



2nd Annual Health & Wellness Summit
Centering Emotional Wellness

Monday, June 3, 2019 • 8:30 – 4:00pm
College Avenue Student Center

2nd Annual Health & Wellness Summit

Centering Emotional Wellness

College Avenue Student Center

Program for June 3, 2019

8:30 – 9:00 am



Registration & Breakfast

Lounge

9:00 – 9:45 am



Welcome

MPR AB

9:45 – 10:45 am



Opening Keynote:

Dr. Evan Kleiman, PhD, Assistant Professor, Psychology Rutgers University
Edward Selby, PhD, Director of Clinical Training, Associate Professor,
Department of Psychology, Rutgers University

How Can New Technology Help Us Understand, and Improve, Mental Health?

MPR AB

11:00 am – 12:15 pm



Morning Breakout Sessions

(Breakout room assignments will be provided on the day of the conference).

The Hunger Frames

Peggy Policastro, PhD, RDN, Director, Behavioral Nutrition, Institute for Food, Nutrition, and Health and Rutgers Dining Services & Christopher Gunning, RD, Rutgers Student Health Services

Green to be Healthy, Green to be Happy: Enabling Green Living by Design

Laura Lawson, PhD, Dean of Academic Programs, Professor of Landscape Architecture, School of Environmental and Biological Sciences, Rutgers University

Connection is Protection: Using Social Supports to Promote Stability & Prevent Crisis

Kathryn Burton, EdM, DRCC, Rutgers UBHC Behavioral Research Training Institute

Heart Centered Yoga

Steffanie Gallante, M.Ed, RYT 200, Rutgers Recreation
Lion's Lounge

Exercise is Medicine: The Benefits of Physical Activity on Mental Health

Brandon Alderman, PhD, Associate Professor and Vice Chair of Education and Administration

Creating and Sustaining a Culture of Inclusion: Institutionalizing Diversity and Dismantling Structural Discrimination

Tawanda Hubbard, DSW, LCSW, Professor, Monmouth University

12:15 – 1:15 pm

**Lunch***Lounge & MPR*

1:30 – 2:45 pm

**Afternoon Breakout Sessions**

(Breakout room assignments will be provided on the day of the conference).

Mindfulness in your Day**Siobhan Gibbons, EdD, CYT, Rutgers CAPS***Meet in the Lounge***Art as Therapy: Learn how to engage in Creative Self-Care****Meurcie Zignoli, MA, Residential Care Coordinator,
Residence Life Student Support, Rutgers University****Civil (Dis)Agreement****Robin Hyson, LPC, LCADC, ACS, CCS & Hillary Scheer LAC, CTTS,
The Empowerment Center****Building High Quality Relationships for a High Quality Team
(Like yours!)****Nora Osei, MS, Sport Club Coordinator, Rutgers Recreation****Financial Wellness: How to Define It, Assess It, and Achieve It****Barbara O'Neill, Ph.D., CFP, CRPC, AFC, CHC, CFEd, CFCS,
Distinguished Professor and Financial Resource Management
Specialist, Rutgers Cooperative Extension****Addressing Disparities, Implicit Bias, and the Isms in Health
and Health Care****Robert Like, MD, MS, Professor & Director****Center for Healthy Families & Cultural Diversity, Department of
Family Medicine & Community Health, Rutgers Robert Wood
Johnson Medical School**

3:00 – 4:00 pm

**Closing Keynote:****Yael Shy, Esq. Senior Director of the NYU Global Spiritual Life
Center, Founder and Director of MindfulNYU, Director of the Of
Many Institute for Multifaith Leadership****Sustaining Ourselves, Sustaining Our Students:****Wellness in Student Affairs***MPR AB*

4:15 – 5:30 pm

**Wellness Happy Hour:****Tasty snacks, plant a succulent, create a bamboo planter, make
your own gratitude box!***Lounge*

Speaker Bios



Brandon Alderman, PhD, Associate Professor and Vice Chair of Education and Administration

Dr. Brandon Alderman is an Associate Professor and Vice Chair of Education and Administration in the Department of Kinesiology and Health in the School of Arts and Sciences at Rutgers University. He earned B.S. and B.A. degrees in Biology and Secondary Education from the University of Wyoming, a M.S. degree in Kinesiology and Health from the University of Wyoming, and his Ph.D. in Interdisciplinary Exercise Science from Arizona State University. Dr. Alderman has established a patient-oriented research program at Rutgers to study how exercise and other behavioral interventions can be used to enhance physiological, neurocognitive and psychological resilience. His research program incorporates psychophysiological and cognitive neuroscience techniques, including event-related potentials (ERPs) and impedance cardiography, to better understand acute and chronic adaptations to exercise, and how knowledge of these adaptations can be applied to intervention development. The ultimate goal is to better understand how exercise and/or physical activity may improve emotional reactivity and cognitive function among at-risk patient populations.



