



RUTGERS UNIVERSITY
College Support Program

Welcome to the Rutgers College Support Program (CSP)

Empowering Students with Autism and/or
Attention-Deficit/Hyperactivity Disorder to
Thrive Academically and Interpersonally

Visit Our Website



Welcome to the Rutgers College Support Program (CSP)

In stark contrast to traditional educational settings that may not be accessible to neurodivergent learning styles, the Rutgers College Support Program is strategically crafted to empower students with Autism and Attention-Deficit/Hyperactivity Disorder (ADHD) to thrive academically and interpersonally.

The Rutgers College Support Program (CSP) recognizes and celebrates the wide range of skills, abilities, and needs within our student population. Our commitment extends beyond individual support to a broader transformation of the educational landscape. We provide comprehensive education and training to university professors and staff, arming them with the knowledge to create inclusive environments that foster the success of neurodivergent students. Central to our approach is Rutgers CSP's dedicated space: a purpose-built facility designed to be a vibrant hub for students to connect, relax, and build a supportive community.

Program Components

Tier selection is determined by individual student support needs and is not diagnosis-specific.

The CSP at Rutgers is providing my son, who has a diagnosis of Asperger's, with not only the support he needs, but also with the confidence he needs to be a successful student. They work with him on his academic skills and executive functioning skills while simultaneously encouraging age-appropriate social development. Perhaps the most important aspect is that the CSP has helped my son to finally believe in himself.

Miriam Motechin,
Parent of a Rutgers
CSP Student

WHAT WE OFFER	Tier 1 CSP Access	Tier 2 CSP Access+
ACCESS Skills, Strategies, and Support Group	✓	✓
ACCESS Individual Coaching	✓	✓
Monthly Social Events	✓	✓
Weekly CSP Coordinator Meetings and Campus Liaison Support	✗	✓
Academic Coaching Connection	✗	✓
Mental Health Monitoring	✗	✓
Peer Mentor Connection	✗	✓
Cost Per Academic Year	\$2,000	\$7,000



CSP ACCESS

CSP ACCESS+

ACCESS Skills, Strategies, and Support Group

Students in the CSP receive one of the few evidence-based group skills interventions available for neurodivergent college students – Accessing Campus Connections and Empowering Student Success (ACCESS).

This unique program includes eight, 90-minute group meetings with six to ten students in each group. During each meeting, group leaders cover psychoeducation/knowledge about ADHD and Autism, executive functioning skills and strategies, and adaptive thinking and cognitive strategies. Students get to interact with other Rutgers students, develop relationships, support each other, and share successes. Academic and mental health providers from the university come and talk about how to receive additional services, helping students to navigate the Rutgers system and make connections.

Rutgers CAPS also offers empirically supported psychoeducational group sessions specifically for students with ADHD who do not require the more individualized, comprehensive supports provided by the CSP. These meetings are open to Rutgers students with diagnosed or self-reported ADHD who can commit to attend each weekly group session.

Rutgers strives to move beyond helping neurodivergent students reach their fullest academic potential to provide a community that fosters a sense of belonging and wellness.

Dr. Joshua Langberg,
Professor of Clinical Psychology and Director of the Center for Youth Social Emotional Wellness (CYSEW), GSAPP; Chief Wellness Officer, Rutgers University-New Brunswick



CSP ACCESS

CSP ACCESS+

ACCESS Individual Coaching

Students have individual meetings with their coach each week following the group session. The coach helps students prioritize and implement the skills and strategies learned in groups.

Each week during coaching sessions, students set realistic short-term goals and outline steps to accomplish them. The coach carefully monitors progress and helps motivate the student to implement new skills and strategies. In this way, the content learned in groups is personalized to meet the needs of each CSP student, and progress is tracked and celebrated.

CSP ACCESS

CSP ACCESS+

Monthly Social Events

Program members have access to social events such as Arts & Crafts, Who Done It's, Baking/Cooking Demos, Game Nights, Annual Holiday Parties, and more.

The CSP has been a game changer for me during my time at Rutgers. The dedicated, encouraging staff and the supports they provide have made all the difference in helping me succeed.

Edan D.,
Rutgers CSP Alumnus

I have witnessed first-hand the power of community and resources cultivated through the CSP. The Peer Mentor Executive Board is committed to fostering a strong sense of belonging and support amongst our students. By facilitating meaningful interactions and creating an environment where everyone feels involved, we will continue working to ensure that all CSP students can make the most of their college experience.

