

FY26

Caroline Huber

Wellness Center

Building Trust. Expanding Support. Changing Lives.

Growing the confidence students place in the Wellness Center as their first stop for care, resources, and advocacy.



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Executive Summary

Notable Achievements

- Visitors increased 78.7% year-over-year to 22,188
- Grab & Go item distribution increased by 185.7 % from FY25
- Total of 3,625 individuals (duplication possible) participated in Wellness Center programs
- Ability to support students access a hot meal increased by 216% in comparison to FY25
- Wellness Center created two new programs for the community to utilize; Bus passes and Emergency Assistance Fund

*Across all program areas, the Wellness Center experienced exponential growth in student utilization and engagement. **Increased participation in basic needs resources, wellness programming, case management, and clinical services demonstrates the growing trust students place in the Center as a central resource for support.** As student needs continue to evolve, the Wellness Center remains committed to expanding equitable access to services, fostering student success, and building a healthier campus community.*

22,188

TOTAL VISITORS
78.7% Growth versus
FY25

48,806

**GRAB & GO ITEMS
DISTRIBUTED**
185.7% Growth
versus FY25

3,625

**PROGRAM
PARTICIPANTS**

3,090

**HOT MEALS &
MEAL VOUCHERS**
216% Growth
versus FY25



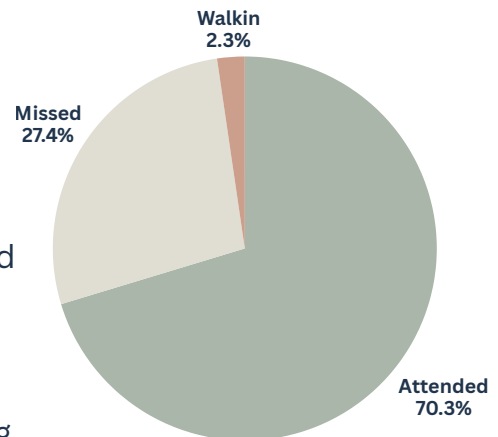
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Social Service Resources

The Wellness Center remains committed to connecting students with essential social service resources that address barriers to academic success and support overall well-being. Through strong community partnerships with Preferred Behavioral Health Group, Monmouth County Division of Social Services and the expansion and utilization of on-campus services, including faculty counselors, students have increased access to individualized support and connections to local resources.

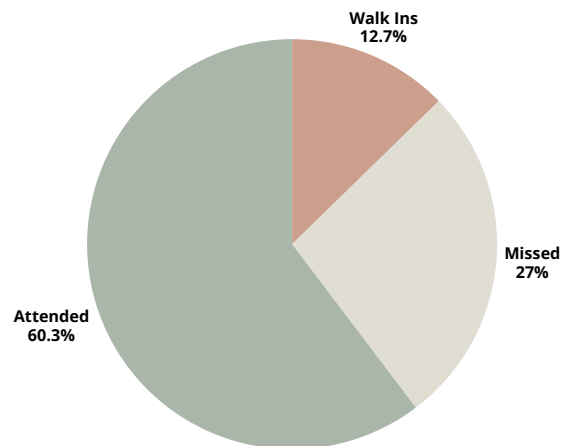
Mental Health Counseling - Talk Therapy

Partnership with Preferred Behavior Health Group services for the FY26 officially began in October, providing students with a structured way to access individualized wellness support while maintaining flexibility for urgent, same-day needs. Staffing included a full-time therapist on site for 35 hours a week, this contract will end in December of 2026. Challenges experienced with provider attendance were address with partner and the Wellness Center is activity looking at solutions for a new model in FY27. *Total Appointments: 475*



Brookdale Social Worker

During the Spring 2026 semester, Brookdale Community College expanded its commitment to student well-being by hiring a full-time Social Worker within the Wellness Center. Since joining the team, the Social Worker has provided individualized case management and support to 38 students, helping them navigate challenges related to housing, food insecurity, financial hardship, mental health, and other social service needs. *Total Appointments: 63*



Students are able to access continuous care service that begins at the Caroline Huber Wellness Center. The introduction of therapeutic services during this transitional period allows for the opportunity for individual growth that will in turn promote academic success.



