SUMMIT AGENDA

Healthy Campus Summit
Building Resilience in a Burnout Culture

FRIDAY
October 11

8:30 a.m. – 3:30 p.m.
Center for Health and Well-Being
at USC Columbia

This is a FREE event.
CHES/MCHES may be available.

Register by October 4, 2018

8:30 - 8:50 a.m.
Registration, Coffee and Continental Breakfast

8:50 - 9:00
Official Welcome
Dianna Colvin, MPH, MSW, CHES; Healthy Carolina Initiatives Program Coordinator, University of South Carolina

9:00 - 10:00
Radical Importance of Practicing Resilience
Mary Jo Desprez, MA, Director of Wolverine Wellness, University of Michigan

10:15 - 11:15
Breakout Session 1

Creating a Culture of Gratitude through Leading by Example
Leena Holt, M. Ed., Assistant Director of Residence Life, University of South Carolina
Nigel Word, M. Ed., University Housing, University of South Carolina
Amanda Williams, M.Ed., University Housing, University of South Carolina

Mindset for Success
Daniel Aleksiejczx, M.Ed., Coordinator for Early Alert Initiatives, University of South Carolina
Kassandra Aleksiejczx, M.Ed. University Housing, University of South Carolina

Wellness Coaching: The Key to Helping Students Thrive
Alexis Steptoe, MPH, CHES, NBC-HWC, Wellness Coordinator, North Carolina State University

Learning to Fail
April Scott, MS, Associate Director of Mental Health Initiatives, University of South Carolina
11:25 a.m. - 12:25 p.m. **Breakout Session 2**

**Mindfulness for the College Student**
Sarah Morales, MPH, CHES, Health Educator, Georgia Institute of Technology

**Keeping People out of your Counseling Center**
Alissa Liggett, MS Ed., Executive Director of Student Conduct and Academic Integrity, University of South Carolina
Austin LaForest, M. Ed., Assistant Director for Behavioral Intervention, University of South Carolina
Julia Rogers, M.Ed., Case Manager for BIT and Title IX, University of South Carolina

**Road to Resilience: Helping Students on their Journey to Academic Success**
Sarah Stanfield, M.Ed, Counselor and Coordinator for Academic Interventions, University of North Carolina, Chapel Hill
Dave DeVito, MSW, LCSW, Clinical Social Worker, University of North Carolina, Chapel Hill
Caress Roach, M. Ed., CHC, Coordinator of Health Promotion Initiatives, University of North Carolina, Chapel Hill

**Mindfulness in the Workplace**
Justina Siuba, MPH, Stress Management Program Coordinator, University of South Carolina
Amanda Castles, MPH, Associate Director for Faculty and Staff Wellness, University of South Carolina

12:30 - 1:00 **Lunch**
Catered by Carolina Food Company

1:00 - 2:00 **Addressing Burnout through Kindness**
Michelle Peralta, MPH, Health and Wellness Specialist, University of Maryland, Baltimore
Bill Crockett, MS, RCRSP, Executive Director of Campus Life Services, University of Maryland, Baltimore

2:15 - 3:15 **Student Panel**

3:15 - 3:30 **Closing Remarks**
Dianna Colvin, MPH, MSW, CHES, Healthy Carolina Initiatives Program Coordinator, University of South Carolina

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**HEALTHY CAMPUS SUMMIT**

**Building Resilience in a Culture of Burnout**

For more information on the summit or to RSVP, visit: [www.sc.edu/healthycampussummit](http://www.sc.edu/healthycampussummit)

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