Ethan Rust,
Former CSP Peer Mentor
e-Board President



Fully equipped with state-of-the-art appliances, the RCAAS commercial kitchen is extremely popular with the students. In addition to the main lounge, it serves as a gathering area for monthly social events hosted by the CSP Peer Mentors.



The CSP has really helped me as a student socially and academically. I really do not know how I would be managing campus life without the supports that the College Support Program offers.

Josh G.,
Rutgers CSP Student



The RCAAS's lounge and game room area serve as a central hub of activity for CSP students, where many social events are held and enjoyed.



Having an autistic sibling, my heart has always gravitated towards supporting the community in the capacity that it has helped my own family. To find such an inclusive community is rare, and to be part of a program that encourages students to thrive not only academically, but throughout their lifespan, is a privilege. Knowing that I can help play a positive role in another's life, whether as a friend or a friendly face in the crowd, will always be the most rewarding experience of all.

Keya Pai,
Assistant Coordinator,
Rutgers College Support
Program

CSP ACCESS+ Only Components



CSP ACCESS+

Weekly CSP Coordinator Meetings and Campus Liaison Service

Students in CSP ACCESS+ meet weekly with their CSP Coordinator to review all aspects of their college experience. Coordinators are available during program hours (Monday-Friday, 9am-4pm) to assist with issues and concerns, providing guidance and advocacy during a dynamic and eventful academic year.

CSP students rely on their Coordinators to help them stay on top of things and troubleshoot the challenges that arise. During their meetings, Coordinators assist students with managing a schedule, monitoring and planning to meet academic responsibilities, and providing advice to guide them along their path through college.

Our team of Coordinators also provides a valuable liaison service to link students with the many supports available both on and off campus. They work closely with professors, Disability Services, Rutgers Learning Centers, Academic Deans, Residence Life, healthcare providers and families to facilitate communication and ensure our students are connected to the resources they need to succeed.



CSP ACCESS+

Academic Coaching Connection

CSP Coordinators and Academic Coaches at the Learning Centers collaborate to monitor academic progress and target the critical study skills our students need to succeed.

Academic coaching guides students to optimize their learning experience by teaching strategies for improved studying, organization, time management, and active learning. In addition, CSP staff facilitate two 60-minute study sessions per week at our Center, where students are encouraged to apply the skills that they acquire during their academic coaching meetings to complete assigned readings and projects, do homework, write papers, etc. for their courses. CSP staff can also help to arrange individual academic tutoring sessions related to specific courses/disciplines when needed and subject to tutor availability.



CSP ACCESS+

Mental Health Monitoring

Mental health challenges frequently wax and wane. Accordingly, university supports for students need to be flexible, and implemented as needed.

This can only be accomplished through careful and frequent monitoring of mental health symptoms. In CSP ACCESS+, students are asked to complete screening questionnaires several times per year to monitor possible mental health concerns. Follow-up is provided, as needed, for students who report stress in their weekly coaching sessions or skills groups. The goal is to identify concerns so that mental health supports can be offered to mitigate impact on academic performance and quality of life.



CSP ACCESS+

Peer Mentor Connection

CSP Peer Mentors are trained Rutgers students who engage with CSP students, staff, and other Peer Mentors regularly. They are a critical part of our program.

There are many challenges that new and returning students face. Often, social and peer-related forms of support can serve as a buffer against the normal stressors students may experience. Therefore, Rutgers CSP operates a Peer Mentor program supporting students who are currently enrolled as undergraduates. CSP Peer Mentors receive instruction and guidance throughout their time with CSP to promote a meaningful social experience for our students.

Our team is passionate about supporting the mental health needs of neurodivergent students, empowering them to align their actions with their values and pursue their aspirations.

Dr. Joshua Cohen,
Assistant Clinical Professor, GSAPP;
Director of the Psychological Services
Clinic, RCAAS

While many universities offer academic supports to help autistic students get through college, we hope that integration of mental health services will help Rutgers students thrive.

Dr. Vanessa Bal,
Karmazin and Lillard Chair in Adult Autism;
Professor and Chair, Applied Psychology
Department; Director, LifeSPAN Autism Lab,
GSAPP

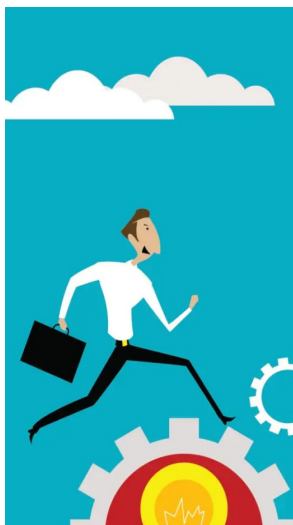
Additional Resources for CSP Students

As students approach completion of their degree, career development becomes increasingly important. Students work in concert with RU partners on career exploration, offering resources and guidance for success.

