

# SUMMIT AGENDA

## Healthy Campus Summit

Building Resilience in a Burnout Culture

- 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 Aleksiejczyk, M.Ed., Coordinator for Early Alert Initiatives, University of South Carolina  
Kassandra Aleksiejczyk, 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

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

**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

# 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)**

#HCSummit2019  
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