.com/self-reporting)

Submit Certification to the respective Instructor for clearance to return back to campus

Obtain a Certification of Completion of Quarantine/Isolation (staysafecnmi.com/self-reporting)

Submit Certification to the Director of HR for clearance to return back to campus

Director of HR will inform VP and Director of Facilities of the areas that should be sanitized, as needed.
NMC COVID-19 SOP Flow Charts

**Individual was in direct contact/exposed to someone who tested COVID-19 Positive (+)**

**Student**

- Symptomatic
  - On-Campus: Leave immediately if no immediate transportation is available, self-isolate in an enclosed area until transportation arrives. 
    - Tested COVID-19 Positive (+): Do not return back to campus
    - Tested COVID-19 Negative (-): Individual should get tested at their earliest convenience
    - Individual may report to campus
    - Self-monitor for symptoms & live COVID-19 Safe

- Off-Campus: Do not return back to campus

**Faculty/Staff**

- Symptomatic
  - On-Campus: Report to respective Supervisor AND Director of HR
    - Tested COVID-19 Positive (+): Individual may continue to report to campus
    - Tested COVID-19 Negative (-): Individual should get tested at their earliest convenience
    - Refer to Individual Tests COVID-19 Positive (+) Flow Chart
    - Submit Negative Results to the respective instructor for clearance to return back to campus
    - Individual may report to campus
    - Self-monitor for symptoms & live COVID-19 Safe

- Off-Campus: Do not return back to campus

- Asymptomatic
  - On-Campus: Leave immediately if no immediate transportation is available, self-isolate in an enclosed area until transportation arrives.
  - Tested COVID-19 Positive (+): Do not return back to campus
  - Tested COVID-19 Negative (-): Individual should get tested at their earliest convenience
  - Refer to Individual Tests COVID-19 Positive (+) Flow Chart
  - Submit Negative Results to the Director of HR for clearance to return back to campus
  - Individual may report to campus
  - Self-monitor for symptoms & live COVID-19 Safe

- Off-Campus: Do not return back to campus

- Asymptomatic
  - On-Campus: Leave immediately if no immediate transportation is available, self-isolate in an enclosed area until transportation arrives.
  - Tested COVID-19 Positive (+): Do not return back to campus
  - Tested COVID-19 Negative (-): Individual should get tested at their earliest convenience
  - Refer to Individual Tests COVID-19 Positive (+) Flow Chart
  - Submit Negative Results to the respective instructor for clearance to return back to campus
  - Individual may report to campus
  - Self-monitor for symptoms & live COVID-19 Safe

- Off-Campus: Do not return back to campus
NMC COVID-19 SOP Flow Charts

Student

Symptomatic

On-Campus

Individually was in direct contact/exposed to someone who tested COVID-19 positive (+)

Report to respective:
- Instructor, Course Instructor, or Academic Advisor
- Dean of Academic Programs & Services or Student Support Services

Asymptomatic

Off-Campus

Individual may continue to report to campus

Self-monitor for symptoms & live COVID-19 Safe

On-Campus

Individual should get tested at their earliest convenience

Tested COVID-19 Positive (+)

Referred to:
- Individual Tests COVID-19 Positive (+) Flow Chart

Tested COVID-19 Negative (-)

Submit Negative Results to the respective instructor for clearance to return back to campus

Individual may report to campus

Self-monitor for symptoms & live COVID-19 Safe

Off-Campus

Do not return back to campus

Leave immediately if no immediate transportation is available, self-isolate in an enclosed area until transportation arrives.
Individual was in direct contact/exposed to someone who tested COVID-19 Positive (+)

Student

Symptomatic

On-Campus

Report to respective
- Instructor, Counselor, or Academic Advisor **AND**
- Dean of Academic Programs & Services or Student Support Services

Off-Campus

Leave Immediately
If no immediate transportation is available, self-isolate in an enclosed area until transportation arrives.

Asymptomatic

On-Campus

Individual may continue to report to campus

Off-Campus

Do not return back to campus

Self-monitor for symptoms & live COVID-19 Safe
Individual was in direct contact/exposed to someone who tested COVID-19 Positive (+)

**Individually should get tested at their earliest convenience**

**Tested COVID-19 Positive (+)**
- Refer to *Individual Tests COVID-19 Positive (+) Flow Chart*

**Tested COVID-19 Negative (-)**
- Submit Negative Results to the respective instructor for clearance to return back to campus

**Individual may report to campus**

**Self-monitor for symptoms & live COVID-19 Safe**
NMC COVID-19 SOP Flow Charts

Faculty/Staff

Individual was in direct contact/exposed to someone who tested COVID-19 Positive (+)

Symptomatic

On-Campus

Leave Immediately
If no immediate transportation is available, self-isolate in an enclosed area until transportation arrives.

