



March 30, 2020

AU-Miami Updates

Dear Colleagues,

As you know, Albizu values the health and well-being of our faculty, staff, and students. For this reason, we have made several decisions recently that were necessary for the health and safety of the University community. The most recent of those decisions is the extension of the online course delivery for the remainder of the Spring semester and the remote delivery of administrative support until further notice. By limiting social interaction, we will help slow the spread of COVID-19 and support our health systems nationwide. Our first priority is the safety of our university community and ensuring that we all do our part in assisting our students so they can reach their educational goals.

**Support Services**

In addition to moving courses online, our support services, including the Office of Student Affairs, will continue to have resources available to our students such as virtual tutoring sessions. They have also added a range of virtual conversations to assist with their needs. Additionally, academic advisors are available to help our students with course selection and to provide support as we look ahead to the Summer semester. If the students do not reach out to you, I ask that you reach out to them.

During this time of uncertainty, if you are experiencing overwhelming worry or anxiety, consider seeking help and support from a mental health professional. For more mental health information and resources in the State of Florida, you can visit the Florida Network of Care: <https://southeast.fl.networkofcare.org/mh/>. If you or someone you know is in emotional distress, contact the 24/7 National Suicide Prevention Lifeline: 1-800-273-TALK [8255] or live online chat: <https://suicidepreventionlifeline.org/>.

**Additional Resources**

Below is a list of resources that you can share with anyone that may need a bit of support during this period:

National Alliance of Mental Illness Helpline: 800 273 8255

<https://namiflorida.org>

Caregivers: <https://www.apa.org/pi/about/publications/caregivers>

Living with a Mental Health Condition: [Find-Support/Living-with-a-Mental-Health-Condition](#)

Podcast on Managing Anxiety : <https://www.wellspringmiami.org/blog/2020/3/podcast-handling-anxiety-in-troubling-times>

List of Food Banks in Miami: [https://www.needhelppayingbills.com/html/miami-dade\\_food\\_banks.html](https://www.needhelppayingbills.com/html/miami-dade_food_banks.html)

Again, remember that all classes will be delivered online for the remainder of the Spring semester and all departments are working remotely until further notice. Our focus is one semester at a time, starting with the summer and then the fall. At this point, let's please try to identify best practices in the event we need to continue online for the next semester.

As usual, we will keep you updated of any new directives issued by the Office of the President taking into account the recommendations of the Center for Disease Control (CDC), the Florida Department of Health, and the Commission for Independent Education (CIE).

Please take care of yourself and family during this very difficult period.

Best regards,

A handwritten signature in black ink, appearing to read "Tilokie Depoo".

Dr. Tilokie Depoo

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