



## A Video Message from President Neufeldt



Dear CSUSM community,

As President Neufeldt shares in the video message above, we hope that spring semester is off to a great start for you. Many students, faculty and staff have returned to learning, teaching and working on campus this week. While being back on campus brings many wonderful things that define the CSUSM experience, it can also be overwhelming, particularly in the larger context of the ongoing pandemic and all that is happening in our world.

The good news is that we are committed to creating and maintaining an inclusive and caring community ... and we are all in this together. As we settle into new routines and navigate a changing and evolving environment, our campus has many resources available to help the transition.

### CSUSM as One

The [CSUSM as One website](#) offers a comprehensive source for COVID-19 related information. Here you will find information about [vaccines and testing](#), safety protocols, where to access [free masks](#), and answers to frequently asked questions.

### Health and Wellness

CSUSM offers many health and wellness resources for students, including [Student Health & Counseling Services](#), where students can access in-person or telehealth appointments. If you need to speak to a counselor immediately, you can contact a phone counselor 24 hours a day, seven days a week by calling 760-750-4915 (and press 9).

[Campus Recreation](#) offers virtual fitness classes for members of the CSUSM community.

For students, the [ASI Cougar Pantry](#) is open Monday-Thursday, 9 a.m. to 5 p.m. in Commons 104 (next to the bookstore).

For employees, workplace wellness resources include [Mindful CSUSM](#), the [Employee Assistance Program](#) and [work/life balance courses and webcasts](#). The [Office of Human Resources](#), [Faculty Affairs](#) and the [Staff Center](#) are also here to offer support.

### Find Community

You belong at CSUSM, and we are so glad you are here! There are many ways to get involved and find community and support. Below are just a few ways:

- [Black Student Center](#)
- [The California Indian Culture and Sovereignty Center](#)
- [Cross-Cultural Center](#)
- [Cougar Care Network](#)
- [DREAMer Resource Office](#)
- [Disability Support Services](#)
- [Gender Equity Center](#)
- [Latin@/x Center](#)
- [Office of Inclusive Excellence](#)
- [LGBTQA Pride Center](#)
- [Undocumented and AB 540 Student Support Services](#)
- Epstein Family [Veterans Center](#)

Students, learn more about [student clubs and organizations as well as opportunities to get involved in student leadership](#).

For faculty and staff, [faculty and staff associations](#) are community-building groups that host a variety of events, programs and initiatives including meetings, social justice efforts, student mentoring and more.

### Campus Safety/Where to Report a Concern or Issue

Do you need help reporting sexual misconduct, discrimination, retaliation, dating/domestic violence or stalking? [Find out how to file a report and/or receive confidential support](#).

The [Sexual Violence Advocacy and Education Office](#) offers a variety of resources related to gender-based violence, including the opportunity for individuals to speak to a sexual violence advocate in a confidential environment. Contact the office at [advocates@csusm.edu](mailto:advocates@csusm.edu).

Bias or hate should never be part of the CSUSM experience. If you or someone you know has witnessed incidents of bias or hate on campus, please report it to the [Office of Inclusive Excellence](#).

Not sure where to take a complaint or concern? The [Office of University Ombuds](#) is a confidential, neutral, informal and independent resource to navigate university-related conflicts, disputes or complaints.

The [Cougar Care Network](#) provides information, resources and support to students who are experiencing financial, personal, academic or other challenges. If you need assistance navigating an issue that is impacting your academic or personal success, you are not alone - [we are here to help](#).

### We Are Here to Help!

There are a lot of resources outlined in this email, and many more can be found on the CSUSM website. If we can help you find support, please do not hesitate to hit reply, or send an email to [csusmasone@csusm.edu](mailto:csusmasone@csusm.edu).

Thank you for your perseverance and patience as we continue to navigate these moments together!

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