

**March 11, 2020**

## **Updated Information of COVID-19 for Clients of the Rutgers Center for Psychological Services**

### ***What are the latest updates in terms of the university's response to the COVID-19 virus?***

At the present time, we are not aware of any confirmed cases of COVID-19 within the Rutgers University community. However, COVID-19 is a serious public health concern and Rutgers is taking action to slow the spread of the virus and protect individuals who are considered most vulnerable.

On March 10, 2020, the Rutgers University President, Robert Barchi, issued a statement informing the Rutgers community of the cancellation of all classes from Thursday, March 11<sup>th</sup> through the end of Spring Break on Sunday, March 22<sup>nd</sup>. At that point, classes will resume via remote learning through at least Friday, April 3<sup>rd</sup>. All students were advised to vacate the residence halls and strongly advised to remain off campus through April 3<sup>rd</sup>.

In addition, Rutgers events and in-person meetings involving greater than 15 participants are cancelled and Rutgers employees were asked not to schedule any new non-essential events.

Finally, all international travel sponsored by the university has been suspended and university-sponsored international Spring Break programs have been cancelled. Members of the university community are being asked to reconsider any upcoming domestic travel. Any member of the Rutgers community returning from a country designated Level 3 by the Centers for Disease Control and Prevention (CDC) is required to self-isolate for 14 days before returning to campus.

### ***How does this impact operations at the Center for Psychological Services (CPS)?***

At this time, CPS, which includes our general clinic, assessment clinic, and all specialty clinics, is open and operating as usual. We are making every effort to regularly disinfect commonly touched objects and surfaces, along with providing ready access to soap and water and/or hand sanitizer.

Our staff is being instructed to follow the basic protective measures provided to the Centers for Disease Control and Prevention, which include:

- Covering your nose and mouth with a tissue or sleeve while coughing and sneezing
- Washing your hands with soap and water often and for at least 20 seconds
- Using an alcohol-based sanitizer on hands if soap and water are not available
- Avoiding touching your face

Additionally, our staff members have been asked to stay home and seek medical attention if they are not feeling well, particularly if they have experienced a fever, cough, or shortness of breath.

CPS clinician who need to stay home will reach out to clients to cancel and/or reschedule appointments.

## ***What can you do?***

We ask individuals receiving services through our center to consider following the same guidelines that have been provided to our staff. We care about the consistency and quality of your treatment, but in the interest of protecting yourselves, our staff, and the most vulnerable members of the community that we may serve, we ask you to reach out to your clinician to cancel or reschedule if you, or in the situation of families, children, and adolescents served through CPS, your child, are feeling ill. Our staff will make every effort, when possible and appropriate, to offer options that may assist in maintaining your continuity of care. No session fees will be charged for cancellations due to illness.

We will also continue to provide updated information on any changes to our operating status as it becomes available.

If you have questions and need to contact someone immediately, please reach out to the the appropriate contact person listed below:

- General questions related to CPS (including general clinic and assessment clinic) and the Anxiety Disorders Clinic: Dr. Andrea Quinn ([anquinn@gsapp.rutgers.edu](mailto:anquinn@gsapp.rutgers.edu))
- The Foster Care Counseling Project: Dr. Kate Garcia ( [kgarcia@gsapp.rutgers.edu](mailto:kgarcia@gsapp.rutgers.edu))
- The Tourette Syndrome Clinic: Dr Graham Hartke ( [grahamru@gsapp.rutgers.edu](mailto:grahamru@gsapp.rutgers.edu))
- The Youth Anxiety and Depression Clinic: Dr. Brian Chu ([brianchu@gsapp.rutgers.edu](mailto:brianchu@gsapp.rutgers.edu))
- The Dialectical Behavior Therapy Program: Dr. Shireen ([slrizvi@gsapp.rutgers.edu](mailto:slrizvi@gsapp.rutgers.edu))
- The NJ Couples Clinic: Dr. Karen Riggs-Skean ([kskean@gsapp.rutgers.edu](mailto:kskean@gsapp.rutgers.edu) ) or Dr. Shalonda Kelly ([shalonda.kelly@gsapp.rutgers.edu](mailto:shalonda.kelly@gsapp.rutgers.edu))