Appointments are bookable online and at the front desk for ease and convenience of the student.



Walk ins are accepted and are able to be seen depending on availability.



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Grab and Go Program

Funding
Provided By:

**RWJBarnabas
HEALTH**

Brookdale Community College has made it a priority to adopt poverty-informed practices at the institutional level to better support student success. Providing students with access to food and essential items allows them to remain on campus longer, supports their ability to stay alert and focused during class, and, for some students, serves as one of the few stable resources available to them during times of need.

Location	Summer '25	Fall '25	Spring '26
Nutrition Hub	1,569	9,262	9,299
Additional Locations	NA	16,936	19,056

During FY26, funding provided by RWJBarnabas Health successfully enabled the distribution of 56,122 grab-and-go items.

There has been a consistent increase in the number of items distributed, which can be attributed to the continued growth and visibility of the Wellness Center and its resources, as well as the ongoing destigmatization surrounding the use of those services. As the Wellness Center continues to expand the spaces where grab-and-go items are available, the team has also focused on increasing ordering capacity to better meet the growing demand. The cost per item for the FY26 was \$0.98.

Additional Locations on Lincroft Campus

- BREC 203 - Athletics Dept
- MAS 136 - Nursing Dept
- MAS 204-Math Lab
- MAC 114 - International Center
- MAC 106 - Student Affairs
- ATeC - Lobby
- CVA - Lobby
- BAC - Lobby
- PAC - Main Office
- LAH-118-Writing Center
- LAH -214 & 232



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Weekly Groceries



Partnership with FulFill Pantry

To further strengthen food access efforts and reduce waste, the Wellness Center introduced a shared resource cabinet. This initiative allows individuals utilizing our services to leave behind unopened items they may not need and supplement their standard food bags with additional items that better meet their preferences and household needs.

This flexible, community-centered approach has been well received, with many individuals noting that the option enhances both dignity and choice in accessing support. The shared cabinet has proven to be a valuable and sustainable resource, increasing utilization of available food items while minimizing waste. It continues to reflect our commitment to responsive, equitable, and person-centered care.

Semester	Families Served*	Individuals Served*	Days Open
Summer '25	23	72	42
Fall '25	295	1,474	76
Spring '26 **	678	2,577	122



**Counts represent cumulative monthly program participation and include repeat participation by the same family or individual throughout the semester.
**The Spring 26 data includes June 2026 information*

Weekly Grocery Bag Program participation is tracked on a monthly basis. The semester totals reflect the cumulative number of families and individuals served during each reporting period. Because participants may receive grocery bags multiple times throughout the semester, these figures are not unduplicated counts and may include repeat participation by the same households across multiple weeks and months. As a result, the data should be interpreted as a measure of program utilization and service volume rather than the number of unique families or individuals served.



