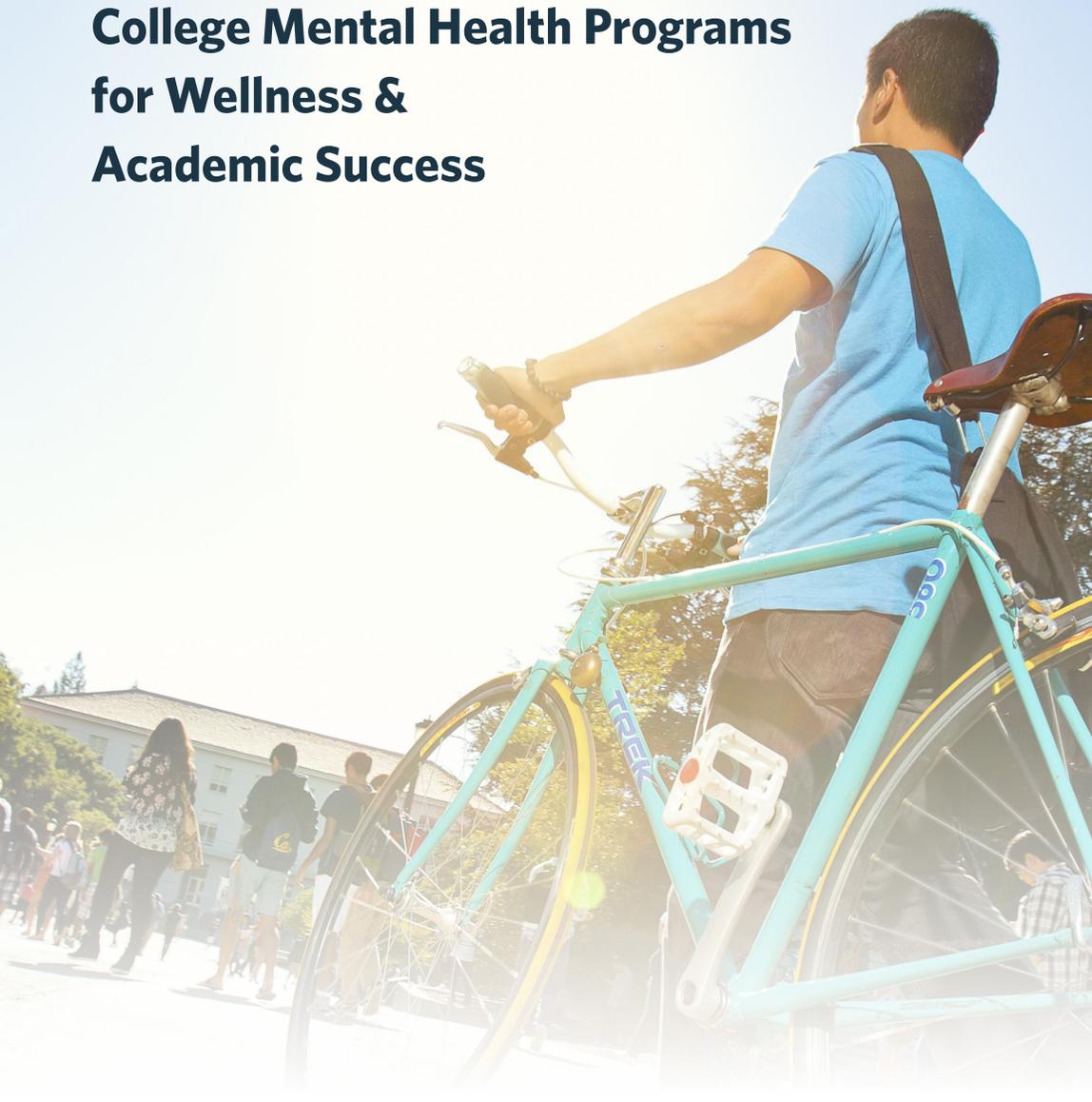


# CMHP

## College Mental Health Programs for Wellness & Academic Success



**Our College Mental Health Programs** provide young adults with educational opportunities to build collegiate resilience, academic and wellness tools, and social connections.

**BOSTON  
UNIVERSITY**

**Community  
Building**

**We succeed in engaging and connecting students, families, and the broader community with resources and each other from large-scale, campus-wide events to more intimate conversations.**

**Learn about getting involved in:**

- Family & Friend College Mental Health Night
- Annual CMHP Alumni Luncheon
- National Depression Screening Day
- “Free Empathy” Booth

**Training  
&  
Consulting**

**We excel in providing institutions of higher education, organizations, and providers with the tools and technical support to develop and implement collegiate wellness and resilience programming. Consult with our training staff about our:**

- LEAD Collegiate Resilience® Curriculum
- LEAD College-Readiness® Curriculum
- Peer Academic Coaching Program
- Peer Mentoring Program
- College Coaching Model
- Family Connections Programming

**Advocacy**

**We are leaders in mental health advocacy, wellness promotion, and access in the workplace and higher education. Connect with our advocates for information on:**

