



Day 1: March 13

10:00-11:00 am: The Connector Tours (max 15/session): 603 East Madison St., Ann Arbor, MI 48109

11:00 am-12:00 pm: The Connector Tours (max 15/session): 603 East Madison St., Ann Arbor, MI 48109

12:30-1:00	Registration	
1:00-2:00	John F. Greden Scholar in Residence Lecture and Opening Keynote	<p>How Can Digital Technologies Help Us? Tom Insel, MD, President and Co-Founder, MindStrong Health Over the past two decades, technology has transformed many aspects of everyday life, from commerce to entertainment. The smartphone has now become so ubiquitous and is used so intensively by young adults that many experts view this hand-held computer as a major threat to mental health. Social media sites have been blamed for depression, social isolation, and even suicide amongst youth. While digital technology is usually considered a source of the problem, this presentation will explore ways in which this technology can be used as a solution for mental health issues. Digital phenotyping uses smartphone sensors, keyboard behavior, and semantic signals to identify changes in cognition and mood. This approach promises earlier detection of relapse and recovery with passive, ecologically-valid measures. A range of psychosocial interventions, from peer support to cognitive behavior therapy, can be delivered via the smartphone, offering a closed loop approach. In a world where users expect convenient, timely, and anonymous services for information and for purchases, will the smartphone look more appealing than traditional brick and mortar care?</p>
2:15-5:15	Workshop #1	<p>Adverse Childhood Experiences, Creating Trauma-Informed Spaces, and Providing Trauma-Informed Care <i>Nadia Bazy, MA, LLMFT, Director, Office of Multi-Ethnic Student Affairs, University of Michigan; Polly Gipson, PhD, Clinical Assistant Professor, University of Michigan Department of Psychiatry; Mary Gruman, MS, LPC, Birchbark Counseling; Mary Ufford Manner, MS, Great Start Coordinator, Venture North Funding & Development</i></p>
	Workshop #2	<p>Digital Strategies to Promote Mental Health <i>Glenn Albright, PhD, Associate Professor, Department of Psychology, Baruch College, City University of New York; Nathan Demers, PsyD, Vice President & Director of Clinical Programs, YOU at College; Isla Reddin, BA, Co-Founder, Director of Strategic Partnerships, PocketConfidant AI</i></p>
2:15-3:45	Mini Workshop #1	<p>Mapping Restorative Settings to Promote Mental Health and Inform Architectural Change for Recreation Sports and the Michigan Union <i>Brian Schermer, PhD, Licensed Architect, Associate Professor of Architecture, University of Wisconsin-Milwaukee; Michael Barton, Program Assistant, Wolverine Wellness, University Health Service, University of Michigan; Mary Jo Desprez, MA, Director, Wolverine Wellness, University Health Service, University of Michigan; Loren</i></p>



		<i>Rullman, PhD, Workshop Architects; Lisa Shea, MS, Associate Director, Programs & Marketing, Recreational Sports, University of Michigan</i>
	Mini Workshop #2	Campus and National Climate: Implications for the Mental Health of Students of Color and Other Marginalized Student Populations <i>Sara Abelson, PhD Candidate, University of Michigan; Sarah Lipson, PhD, Research Assistant Professor, University of Michigan; Alfie Breland-Noble, Director, AAKOMA, Senior Scientific Advisor, The Steve Fund</i>
	Mini Workshop # 3	Harnessing Film and Creativity to Create a Positive Mental Health Culture on Campus <i>Cary McQueen, MA, Founder, Executive Director, Art with Impact</i>
3:45-5:15	Mini Workshop # 4	How Space Design and Recreation Impact Wellbeing <i>David Siegle, MBA, Senior Assistant Director, IMSB, University of Michigan; Ellen Dixon, BS, Assistant Director, Fitness and Wellness, University of Michigan Recreational Sports</i>
	Mini Workshop #5	How to Support Marginalized Groups in Our Spaces <i>Mary Larkin; LGBT Resource Center, Diversity & Community Involvement, Eastern Michigan University; Matt Statman LMSW, CAADC, Collegiate Recovery Program Manager, University Health Service, University of Michigan</i>
	Mini Workshop #6	Creative Curriculum Initiatives and Student Wellbeing: The Evolution of "Tuning the Student Mind" <i>Molly Beauregard, MA, MPA, Faculty, College for Creative Studies; Val Weiss, LMSW, Director of Wellness + Counseling, College of Creative Studies</i>
5:15-6:15	<i>Poster session and Networking Reception</i>	



