

From Health to Well-Being

A Campus Cultural Change Conference



College Avenue Student Center

Program for June 18, 2018

8:30 – 9:00 ● **Registration**

9:00 – 9:45 ● **Welcome**

Melodee Lasky, MD, Assistant Vice Chancellor, Rutgers University-New Brunswick

9:45 – 10:45 ● **Keynote Address: Centering Well-Being on Campus**

Glen Sherman, Associate Vice President and Dean of Student Development, William Paterson University

11:00 – 12:15 ● **Morning Breakout Sessions**

Locations will be provided the day of the conference.

Giving Recognition & Feedback

Karen Hackes, Trainer with the Office of Continuing Professional Education, the Workforce Development Unit, Rutgers University-New Brunswick

Micro-Aggressions & the Impact on Social & Emotional Wellness Panel Discussion:

Elizabeth Amaya-Fernandez, MPH, Wellness Coordinator Counseling, Health & Wellness Center, William Paterson University
Gerayn Williams, MA, Radical Educator and Leadership Counselor

Mindful & Intentional Eating

Peggy Policastro, PhD, RDN, Director of Behavioral Nutrition/Student Ambassador Program, NJ Institute for Food, Nutrition, and Health/Dining Services, Rutgers University-New Brunswick

Faith Zones: Spiritual Wellness

Kerri Willson, EdM, Director of Off-Campus Living and Community Partnerships, Rutgers University-New Brunswick

Mindful Walking

Siobhan Gibbons, EdD, CYT, Staff Psychologist, Counseling, Alcohol & Other Drug Assistance Program & Psychiatric Services, Rutgers University-New Brunswick

12:15 – 1:30

Lunch

Multipurpose Room
Chair massages will be available.

1:30 – 2:45

Afternoon Breakout Sessions

Locations will be provided the day of the conference.

Basic Needs Insecurity in Higher Education

Cara Cuite, PhD, Assistant Extension Specialist in the Department of Human Ecology at Rutgers University, Rutgers University-New Brunswick
Kerri Willson, EdM, Director of Off-Campus Living and Community Partnerships, Rutgers University-New Brunswick
Jewel Daney, Senior Case Manager, Dean of Students Office, Rutgers University-New Brunswick

Financial Wellness

Barbara O'Neill, Ph.D., CFP, CRPC, AFC, CHC, CFEd, CFCS
Extension Specialist in Financial Resource Management

Gentle Yoga

Steffani Gallante, Fitness & Class Program Coordinator, Recreation, Rutgers University-New Brunswick

Marijuana: The Changing Landscape (Remote Session)

Laurie Jevons, Assistant Director of Alcohol and Other Drug Prevention Initiatives at NASPA
Mallory Jordan, Assistant Director of Health & Well-Being Initiatives for NASPA

Sleep, Anxiety & Health Outcomes

Andrea Spaeth, PhD, Assistant Professor, Kinesiology & Health, Rutgers University-New Brunswick

3:00 – 3:45

Closing Session

Multipurpose Room
Sejal Brahmhatt, PhD
Siobhan Gibbons, EdD, CYT, Staff Psychologist, Counseling, Alcohol & Other Drug Assistance Program & Psychiatric Services, Rutgers University-New Brunswick

4:15 – 5:30

Optional Wellness Happy Hour

Registration prior to the conference is required.
Deiner Park (College Avenue Gym is rain location)
Activities include: Paint & Sip, Plant a Succulent Garden, Kayak the Raritan (cancelled if rain), & Gentle Yoga