

# Great Lakes Colleges Association Presidential Summit on Mental Health and Wellness

## PROGRAM

### WEDNESDAY, DECEMBER 11

5:00 – 6:00

**Registration**, *Foyer Area*

6:00 – 7:00

**Reception**, *Foyer Area*

Please wear your name badge – tonight and throughout the Summit

7:00 – 9:00

**Dinner**, *Michigan I*

You are welcome to sit anywhere and with anyone you like

#### **Welcome**

Mickey McDonald, President, GLCA

#### **Opening Keynote**

“Framing the Issues: Data, Trends, and Responses Nationally”

Sara Abelson, Healthy Minds Network – University of Michigan

## THURSDAY, DECEMBER 12

8:00 – 8:45

**Breakfast, Michigan I**

Meet with Campus Teams over breakfast  
Optional discussion prompts provided in folder

8:45 – 9:00

**Break**

9:00 – 11:00

**Presentations from National Organizations, Michigan I**

“Overview of JED’s Comprehensive Approach”

Nance Roy – JED Foundation

“Framework for Effective Student Engagement”

Laura Horne – Active Minds

“The Steve Fund – Equity in Mental Health Framework”

Carlton Green – University of Maryland, advisor to The Steve Fund

Each speaker will give a 20-30-minute overview of the work of their organization in the college mental health and wellness area. We will then have some time for Q&A for each speaker. If there is time remaining at the end of the session, we will have Q&A for the whole panel.

11:00 – 11:15

**Break**

11:15 – 12:15

**Birds of a Feather Conversations, Various locations (see below)**

In groupings of “like positions”, we ask you to have a conversation about the following points listed below. One speaker has been associated with each group and is available to point you to additional best practices and resources or to further prompt discussion among the group.

- What are the greatest challenges in our institutional roles related to mental health and wellness issues?
- What resources (programs, people, other) are available for institutions to address these challenges?
- What are the greatest opportunities in our institutional roles to contribute to the work on these issues?
- Based on information in the institutional inventories, would you like to ask for more information or clarification from someone at another institution?
- What advice might you seek from the “expert consultant” with you?

Please ask one member of your group to serve as scribe, so that we may have a record of key ideas generated in the conversations. Take the last 5 minutes to note on a flip chart page 2-3 of the most important ideas/actions touched upon by the group; these will be displayed for everyone over lunch.

Please bring information and ideas from your own notes of these conversations back to your campus team as you work together to develop a campus plan and action steps. The colors below correspond to the dot on the back of your name badge, indicating your assigned group.

*Presidents – Michigan V* (joined by Nance Roy) ●

*VP/Deans of Students – Michigan III* (joined by Sara Abelson) ●

*Counseling/Health – Michigan IV* (joined by Carlton Green) ●

*Provosts/CAOs – Michigan I (corner 1)* (joined by Michael Woodford) ●

*Athletics – Michigan I (corner 2)* (joined by Chelsi Day) ●

*Student Support 1 – Michigan I (corner 3)* (joined by Kristelle Aisaka) ●

*Student Support 2 – Michigan I (corner 4)* (joined by Janet Lewis Muth) ●

*Faculty – Foyer area* (joined by Andrea Tracy) ●

*Students – Foyer area* (joined by Laura Horne) ●

12:15 – 1:30

**Lunch, Michigan I**

We encourage you to sit and converse with someone you don't yet know. You are also encouraged to view the highlights from the "Birds of a Feather" conversations on display around the room during this time.

1:30 – 3:00

**Panel: Innovations and Best Practices, Michigan I**

Sara Abelson – Healthy Minds Network

Kristelle Aisaka – JED Foundation

Laura Horne – Active Minds

Janet Lewis Muth – Carleton College

Andrea Tracy – Grinnell College

Each speaker will give a 10-minute presentation on innovations and best practices from their different perspectives and experiences. Following the presentations, we will have time for Q&A. We encourage you to address your question to one or two panel members rather than the whole panel.

3:00 – 3:10

**Break**

3:10 – 4:00

**Campus Team Meetings, Various locations (see below)**

Optional discussion prompts are in your folder.

One of our outside speakers is assigned to your group/room as noted below to simply serve as an additional resource.