- BU Active Minds Chapter & Events
- Workplace and Academic Accommodations
- Collegiate Health Conferences & Events



**NITEO:  
Fall &  
Spring**

**Our innovative, campus-based academic, resilience, and wellness skills-building program for young adults is a comprehensive semester of classes and coaching focused on building and maintaining collegiate skills, supports, and community for a successful return to school and/or work. NITEO means thrive in Latin, and in the fall and spring offers:**

- 15 weeks of skills-building curriculum
- Individualized, weekly College Coaching
- Peer Mentoring & Academic Support
- End-of-day activities for social engagement
- Access to BU Facilities
- Family Connections Programming

MONDAY	WEDNESDAY	FRIDAY
Writing Seminar 10:00 am – 11:00 am	Open Studio 10:00 am – 11:00 am	Academic Seminar II 10:00 am – 11:00 am
Writing Lab 11:00 am – 12:00 pm	Wellness Seminar 11:00 am – 12:00 pm	Advanced Academic Seminar 11:00 am – 12:00 pm
LUNCH 12:00 pm – 1:00 pm	LUNCH 12:00 pm – 1:00 pm	LUNCH 12:00 pm – 1:00 pm
Academic Seminar I 1:00 pm – 2:00 pm	Advanced Academic Seminar 1:00 pm – 2:00 pm	Mindfulness & Stress Resilience 1:00 pm – 2:00 pm
Ideas Worth Discussing 2:00 pm – 3:00 pm	PhotoVoice 2:00 pm – 3:00 pm	Career Seminar 2:00 pm – 3:00 pm
My Body 3:00 pm – 5:00 pm	My Arts Community 3:00 pm – 5:00 pm	My Boston 3:00 pm – 5:00 pm

**NITEO:  
Summer**

**We also offer an intensive NITEO Summer semester that offers:**

- 7 weeks of skills-building curriculum (June-August)
- Peer Mentoring & Academic Support
- Access to BU Facilities
- College Coaching can be added for additional fee

MONDAY	WEDNESDAY	FRIDAY
Ideas Worth Discussing 10:00 am – 11:00 am	Academic Seminar 10:00 am – 11:00 am	Healthy Relationships 11:00 am – 12:00 pm
Writing Seminar 11:00 am – 12:00 pm	Advanced Academic Seminar 11:00 am – 12:00 pm	
Lunch 12:00 pm – 1:00 pm	Lunch 12:00 pm – 1:00 pm	Lunch 12:00 pm – 1:00 pm
LEAD BU 1:00 pm – 2:00 pm	LEAD BU 1:00 pm – 2:00 pm	My Boston 1:00 pm – 3:00 pm
My Body 2:00 pm – 3:00 pm	Open Studio 2:00 pm – 3:00 pm	

**Our staff excel in providing student-centered, highly individualized support around building academic and executive functioning skills, managing wellness and work, and developing social connections and resources. Coaching provides:**

- 15 weeks of individualized hour-long meetings
- Sessions held on site, in the community, or remotely
- Option for Team Meetings with students' support network

**College  
Coaching**

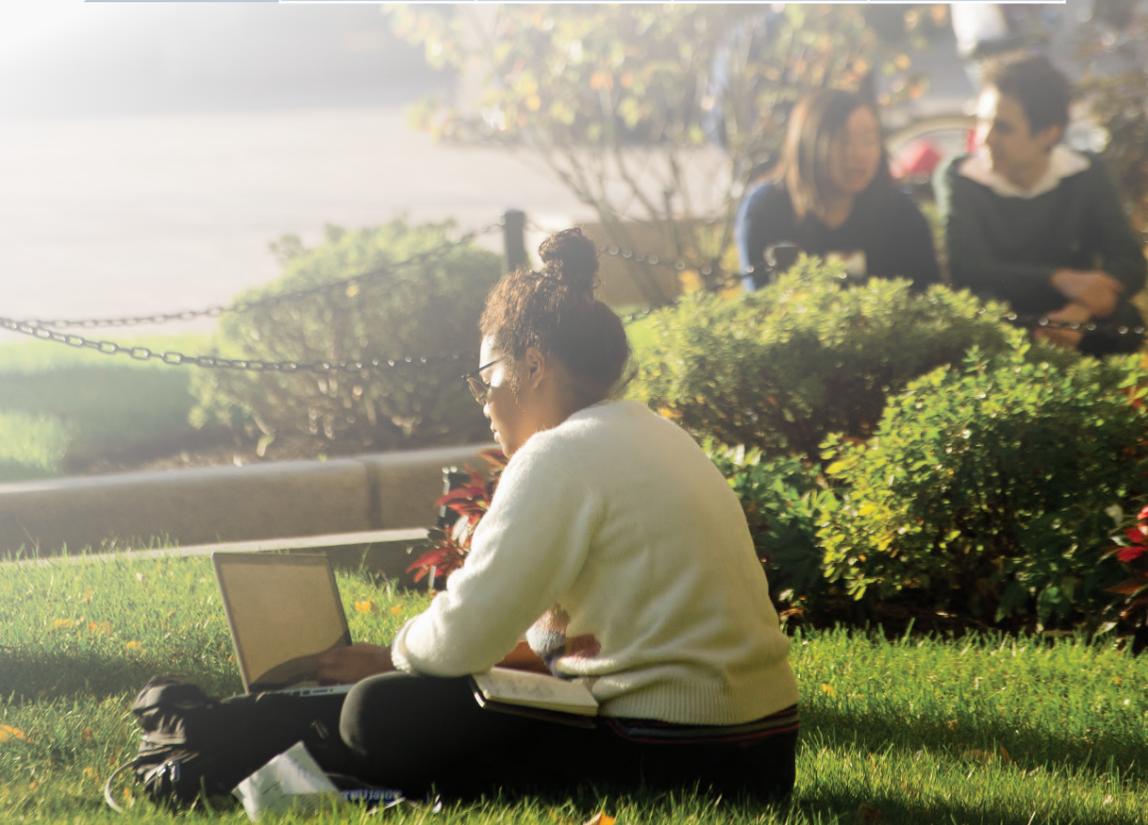
**Our innovative programming is steeped in the values of personhood, choice, hope and community building.**

