

Bowie State University Parent and Family Roadmap

The college years can be a difficult time for many students and finding campus resources can be challenging. Parents and families are often unsure of what warning signs to look for in their student and then where to turn or what to say when they realize their student is in need of help. **This roadmap clarifies the resources available to students at BSU and provides tips on how to talk to your student about your concerns and encourage them to seek assistance.**

Possible Warning Signs

Trust your gut. It is easy to brush away suspicions or assume that your student is just having normal “growing pains”, but you might be the first person to notice and act. Substance use and/or mental health issues may appear as:

- Change in communication: they reach out more often or a lot less than usual
- Poor performance on tests or projects
- Talking a lot about friend, roommate, or relationship issues

Irritability or changes in mood or behavior are other signs that a student might need help. If something feels off, it’s important to find a campus resource that can help.



Depending on the type of concern, please contact the following offices:

| Type Of Concern | Who To Contact | Contact Information |
|---|--|--|
| Concerned about your student’s alcohol or drug use | Alcohol, Tobacco, and Other Drug (ATOD) Prevention Center* | (301) 860-4126 atod@bowiestate.edu Thurgood Marshall Library Room 270 bowiestate.edu/campus-life/health-and-wellness/alcohol-tobacco-and-other-drug-prevention-center/ |
| Your student receives a conduct violation | Office of Student Conduct & Community Standards | (301) 860-3394 studentconduct@bowiestate.edu Henry Administration Building – Suite 2400 bowiestate.edu/about/administration-and-governance/division-of-student-affairs/office-of-student-conduct-and-community-standards.php |
| Your student is struggling with anxiety, stress, relationship problems, or experienced a sexual assault | Counseling Services | counselingservices@bowiestate.edu (301) 860-4169 8:00 am to 5:30pm (301) 860-4164 5:30 pm to 8:00 am 24/7 mental health support bowiestate.edu/campus-life/health-and-wellness/counseling-services/ |
| Your student is having physical health concerns such as an injury, sleep problems, or illness | Henry Wise Wellness Center | (301) 860-4170 hwwc@bowiestate.edu Christa McAuliffe Residential Community, Lower Level bowiestate.edu/campus-life/health-and-wellness/henry-wise-wellness-center/ |
| Student experiences sexual misconduct, a hate crime, or bias incident | Office of Equity Compliance | (301)- 860-4511 titlexcoordinator@bowiestate.edu Thurgood Marshall Library – 2 nd Floor bowiestate.edu/about/administration-and-governance/legal-and-government-affairs/office-of-equity-compliance/ |
| Student feeling unsafe? Do they want to report a crime? | Department of Public Safety | (301) 860-4040 dps@bowiestate.edu McKeldin Gymnasium, Room 1005 bowiestate.edu/about/administration-and-governance/division-of-student-affairs/campus-police/ |
| Life-threatening emergency | Off-Campus Police and On-Campus Police (Emergency) | 911 (301)-860-4040 (Available 24 Hours/Day) |

*The Alcohol, Tobacco, and Other Drug (ATOD) Prevention Center offers services and resources for students, faculty/staff, and parents. Free educational resources related to substance use, recovery, and prevention are available. Staff provide assessment and intervention for moderate-to-high-risk students.



Follow us on Instagram to see our most recent resources for students!
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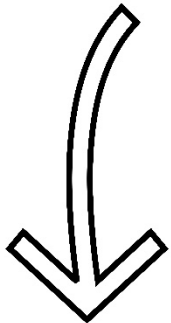
Conversation Starters

Often the biggest barrier to acting is not knowing how to start. It might take time (and several conversations) before your student seeks help, but let them know you are always here to talk. Here are some tips:

- Start from a place of compassion and concern
- Focus on one message or concern at a time
- Make communication a regular activity
- Recognize the power of your influence—know that your thoughts matter to your student more than you may think

Tips for Having Meaningful Conversations

Scan this QR code using the camera on your smartphone to access tips from the College Parents Matter website about addressing alcohol use, mental health, roommate issues, and more!



Resource Quick Links

Scan the QR codes below to quickly access the campus departments listed on the front page.



ATOD Prevention Center



Office of Student Conduct



Counseling Services



Henry Wise Wellness Center



Office of Equity Compliance



Campus Police