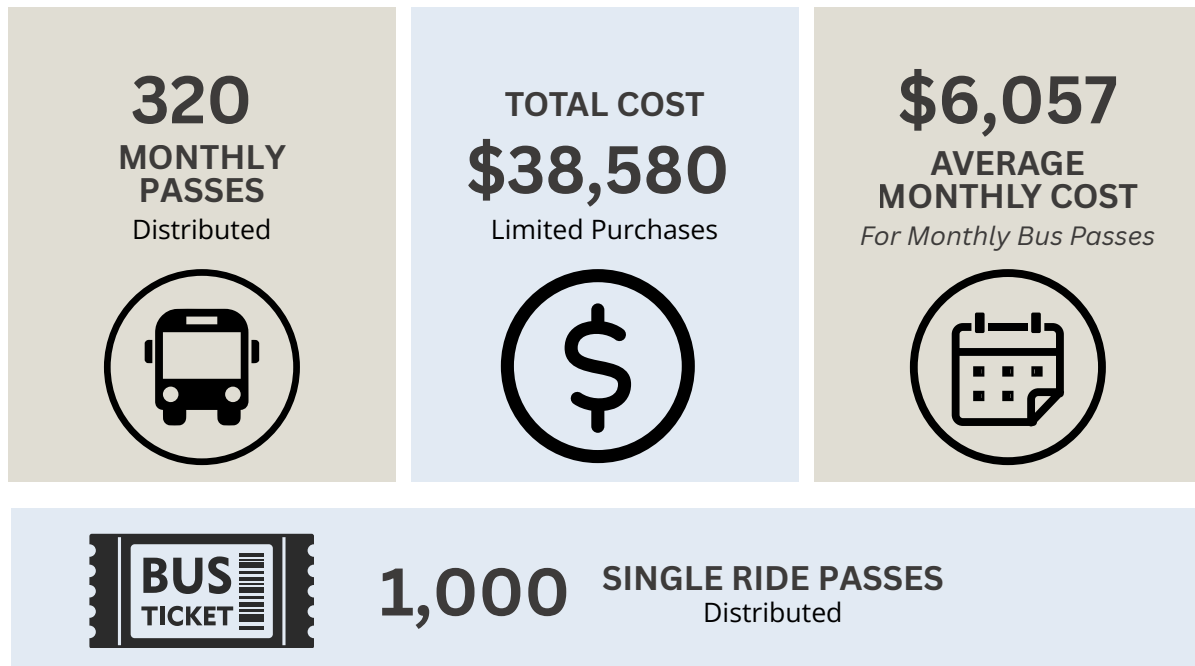
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Bus Pass

Improving Access. Removing Barriers.

The Wellness Center's Bus Pass Program helps remove transportation barriers by providing students with access to to attend classes, access campus resources, and remain engaged in their education.

Distribution Snapshot



Over the course of FY26, the Bus Pass Program has been highly valued by students and has demonstrated the growing need for transportation assistance as a critical component of student success. Transportation continues to be a significant barrier for many students, whether due to limited access to reliable transportation, the rising cost of fuel, or unexpected vehicle repairs.

During this pilot year, **285 students registered** for the program. The strong participation and consistent demand highlight the importance of expanding transportation assistance as part of the College's comprehensive approach to supporting student retention, persistence, and overall well-being.



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Wellness Station

The Wellness Station, located within the Nutrition Hub, provides students, faculty, staff, and community members with access to trial-size hygiene products, personal care items, and other essential wellness supplies at no cost.

There is a significant need to continue providing accessible basic necessities that have positively impacted individuals' ability to meet their everyday wellness needs.

3,913 Hygiene & Personal Care Items
Distributed During FY26



Take What You Need You Matter

Access to basic hygiene products is essential for health, confidence, and dignity. For many in our community, these items are not a luxury -- they are a necessity. The Wellness Station helps remove barriers and supports the overall well-being of our Brookdale community.



Thank You to Our Community

Roughly 65% of these items were donated through campus clubs, academic departments, community organizations, and individual donors who have contributed to the Wellness Center throughout the year.



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Programs

The Wellness Center provides the Brookdale community with programs and services that promote the Eight Dimensions of Wellness while strengthening access to basic needs resources. In addition to the below, the Wellness Center also serves as a shared campus resource, regularly hosting small group sessions, club meetings, staff workshops, and other campus activities that support student engagement and well-being.

Yoga

Caroline Huber Wellness Center

Dedicated opportunity to reduce stress, improve physical and mental well-being, and develop mindfulness practices through guided sessions.

In the Cut

OSHE Grant Funding / Huber Foundation Funding

Provides students with access to free professional haircuts, fostering conversations surrounding self-confidence and self-care helping reduce financial barriers and promote a sense of dignity and belonging.

Relax and Release

OSHE Grant Funding

Wellness initiative that offers a welcoming space to pause from daily stressors through stress reduction techniques designed to support emotional resilience and overall well-being.

Art Exhibit - Monmouth Arts

OSHE Grant Funding

Showcases creative works that promotes Brookdale's values while providing students, employees, and community members with an opportunity to explore wellness through artistic expression

Hi Tea

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Creates a welcoming environment that encourages meaningful conversation, social connection, and community building.

Wellness Fair

Caroline Huber Wellness Center

Held twice a semester Wellness Fair brings together community partners to connect students with valuable resources.