**Our peer-facilitated activities offer:**

- 15 weeks of free, open-enrollment classes Monday-Friday
- Staff-facilitated skills-building workshops
- Peer-led workshops & social outings
- Peer Mentoring & Support
- Option for Team Meetings with students' support network

**NITEO  
Activities**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>My Body</b> 3:00 pm – 5:00 pm	<b>LEAD BU</b> 3:30 pm – 5:00 pm	<b>My Arts &amp; Community</b> 3:00 pm – 5:00 pm	<b>Healthy Relationships</b> 3:00 pm – 4:00 pm	<b>My Boston</b> 2:00 pm – 5:00 pm



**Interested students** start the application process with a visit to the Center to meet with our College Mental Health Programs staff including an information session with NITEO alumni. During the visit, candidates are invited to tour the learning spaces and explore their personal, educational, and wellness interests and goals. A paper application is also required for eligible applicants: young adults (ages 18-24) living with a mental health condition.

- Visit the Center - tour learning spaces and meet with staff
- Connect with NITEO alumni
- Submit paper application (available online)

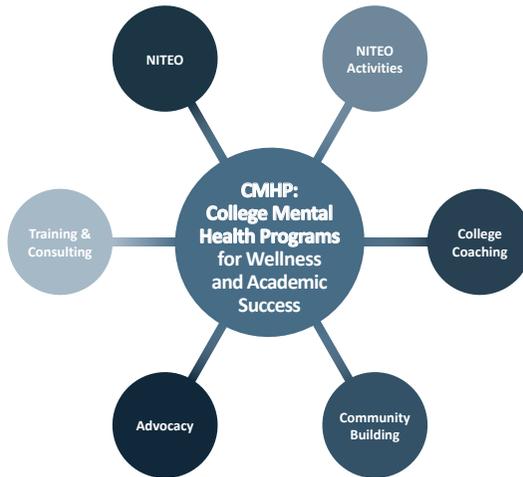
**Accepted students** will receive a formal acceptance letter outlining program dates and information about submitting a fee deposit to confirm their participation. Applicants who are not admitted are referred to other resources and programming.

- Review program details and dates in the acceptance letter
- Accept invitation to participate by responding to program director
- Submit a deposit

### Program Fees

Program	Program Description	Cost
NITEO – Fall or Spring	Full semester of academic, executive functioning, and wellness skills-building programming, Individualized College Coaching, Peer Mentoring, and end-of-day NITEO Activities (20+ hours/week; 15-week program)	\$10,000
NITEO – Summer	Intensive academic, executive functioning, and wellness skills-boosting program and Peer Mentoring (15 hours/week, 7-week program)	\$2,500
College Coaching for NITEO Alumni	Weekly, one-on-one meetings and access to coach between sessions; meetings held in person or virtually (1 hour/week; 15 weeks)	\$1,500
College Coaching	Weekly, one-on-one meetings and access to coach between sessions; meetings held in person or virtually (1 hour/week; 15 weeks)	\$1,800

**Scholarship funds** for programs are based on need and limited. Students who wish to be considered for financial assistance are asked to submit the Financial Assistance Form.



**The Center for Psychiatric Rehabilitation** is part of the College of Health & Rehabilitation Sciences: Sargent College at Boston University. Our College Mental Health Programs team has provided innovative, resilience, wellness, and academic skills-building support to students for more than 18 years beginning with individualized coaching, and more recently NITEO which launched in 2014.

**Our team** is led by Dori Hutchinson, ScD, CPRP, Director of Services and Larry Kohn, MS, Director of Development, who have worked together for more than 30 years providing recovery-oriented services to young adults living with mental health challenges. Courtney Joly-Lowdermilk, M.S.Ed., directs the College Mental Health Programs and has worked in mental health, special education, and disability services in higher education for more than 10 years.



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