CSP Career Supports

The CSP works closely with Rutgers-New Brunswick's office of [Career Exploration and Success \(CES\)](#) to help students progress along their path to employment in their field of interest. The CSP hosts monthly "drop-in" career development hours at the RCAAS Community Center, where students can work one-on-one with Career Specialists from CES to learn about how to find and land the job that is right for them. Together, they work on interview training, job fair preparation, resume building, internship applications, and career direction. Our partnership with CES works to meet a student where they are and build the skills they need to succeed in a competitive job market. CSP Coordinators consult regularly with CES Specialists and assist our students with following through on career guidance to maximize their potential as they start their vocational journey.

The CSP maintains a network of employers in various industries who are interested in promoting an inclusive workforce. Through our connections with these companies, we can direct our currently enrolled CSP students and alumni to job openings that best align with their skill set, qualifications, and interests.



Employment Resources

The CSP has compiled a list of helpful resources designed to assist CSP students on the path to pursuing employment opportunities, including how to build a resume, preparing for a job interview, employee recruitment programs, mentoring, and training.



**Scan to download
the document**



Supplemental Clinical Support

ADHD Diagnostic Evaluations - Universities require documentation (a formal report) for students to be eligible for services such as accommodations and medication.

Obtaining a comprehensive mental health assessment is key to understanding what steps to take and to unlocking evidence-based treatment options. Unfortunately, evaluations in the community can cost \$1,000 to \$2,000. To increase access for Rutgers students, we provide low-cost comprehensive diagnostic evaluations of ADD/ADHD, anxiety, and depression. The evaluations include a feedback session and detailed diagnostic report with a list of Rutgers support services and resources. We evaluate students who were previously diagnosed and want an updated report, as well as students who believe they have ADHD and have not been evaluated previously. Evaluations cost \$150 out-of-pocket or are free with Rutgers student insurance.

Diagnostic Evaluations for Autism provide first-time autism diagnosis and/or re-evaluation to support planning and recommendations. Individual therapy provides support and addresses social, mental health, and/or other life goals. Group therapy is provided to support and address social, mental health, and/or other life goals.

**ADHD Evaluation
Request Form:**



**Autism
Evaluation
Request Form:**



Commitment to the Success of Neurodiverse Students

Rutgers University is on a mission to be known as a place where students who think and learn differently are welcomed and included. To accomplish this, we brought together two centers from the [Graduate School of Applied and Professional Psychology \(GSAPP\)](#), the Rutgers Center for Adult Autism Services (RCAAS), and the Center for Youth Social Emotional Wellness (CYSEW), to develop a holistic model that promotes student wellness and well-being. The Rutgers CSP seeks to enrich the college experience and promote the overall success of university students with ASD and/or ADHD at all stages of their educational journey, from admission to graduation.



The official RCAAS Community Center ribbon cutting ceremony, September 2021. Photo taken by John O'Boyle.



The term “neurodiversity” describes the variety of different human minds or brains, which interact and experience the world in many different ways. It is a term often applied to individuals with diagnostic classifications such as ADHD, autism, dyslexia, and Tourette syndrome. It does not mean “bad,” “unqualified,” “incompetent,” or any other negative descriptor that many neurodivergent individuals have unfortunately been labeled throughout their lives.

This is about creating a welcoming, equitable and supportive environment that helps all of our qualified students—including those who are neurodiverse—to make the most of the world-class education we offer.

Dr. Francine Conway,
Rutgers University-
New Brunswick Chancellor and
Distinguished Professor



It is an honor to help foster success for Rutgers’ neurodivergent students both within and beyond the classroom. Providing effective support for CSP students helps enhance our educational community as a whole.