Peer Support Groups

Caroline Huber Wellness Center

Programming creates a safe, inclusive environment to build meaningful connections, share lived experiences, strengthen coping skills, and foster a sense of belonging through guided discussions and mutual encouragement.

MHA Trainings

OSHE Grant Funding

Mental Health First Aid and QPR (Question, Persuade, Refer) training equips students, faculty, and staff with the knowledge and skills to recognize, respond to, and support individuals experiencing mental health challenges or a crisis.



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THRIVE Services

During FY26 the Wellness Center designed a one pager for student resources. As a result, making existing resources more available and accessible for utilization. THRIVE Service fliers were distributed across campus through social media, print media, email distribution, and available on the website and canvas shell under the Wellness Center and Resources.

THRIVE SERVICES		
Service	Information	QR Code or Contact
Talk Therapy Wellness Center	- Monday - Friday 9am to 3pm - Located at the Wellness Center - Free and available for students	
Bus Passes Registration Link Wellness Center	- Monthly Passes - Will need to be picked up before the 7th of each month - Free and available to all students/faculty/staff - Only pick up location is Lincroft Wellness Center	
Weekly Groceries Wellness Center	- Open to all - students, faculty, staff, and community members - Can pick up once per week - Only pick up location is Lincroft Wellness Center - Can register and pick up same day	
Social Worker Navigating Resources Wellness Center	- Help connect you with campus and community resources, provide information, and support you in navigating those services. - Includes: academic supports, basic needs resources, referrals to affordable medical and pharmacy service, and helping you understand what options are available to you	
Faculty Counselors Student Affairs	- Cathleen Goode - Health Sciences & STEM - Don Nigro - Social Sciences & Business - Eleanor Horgan - Humanities - Lauren Siegel - Personal/Crisis	
Wellness Center Website	To learn more information about resources available to you please visit the Wellness Center page on Brookdale website.	

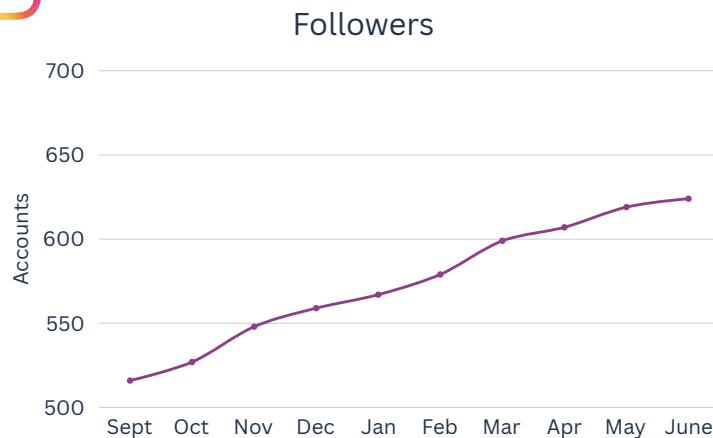
THRIVE Services are not unique to the Wellness Center services; however, the center developed the marketing material. There are versions of this that highlight additional resources on campus through different departments.



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Fall '25 - Spring '26 Social Media Analytics

This year, the Wellness Center's social media presence demonstrated overall growth in visibility, engagement, and audience reach. A significant advancement was the transition to a professional account, which allowed for more detailed tracking of performance metrics and deeper insight into audience behavior. From September through March, the account gained a total of 126 followers.



Students engage most with content that is timely, resource-driven, and part of a recognizable series. Recurring initiatives, in particular, helped build familiarity and sustained engagement.

The Wellness Center continues to experience consistent growth in its social media following, with engagement trends mirroring the typical academic semester cycle. Engagement is highest at the beginning of each semester, when students are most active on campus, and gradually declines toward the end of the semester and during academic breaks. This pattern is likely attributable to reduced student presence on campus during these periods, resulting in lower overall viewership and engagement.

Overall, the shift to a professional account has positioned the Wellness Center to make more data-informed decisions. Moving forward, continuing to prioritize consistent programming posts, essential resource updates, and branded content series will further strengthen engagement and expand reach.



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