



OFF-CAMPUS STUDENT
& FAMILY ENGAGEMENT

The University of Alabama at Birmingham

Dear Blazer Family Member,

The Office of Off-Campus Student and Family Engagement is thrilled to have you and your student as part of the UAB community. We know there are many exciting opportunities ahead for your student, and for you as a family member, as you transition to the University of Alabama at Birmingham, and throughout the entire college experience. As a Health Promoting University, UAB not only provides high quality academic areas of study but is also invested in working together with families to ensure that our Blazers are supported to make safe and healthy decisions.

The Office of Off-Campus Student and Family Engagement partnered with Wellness Promotion, Student Counseling Services, Collegiate Recovery Community, Title IX, and Community Standards and Student Accountability to create the publication **Blazer Well: A Family Guide to Support Student Health and Wellbeing** for you.

Research shows that family members significantly impact students' health behaviors. Having intentional discussions with your student about topics like alcohol, drugs, interpersonal violence, as well as perceptions of other risky behaviors can have a positive impact on them. We recognize these can be challenging conversations and are providing this guide as a tool to support your success when talking with your student about these topics before classes start. Throughout the publication you will find conversation starters, myths and facts regarding alcohol and drug safety, mental wellbeing, healthy relationships, interpersonal violence, and a list of resources available on UAB's campus. We hope this handbook will prove to be a useful guide for the entire family.

We truly appreciate all you do to support your student as part of the Blazer community. Remember that the Office of Off-Campus Student and Family Engagement is your go-to place for any questions regarding your student's UAB experience throughout their academic career. Please do not hesitate to reach out to us at any time through email (families@uab.edu), online (www.uab.edu/families), or by phone 205-975-0684. We are here to assist you!

Sincerely,

A handwritten signature in black ink, appearing to read "Meredith Kahl", is written over a faint, larger version of the same signature.

Meredith Kahl

Director, Off-Campus Student and Family Engagement