Erin Walker,
Senior Program Coordinator,
Rutgers College Support
Program

A Welcoming Space at the RCAAS Community Center



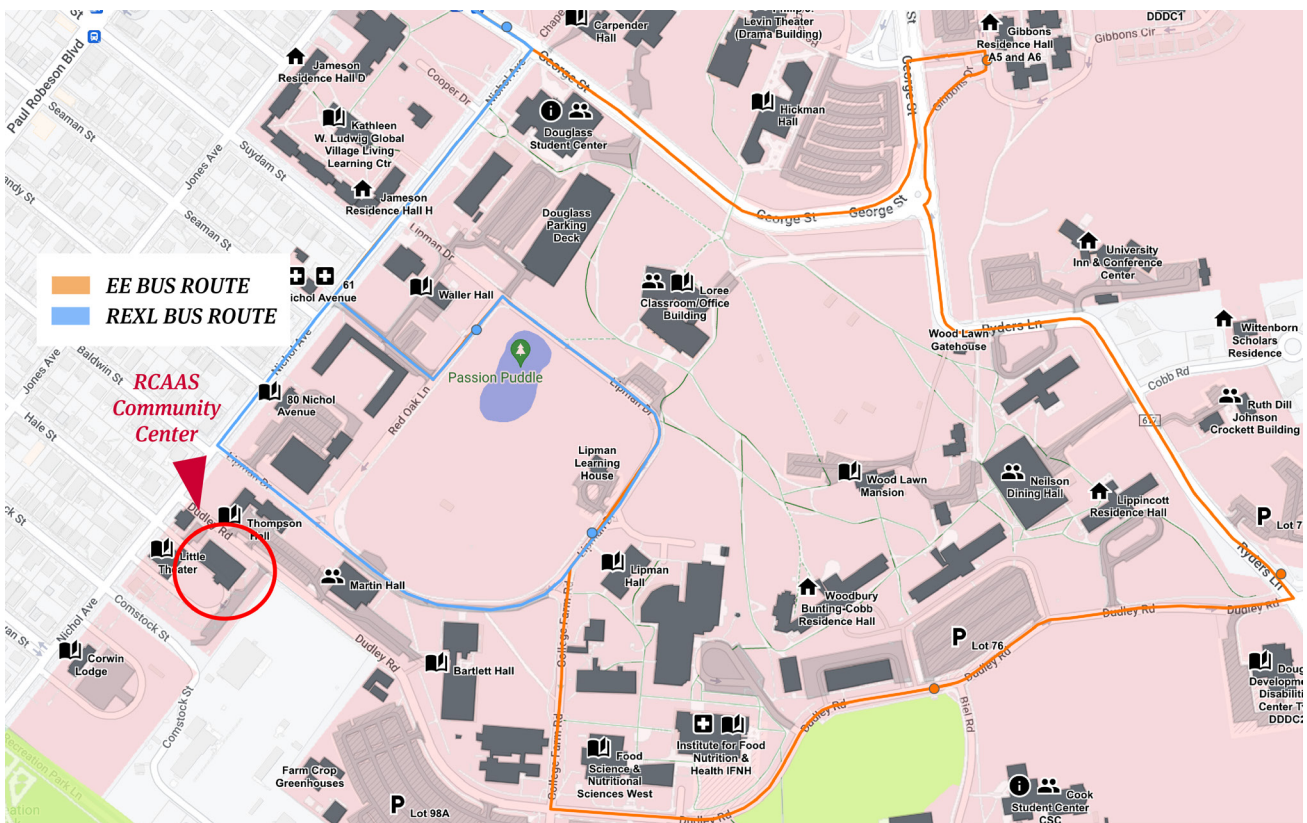
Our home away from home...

The Rutgers Center for Adult Autism Services Community Center is the headquarters of the Rutgers College Support Program. Located at [100 Dudley Road](#) on the scenic Douglass Campus in New Brunswick, the center offers convenient access to public and university transportation networks and is within walking distance of amenities such as the Douglass Student Center and iconic Passion Puddle.



**Scan QR code for
directions to the
RCAAS:**





CSP Partnerships

Rutgers CES is a campus partner who regularly collaborates with the CSP to provide our neurodiverse students with career-readiness skills that empower them to think critically about their post-graduation goals and navigate career planning with greater confidence. I cannot emphasize enough the CSP's exemplary status as a program that colleges across the country should model to ensure our next generation of neurodiverse students have the skills to thrive-- rather than merely survive-- as economic, social, and political participants in society post-graduation.

Airelle Smith,
Former Assistant Director,
Career Advocacy and Professional Inclusion, Rutgers Career Exploration and Success (CES),
Offices of the Chancellor and Provost

I'm proud to be part of the CSP and its mission to promote success for Rutgers students across a wide spectrum of neurodiversity. Ensuring effective support for some of our most talented Scarlet Knights strengthens and enriches our academic community.