*Albion – Michigan V (side 1) – Sara Abelson*

*Allegheny – Michigan IV (side 1) – Nance Roy*

*Antioch – Michigan III (side 1) – Andrea Tracy*

*Denison – Michigan I (corner 1) – Laura Horne*

*DePauw – Michigan V (side 2) – Sara Abelson*

*Hope – Michigan IV (side 2) – Kristelle Aisaka*

*Kalamazoo – Foyer area (side 1) – Janet Lewis Muth*  
*Kenyon – Michigan III (side 2) – Andrea Tracy*  
*Oberlin – Foyer area (side 2) – Janet Lewis Muth*  
*Ohio Wesleyan – Michigan I (corner 2) – Chelsi Day*  
*Wabash – Michigan I (corner 3) – Carlton Green*  
*Wooster – Michigan I (corner 4) – Michael Woodford*

Please take the last 5 minutes and note on a flip chart page, under your campus name, 1-2 of the most important action items emerging for your campus team; these will be displayed for everyone over the break and dinner.

4:00 – 5:30

**Panel: Building Institutional Capacity for Inclusive Mental Health and Wellness, Michigan I**

Chelsi Day – Ohio State University  
Carlton Green – University of Maryland  
Michael Woodford – Wilfrid Laurier University

Each speaker will give a 10-minute presentation on inclusive practices related to student mental health and wellness from their expertise, perspective and experiences. Following the presentations, we will have time for Q&A. We encourage you to address your question to one or two panel members rather than the whole panel.

5:30 – 6:00

**Break**

6:00 – 8:00

**Dinner, Michigan I**

Working dinner with Campus Teams  
Optional discussion prompts are in your folder.

At the end of your meeting, please divide up the team so that you have representatives at each of the four “round-table discussions” to be held tomorrow morning. See below for the list of which presenters will be in each room; different members of your campus team may want to be in a session with a particular presenter.

*Michigan I*

Nance Roy, JED Foundation  
Janet Lewis Muth, Carleton College

*Michigan III*

Sara Abelson, Healthy Minds Network  
Michael Woodford, Wilfrid Laurier University

*Michigan V*

Kristelle Aisaka, JED Foundation  
Laura Horne, Active Minds

*Michigan IV*

Chelsi Day, Ohio State University  
Andrea Tracy, Grinnell College

## FRIDAY, DECEMBER 13

7:30 – 8:30

### **Breakfast, Michigan I**

Please take this opportunity to talk more with our speakers, meet others you have not yet met, engage further with your campus team or with those in your position elsewhere.

8:30 – 9:00

### **Break**, and if you haven't already done so, please **Check Out** of the hotel

9:00 – 10:00

### **Round-table Discussions**, *Various locations (see below)*

This is a final opportunity to ask our speakers any questions you still have. Questions can be on anything the campus still wants to hear or learn about. Please ensure that you have someone from your campus team at each of the four sessions below.

#### Discussion I, *Michigan I*

Nance Roy, JED Foundation  
Janet Lewis Muth, Carleton College

#### Discussion II, *Michigan V*

Kristelle Aisaka, JED Foundation  
Laura Horne, Active Minds

#### Discussion III, *Michigan III*

Sara Abelson, Healthy Minds Network  
Michael Woodford, Wilfrid Laurier University

#### Discussion IV, *Michigan IV*

Chelsi Day, Ohio State University  
Andrea Tracy, Grinnell College

10:00 – 11:10

### **Campus Team Meetings**, *Various locations (see below)*

Please prepare a single flip chart page, giving your campus name and a report out focusing on the following two items:

- What are your campus team's "top 2-3 take-aways" that will become part of your action plan when you return to campus?
- What is an opportunity for consortial collaboration that your campus team identified that might be mutually beneficial to all?

*Albion – Michigan V (side 1)*  
*Allegheny – Michigan IV (side 1)*  
*Antioch – Michigan III (side 1)*  
*Denison – Michigan I (corner 1)*  
*DePauw – Michigan V (side 2)*  
*Hope – Michigan IV (side 2)*  
*Kalamazoo – Foyer area (side 2)*

*Kenyon – Michigan III (side 2)*  
*Oberlin – Foyer area (side 2)*  
*Ohio Wesleyan – Michigan I (corner 2)*  
*Wabash – Michigan I (corner 3)*  
*Wooster – Michigan I (corner 4)*

*11:15 – 11:45*     **A Touring Report Out, Michigan I**

Each campus should report out using a single flip chart page from your campus team meeting on the two items noted above. Take this final opportunity to learn from and share with each other by circulating around the room and viewing the reports from each campus team. Please have one or two team members remain with your flip chart (and have one or two others swap out with them half way through) so that you can answer questions on your report or hear comments from other participants on your report. Participants are encouraged to add comments or suggestions to the team report using small post-it notes.

*11:45 – 12:00*     **Wrap Up and Evaluations, Michigan I**