Off-Campus

Individual should get tested at their earliest convenience

Tested COVID-19 Positive (+)

Refer to Individual Tests COVID-19 Positive (+) Flow Chart

Tested COVID-19 Negative (-)

Submit Negative Results to the Director of HR for clearance to return back to campus

Asymptomatic

Individual may continue to report to campus

Individual may report to campus

Self-monitor for symptoms & live COVID-19 Safe
Individual was in direct contact/exposed to someone who tested COVID-19 Positive (+)

Faculty/Staff

Symptomatic

On-Campus

- Leave Immediately
  - If no immediate transportation is available, self-isolate in an enclosed area until transportation arrives.

Off-Campus

- Do not return back to campus

Asymptomatic

- Individual may continue to report to campus
- Self-monitor for symptoms & live COVID-19 Safe

Report to respective
- Supervisor AND
- Respective Dean or VP OAA AND
- Director of HR
Individual was in direct contact/exposed to someone who tested COVID-19 Positive (+)

Individual should get tested at their earliest convenience

Tested COVID-19 Positive (+)

Refer to Individual Tests COVID-19 Positive (+) Flow Chart

Tested COVID-19 Negative (-)

Submit Negative Results to the Director of HR for clearance to return back to campus

Individual may report to campus

Self-monitor for symptoms & live COVID-19 Safe
## NMC COVID-19 Key Takeaways

<table>
<thead>
<tr>
<th></th>
<th>Continue to exercise preventive measures that include obtaining vaccine and booster shots, social distancing (whenever possible), and practicing good hygiene.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>If you test positive for COVID-19, stay home and follow isolation / quarantine instructions.</td>
</tr>
<tr>
<td>3</td>
<td>If you have been exposed to someone who is positive for COVID-19, you are able to come to work or attend class if you are asymptomatic.</td>
</tr>
</tbody>
</table>
Mental Health Resources

Kaelani Demapan

Director of Project PROA
Disclaimer:

The information contained in this presentation is only intended as general resource information that is made available to the public.
Take care of your mental health
Your mental health matters

Stay calm

Strengthen your immune system

Exercise and keep active for a healthy mind and body

Think positive and focus on what you can control

Find your strength

Connect with family and friends
CHILD, YOUTH, AND YOUNG ADULT MENTAL HEALTH SERVICES

System of Care Program
(670) 664-4604
Provides mental health services and support to children and youth who are experiencing or are at-risk of developing serious emotional challenges.

Healthy Transitions Program
(670) 323-1900
Provides behavioral health services and supports to youth and young adults who are experiencing, or at risk of, developing a serious mental illness, serious emotional disturbance, and/or substance use disorder.

ADULT MENTAL HEALTH SERVICES

Wellness Clinic
(670) 323-4063
Provides mental health services and support to all victims of crime and other community members experiencing mental health challenges in the CNMI.

Transitional Living Center/Day Program
(670) 323-4060
Provides programs and rehabilitation services for individuals with severe and persistent mental illness and those with disabilities to help them achieve independence.
DISASTER RECOVERY SERVICES

Disaster Response Program
(670) 323-1901
Provides treatment and recovery support services to decrease the negative impact of Typhoon Mangkhut and Super Typhoon Yutu disasters on adults and their families.

Behavioral Health Response Program
(670) 284-0845
Supports and coordinates crisis intervention services, mental and substance use disorder treatment, and other related support services for children and adults impacted by the COVID-19 Pandemic.

Crisis Counseling Program
(670) 284-0843
Provides emotional support and assistance to those impacted by the ongoing COVID-19 Pandemic through brief mental health community-based outreach, referral, education and awareness services.

The Community Guidance Center partners with CNMI individuals, families, and communities toward a life of hope, healing, and health through substance use disorder prevention and the promotion of wellness and recovery.

SUICIDE PREVENTION AND INTERVENTION SERVICES

Suicide Prevention Program
(670) 664-5483
Provides prevention, intervention, and postvention services to those with thoughts or attempts of suicide.

SUBSTANCE USE DISORDER SERVICES

Treatment and Recovery Clinic
(670) 323-6560
Provides outpatient and after care services to help individuals with substance use disorder and their families pursue wellness and recovery.
CONTACT INFORMATION

For questions or assistance in selecting appropriate services, please contact the CGC main office.