Ian Bober,
Senior Program Coordinator,
Rutgers College Support Program

Working in concert with key campus and community partners, the CSP works collaboratively to assure student success. This integration is essential to ensuring that CSP students have access to and take advantage of everything that Rutgers has to offer across all aspects of university life, including academics, amenities, and a variety of exciting opportunities for social engagement.

College Support Program (CSP) – A Network of Support

Academic Support

- Academic Advising
- Admissions
- Dean of Students
- Faculty
- Learning Centers
- Tutoring
- Writing Programs

Campus Support & Other Resources

- Office of Disability Services
- Residence Life
- Rutgers Health & Counseling Services
- Student Activities
- Career Services
- Center for Social Justice Education and LGBT Communities
- Legal Services
- RUPD

A Culture of Collaboration, Safety, and Training

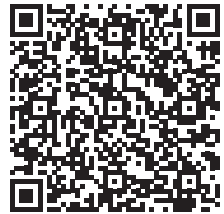
We cannot overstate the importance of the CSP's campus and community partnerships, such as that with the Rutgers University Police Department (RUPD). The RUPD came to the RCAAS Community Center to conduct an enlightening training workshop and informally interact with CSP students. The outcome? A candid and impactful session that resulted in increased understanding on behalf of the officers, new and seasoned staff, and students.



We are grateful for the opportunity to train the Rutgers community about the neurodiverse student population and excited to have formed a collaborative partnership with RUPD, clearly proving that we are better together.

Dr. Lara Delmolino Gatley,
Clinical Professor and
Associate Dean; Director,
Autism Training Hub, GSAPP

**Scan to read about
this impactful event:**



Protecting the Rutgers community includes learning from people when they are not in crisis in order to establish more positive interactions.

RUPD Chief Kenneth Cop



Neurodiversity Taskforce

The CSP, a unit within the RCAAS, is an essential part of a broad, university wide neurodiversity initiative. RCAAS Executive Director, Christopher Manente, PhD, BCBA received a grant award that led to his formation and chairing of Rutgers University's Neurodiversity Taskforce. Its mission is to improve organizational climate and promote access, advocacy, and equity by affirming that Rutgers is an institution that celebrates the neurodiversity of its beloved community.



Rutgers University is on a mission to be recognized as a place where all students who think and learn differently are celebrated for their authentic identities! We hope that you'll join us!

Dr. Christopher Manente,
Executive Director, RCAAS;
Associate Professor of Clinical Practice,
Applied Psychology Department, GSAPP

The Taskforce was created in January 2022 to evaluate the current climate of accessibility and acceptance for neurodiverse students at Rutgers and is comprised of 20+ members representing neurodiverse Rutgers students, faculty, and staff across a variety of academic and other units/ departments. Through stakeholder surveys and focus groups, the Taskforce identified critical priorities, findings and recommendations, shared at annual summits.



As a faculty member that is deeply committed to the success of neurodivergent students, I am so grateful that this program exists and that it has inspired so many Rutgers leaders to prioritize expanded access to training and support related to neurodiversity. This is only the beginning... Now is the time to be bold in ensuring that all Rutgers faculty and staff have the training and support they need to create the most accessible and welcoming campus community for students who learn differently.

Dr. Mark Robson,
Dean, Rutgers School of
Graduate Studies and
Distinguished Professor



Former CSP Students Adam Tropper and Tanvi Shrivastava engage in a faculty-moderated panel discussion during a Rutgers University Neurodiversity Summit, speaking candidly about their own experiences as students on the autism spectrum.



Meet the CSP Team



Dr. Lara Delmolino Gatley

Associate Dean for Administration and Strategic Operations; Director of the Autism Training Hub; Clinical Professor at GSAPP; Executive Director of the Douglass Developmental Disabilities Center

Lara Delmolino Gatley, PhD, earned her doctorate in Clinical Psychology from the Graduate School-New Brunswick at Rutgers, The State University of New Jersey and completed a pre-doctoral internship at the University of North Carolina, Chapel Hill. She has over 20 years of experience instructing practitioners and working with people on the autism spectrum. She has presented at conferences and published books and journals on issues related to Applied Behavior Analysis and the treatment of autism.