Kathryn Burton, EdM, DRCC, Rutgers UBHC Behavioral Research Training Institute

Kathryn Burton is a Training and Consultation Specialist at the Rutgers UBHC Behavioral Research Training Institute. She spent almost a decade with the Middlesex County Children's Mobile Response program, going out into the community to see youth & their families in crisis. Kathryn currently facilitates trainings on crisis prevention, suicide prevention and other behavioral health related topics. She believes that positive relationships heal people.



Steffanie Gallante, M.Ed, RYT 200, Rutgers Recreation

Steff Gallante is a Fitness and Class Program Coordinator and part-time Lecturer at Rutgers University. A large part of her professional work is in educating the effects of mindfulness, yoga and meditation techniques in decreasing stress, increasing focus, and boosting success. Steff earned a bachelor's degree in Psychology from Rutgers University and a master's degree in Kinesiology at Temple University. She is a 200-hour Registered Yoga Teacher and instructs the academic course, Exercise & Relaxation at Rutgers. Steff is a Group Fitness Course Presenter for the National Association for Fitness Certification (NAFC) and is currently working towards completing a 500-hour Yoga Teacher license.



Siobhan Gibbons, EdD, CYT, Rutgers CAPS

Dr. Siobhan Gibbons Ed.D. CYT is a staff psychologist at Rutgers CAPS. She has been teaching meditation and the Mindfulness Based Stress Reduction workshops at Rutgers Recreation Services since 2008. She is a Certified Yoga Teacher and certified to teach Mindfulness Based Stress Reduction from the Center for Mindfulness in Medicine, Health Care and Society in University of Massachusetts Medical School.

Speaker Bios



Christopher Gunning, RD, Rutgers Student Health Services

Christopher Gunning is a Clinical Nutritionist who works with Rutgers Student Health Services, providing medical nutrition therapy counseling to the undergraduate and graduate student population on the Rutgers — New Brunswick campus. He also works with the University's multidisciplinary eating disorder team and oversees the Nutrition Advocates undergraduate peer education program. Christopher believes that a well-balanced diet, adequate physical activity, and proper sleep are essential for maintaining optimal health throughout all stages of life. Christopher has served in multiple leadership roles, including Region One Co-Chair (2013-2015) and Web Chair (2015-2017) for the New Jersey Academy of Nutrition and Dietetics (NJAND); and Professional Development Coordinator (2015-2016) and Chair (2016-2018) for the National Organization of Men in Nutrition (NOMIN). Christopher is a Registered Dietitian Nutritionist (RDN) credential by the Commission on Dietetic Registration and has been recognized as an Outstanding Dietetics Student (2012) and Emerging Dietetics Leader (2016) by the Academy of Nutrition and Dietetics (AND). Christopher holds a Bachelor of Science degree in Nutritional Sciences with a concentration in Dietetics from Rutgers University and has also begun graduate coursework towards his Master's in Business Administration degree.



Tawanda L. Hubbard, DSW, LCSW, Professor, Monmouth University

Dr. Tawanda Hubbard is a social work educator and practitioner. She holds a faculty position at Monmouth University School of Social Work where she teaches predominately practice courses and field practicum. She also teaches and has provided field supervision at Rutgers School of Social Work. Dr. Hubbard is a licensed Clinical Social Worker with experience in child welfare, behavioral health, adolescent and family therapy, case management, and clinical practice. She currently provides family and individual therapy as a private practitioner, clinical supervision, trains DCP&P Workers (children protection) as part of New Jersey Child Welfare Training Partnership and conducts workshops on her scholarship interests. Dr. Hubbard is the current President of the National Association of Social Workers, New Jersey Chapter.



Evan Kleiman, PhD, Assistant Professor, Psychology Rutgers University

Evan Kleiman, Ph.D. is an Assistant Professor of Psychology at Rutgers University. Prior to coming to Rutgers, Dr. Kleiman was a Postdoctoral Fellow (2014-2017) and Research Associate at Harvard University. He received his Ph.D. in Clinical Psychology at George Mason University (2014), completed his clinical psychology internship at Temple University (2014), and received his BA in Psychology from Temple University (2008). Dr. Kleiman's work focuses on understanding the everyday occurrence of factors of interest to clinical psychological scientists. He has a specific focus on the everyday lives of individuals at risk for suicide using smartphone and wearable monitoring technology. His work has been published in over 75 peer-reviewed manuscripts and is currently funded by several NIMH grants.