SAIPAN
Navy Hill
(670) 323-6560/1

TINIAN
San Jose
(670) 433-6573

ROTA
Sinapalo II
(670) 532-6463

Mental Health Support Line
For mental health support and coping skills, call (670) 284-0844/0845 or (670) 284-0847.
Available every day, 8:30 a.m. to 3:30 p.m.

TRAINING AND OUTREACH SERVICES
(670) 323-1900/01
cnmi.chcc.cgc@gmail.com
Provides training and community support services that include:
- Mental Health First Aid - Adult & Youth Curriculum
- Applied Suicide Intervention Skills Training
- Basic Gatekeeper: Question, Persuade, and Refer
- Psychological First Aid
- Pacific Jurisdiction Substance Abuse Prevention Skills Training
- Ethics in Prevention

If you are in an emergency, please call 911
and seek care at the Emergency Department.
The National Suicide Prevention Hotline is 1-800-273-8255.


“This project was supported by Grant No. 1H79FG000143-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), and the Commonwealth Healthcare Corporation (CHCC). The contents above are solely the responsibility of the CHCC and do not necessarily represent the official views of SAMHSA.”
Having Trouble Coping?

After a disaster, many survivors (including children and teens), loved ones of victims, or first responders are at risk for distress. It's important to know when to ask for help. Signs of stress related to disaster may include:

- Eating or sleeping too much or too little
- Pulling away from people and things
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than you should
- Feeling unusually confused or forgetful; on edge, angry, or upset; or worried and scared
- Yelling or fighting with family and friends
- Having thoughts and memories you can’t get out of your head
- Thinking of hurting or killing yourself or someone else
- Unable to perform daily tasks like taking care of your kids or getting to work or school

If you are experiencing any of these symptoms and they are making it hard to get things done, get through your day, or are getting worse, please call or text:

Disaster Distress Helpline 1-800-985-5990  
Text “TalkWithUs” to 66746
Tips for helping a friend experiencing domestic abuse during COVID-19.

- Ask them how they would prefer to connect
  "How would you prefer we connect?"

- Stay in touch and be creative
  "Let’s have a call with the kids?” or.
  "Let’s play a game online."

- Be supportive and believe in them
  "You are not alone. I care about you,
  and I'm here for you, no matter what."

- Help them think through how to stay safe
  "Let's develop a safety plan."

- Help them find a local domestic violence helpline
  "Here is the contact information for
  that grocery store I told you about."

Victim Hotline
24/7, Safe & Confidential
234-5100
LEARNING SUPPORT SERVICES

If you are experiencing any of the following, we encourage you to reach out:

- Academic challenges
- Relationship/interpersonal challenges
- Difficulty managing your emotions and/or behaviors (i.e. feeling a lack of motivation, feeling more sad or angry than usual, isolating oneself)
- Having thoughts of harming yourself or others
- Having thoughts of suicide

SERVICES WE OFFER

- Early Admission Advising
- Student Success Series
- Academic Advising
- Transfer Admissions Planning
- Question, Persuade, Refer. (QPR) Gatekeeper Training
- Applied Suicide Intervention Skills Training (ASIST)
- Career Assessments
- Resume Writing
- Mental Health First Aid Training (MHFA)
- Grief Recovery Support
- Reasonable accommodations for students with disabilities

VISIT US TODAY

Visit us today at building M at the Northern Marianas College!

WE ARE OPEN:
8:00 AM - 5:00 PM
Monday to Friday

for more information or to set up an appointment email us at:

nmc.counselors@marianas.edu
PROJECT PROA
We are here to help.

**SERVICES WE OFFER**
- Advising/Counseling
- Academic Tutoring
- Activities/Workshops
- College Mentoring
- Computer/Printer Access
- Resource Textbooks
- Study Space

**CONTACT US**
- (670) 237-6795/6776/6889
- To schedule a tutoring session email us at tutoring@marianas.edu
- To schedule a mentoring session email us at mentoring@marianas.edu

Visit us today at the CNMI Archives (Building O) or email us at projectproa@marianas.edu for more information.
If you need help, ask for help.

CHCC-CGC Mental Health Support Lines: (670)284-0843/7
SAMHSA Distaster Distress Hotline: 1(800)985-5990
Karidat Victim Hotline: (670)234-5100
NMC Learning Support Services: (670)237-6775/6891/6874
NMC Project PROA: (670)237-6776/6795/6889
Our most important resource is each other.
Questions and Answers

Please send questions using the Q&A Button. Questions will be posed anonymously.
Thank you!
Please complete the Feedback Form. Link provided in chat.

https://forms.gle/6xgcGvn2C3tCypR7