Dr. Vanessa Bal

Karmazin and Lillard Chair in Adult Autism; Professor and Chair, Applied Psychology Department; Director, LifeSPAN Autism Lab, GSAPP

Vanessa H. Bal, PhD, is a licensed clinical psychologist who joined Rutgers in 2018. She earned her MSc. in neuroscience from the University of Oxford and her doctorate in psychology from the University of Michigan. She also completed her clinical psychology internship at the University of Michigan and a postdoc in human genetics at the University of California, San Francisco. Dr. Bal's research program emphasizes a lifespan perspective to furthering understanding of autism spectrum disorder (ASD) in adulthood.



Dr. Joshua Cohen

Assistant Clinical Professor, GSAPP;
Director of the Psychological Services Clinic, RCAAS

After earning his bachelor's degree with honors from Johns Hopkins University, Dr. Cohen completed his doctorate in psychology at the University of Michigan. He was then selected for a two-year postdoctoral fellowship in Rehabilitation Psychology and Neuropsychology. Much of Dr. Cohen's clinical experience has included serving patients in hospital settings. Over the course of his clinical career, he has appreciated opportunities to serve patients with a wide variety of neuropsychological challenges, including acquired neurological conditions, such as traumatic brain injury, stroke, and viral encephalopathies, as well as neurodevelopmental disorders, such as ADHD, ASD, and Learning Disability.



Dr. Joshua Langberg

Professor of Clinical Psychology and Director of the Center for Youth Social Emotional Wellness (CYSEW), GSAPP;
Chief Wellness Officer, Rutgers University-New Brunswick

Joshua M. Langberg, PhD, is a licensed clinical psychologist who joined Rutgers in 2022 after working at Virginia Commonwealth University (VCU), where he served as the Associate Dean for Research and Operations for the College of Humanities and Sciences (CHS) from 2018-2021. He received his PhD in Clinical-Community Psychology from the University of South Carolina and completed his predoctoral internship at Duke University Medical Center. Dr. Langberg started his career at Cincinnati Children's Hospital Medical Center (CCHMC) and transitioned to VCU in 2011.



Dr. Christopher Manente
Executive Director, RCAAS;
Associate Professor of Clinical Practice, Applied
Psychology Department, GSAPP

Christopher J. Manente, PhD, BCBA, is the Founding Executive Director of the RCAAS and an Associate Professor of Clinical Practice at the Rutgers Graduate School of Applied Professional Psychology. Dr. Manente's previous roles included serving as an Assistant Professor of Education at Caldwell University, as a consultant supporting students with ASD in schools throughout New Jersey, and serving as the Senior Program Coordinator of Adult Services at the Douglass Developmental Disabilities Center (DDDC) at Rutgers University.



Ian Bober, M.A., BCBA
Senior Program Coordinator,
Rutgers College Support Program

Ian Bober is a Board Certified Behavior Analyst who has a long history of working with autistic children and adults at Rutgers University. After starting as a preschool classroom assistant at the DDDC's Douglass School, Mr. Bober went on to serve as Program Coordinator for the Douglass Adult Program. There, he oversaw all clinical activities specializing in ABA-based vocational and life-skills training for adults with autism, as well as the development and implementation of intervention for challenging behaviors. Mr. Bober has served in his current role since Spring 2022.



Erin Walker, MSW, LSW
Senior Program Coordinator,
Rutgers College Support Program

Erin Walker is a licensed social worker (LSW) in New Jersey and holds a Bachelor's in Anthropology with minors in History and Elementary Education from West Chester University and an MSW with a concentration in Management and Policy from Rutgers University. She interned with New Jersey's Division of Aging Services and Yachad in Manhattan. Erin has worked as a Social Services Director in Denver, educated on domestic violence in Monmouth County, and matched adults with disabilities with volunteers at Jewish Big Brothers Big Sisters in Boston.



Keya Pai
Assistant Coordinator,
Rutgers College Support Program

Keya U. Pai graduated with a Bachelor of Arts in Psychology (Honors) and Cognitive Science from Rutgers University. During her undergraduate studies, she held roles at both the Rutgers Center for Adult Autism Services and the Douglass Developmental Disabilities Center. Keya's professional experience lies in research, mentorship, and behavioral therapy for autistic children and adults with/without intellectual disability. Her interests include promoting mental health, quality of life, and familial relationships in adult autism. She wishes to pursue graduate school for a Ph.D. in Clinical Psychology and aspires to become a clinical psychologist in the autism research field.



APPLY HERE!



Prospective students must first receive a formal offer of acceptance for admission to Rutgers University prior to applying and being considered for enrollment in the CSP.

College Support Program Headquarters

(RCAAS Community Center)

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