Day 2: March 14

8:30-9:00	Continental Breakfast and registration	
9:00-10:30	Panel Discussion	<p>Mental Health Disability on Campus: Cultivating Communities of Wellbeing in Higher Education <i>Leah Goodman, MA, OTD, OTR/L, Occupational Therapist, University of Illinois at Chicago; Dorothy Gotlib, MD, Staff Psychiatrist, Counseling and Psychological Services, University of Michigan; Phillip Saragoza, MD, Psychiatrist, Ann Arbor Center for the Family; Victor Schwartz, MD, Chief Medical Officer, The Jed Foundation; Stuart Segal, PhD, Director of the Office of Services for Students with Disabilities, University of Michigan</i></p>
10:45-12:00	Concurrent Session #1	<p>Down and Out: Providing LGBTQ+ Safe Spaces at a Non-Affirming Faith-Based University <i>Sarah Godoy, PhD, Staff Psychiatrist, Director of Outreach, Catholic University of American; Kathryn Campana Scherer, PhD, Staff Psychologist, Coordinator of Group Therapy, Catholic University of America; Amy Fuhrmann, MA, Psychology Intern, Catholic University of America</i></p>
	Concurrent Session #2	<p>Fostering a Culture of Wellbeing on Campus at the University of Michigan <i>Joy Pehlke, MEd, Health Educator, University of Michigan; Michael Barton, Program Assistant, Wolverine Wellness, University Health Service, University of Michigan</i></p>
	Concurrent Session #3	<p>Successes and Challenges in Changing Campus Structures and Processes to Promote Wellness <i>Laura Horne, MPH, Director of Programs, Active Minds; Lee Swain, MA, Director, Jed Campus, The Jed Foundation</i></p>
	Concurrent Session #4	<p>Promoting Wellbeing Through Physical Spaces <i>Kelly Hogan Stewart, MPH, Director of Health Promotion Wellness, University of Notre Dame; Katrina Conrad, MPH, Assistant Director of Health Promotion Wellness, University of Notre Dame</i></p>
12:00-1:15	Banquet lunch and Student Mental Health Advocate Award	
1:30-2:45	Concurrent Session #5	<p>International Student Mental Health: Promoting Wellness with Mindfulness <i>Katherine Weyant, MA, TESOL, Lecturer, English Language Institute, University of Michigan; Trisha Dowling, MA, TESOL, Lecturer, University of Michigan; Allison Piippo, MA, TESOL, IEP Student Services Specialist, Eastern Michigan University; Laura Monschau, PhD, CAPS Embedded Psychologist for Rackham Graduate School, Counseling and Psychological Services, University of Michigan; Huan-Hsiang Ueng, PhD, Staff Psychologist, Counseling and Psychological Services, University of Michigan</i></p>



	Concurrent Session #6	<p>Behavioral Assessment & Intervention Teams: From Chaos to Case Management <i>Grant L. Azdell, PhD, Vice President for Student Affairs and Dean of Students, Randolph-Macon College</i></p>
	Concurrent Session #7	<p>Student-Driven Mental Health Policy and Environmental Change: Tools and Lessons Learned <i>Mattie Ellis, Director of Active Minds Chapter, University of Michigan; Laura Horne, MPH, Director of Programs, Active Minds; Nicole Wesley, President, Active Minds at University of Michigan Dearborn</i></p>
	Concurrent Session #8	<p>Supporting Transgender and Gender Non-Conforming Students through Collaboration and Organizational Redesign <i>Diana Parrish, LMSW, Mental Health Care Manager, University of Michigan; Elizabeth Gonzalez, LMSW, Assistant Director of Clinical Services, Counseling and Psychological Services, University of Michigan; Will Sherry, LLMSW, Director, Spectrum Center, University of Michigan</i></p>
3:00-4:00	Closing Keynote	<p>Strategic Engagements: UCLA Depression Grand Challenge & Resilience Peer Network <i>Elizabeth Gong-Guy, PhD, Executive Director, Campus and Student Resilience, UCLA</i></p> <p>In the past decade, UCLA has developed a network of services to support student wellness across an array of domains extending far beyond health and mental health. Despite these efforts, the steady rise in mental health service demands has continued to exert pressure on CAPS services leading to reduced appointment availability and lengthy wait-times for students needing less than crisis or emergent care. The UCLA Depression Grand Challenge is partnered with Campus & Student Resilience to train and engage students in a Resilience Peer Network to support the delivery of a robust evidence based internet cognitive behavioral therapy to students screened for mild to moderate depression and anxiety. This talk provides a preliminary overview of our findings, and describes our successes in bringing a scalable screening, early intervention, treatment, and resilience-building program embedded in research to our students.</p>