Speaker Bios



**Laura Lawson, PhD, Dean of Academic Programs,
Professor of Landscape Architecture,
School of Environmental and Biological Sciences, Rutgers University**

Laura Lawson is Professor of Landscape Architecture and Dean of Academic Programs in the School for Environmental and Biological Sciences at Rutgers University, New Brunswick. She has a B.A. in Environmental Studies from the University of California, Santa Cruz and an MLA and Ph.D. from the University of California, Berkeley. Her research includes historical and contemporary community open space, with particular focus on urban agriculture and the changing roles of parks in low-income communities. She is currently working on a collaborative project, Cultivating Justice, to develop a website that explores African American values and experiences in rural and urban agriculture. She is author of *City Bountiful: A Century of Community Gardening in America* (Berkeley: University of California Press, 2005) and co-author of *Design as Democracy: Techniques for Collective Creativity* (Washington DC: Island Press, 2017), *Greening Cities, Growing Communities: Urban Community Gardens in Seattle* (Seattle: University of Washington Press, 2009), as well as of numerous publications in academic journals, edited books, and popular media. At Rutgers, Professor Lawson teaches courses focused on social and cultural issues in design and planning.



**Robert Like, MD, MS, Professor and Director, Center for Healthy Families
and Cultural Diversity, Department of Family Medicine and Community
Health, Robert Wood Johnson Hospital**

Dr. Like received his MD degree from Harvard Medical School in 1979, and completed his residency and MS degree fellowship training in family medicine from Case Western Reserve University in 1984. He is a family physician with a background in medical anthropology, and has carried out fieldwork in the Azores Islands, Portugal; Beersheva, Israel; Zuni, New Mexico; and the Kingdom of Tonga in Western Polynesia.

Dr. Like has served as a member of the DHHS Office of Minority Health's CLAS Standards National Project Advisory Committee, the OMH Regional Health Equity Council for Region II, and AHA Equity of Care National Advisory Committee; co-chair of the Society of Teachers of Family Medicine's Group on Multicultural Health Care and Education; Medical Society of New Jersey representative to the AMA/NMA/NHMA Commission to End Health Care Disparities, and on numerous national expert panels, committees, and task forces. He is also a W. Montague Cobb/National Medical Association (NMA) Health Institute Senior Fellow, and currently serves as Chair of the New Jersey Statewide Network for Cultural Competence.

Speaker Bios

(Dr. Like continued)

Dr. Like is nationally known for his work in the area of cultural competency and health professions education. He has received a variety of awards including the 2004 Distinguished Service in the Health Field Award from the National Association of Medical Minority Educators, the 2004 and 2007 Pfizer-American Academy of Family Physicians Foundation Visiting Professorships in Family Medicine, and is a member of the Rutgers Biomedical and Health Sciences Stuart D. Cook, M.D. Master Educators' Guild. He is actively involved in developing and directing UME, GME, and CME programs, and provides training and technical assistance relating to the delivery of patient-centered, culturally responsive care to diverse populations.



Barbara O'Neill, Ph.D., CFP® , CRPC, AFC, CHC, CFEd, CFCS, Distinguished Professor and Financial Resource Management Specialist, Rutgers Cooperative Extension

Dr. Barbara O'Neill holds the rank of Distinguished Professor at Rutgers University, and is Rutgers Cooperative Extension's Specialist in Financial Resource Management. She also provides national leadership for the Cooperative Extension programs Investing For Your Future and Small Steps to Health and Wealth™. A certified financial planner®, Dr. O'Neill received her Ph.D. in family financial management from Virginia Tech and has written over 1,700 consumer newspaper articles and over 160 articles for professional publications. She has also received over three dozen awards for program excellence and over \$1.2 million in external funding to support her financial education programs and research.



Nora Osei, MS, Sport Club Coordinator, Rutgers Recreation

Nora Osei joined Rutgers Recreation in 2018. As the Coordinator for Sport Clubs, Nora organizes the logistics for 59 Sport Clubs, creates monthly training and development workshops for the Sport Club Officer and oversees the Sport Club Council. During the summer, her job transforms to Rutgers Rec Kids - Adventure Camp Director, supervising the camp counselors. Nora graduated from Eastern Mennonite University with a Bachelor's of Science in Computer Science, as a dual NCAA basketball and soccer player. She received her graduate degree in Kinesiology with a Concentration in Sport and Recreation Leadership, with a Focus in Campus Recreation from James Madison University (JMU) where started her journey in collegiate recreation serving as the Sport Club and Youth Programs Graduate Assistant. Prior to joining Rutgers Recreation, Nora was Summer Day Camp Counselor-in-Training Coordinator at Princeton University. Nora was born in raised in Northern Virginia. She enjoys going to church, playing pick-up basketball or soccer, spending time with family and friends, and cooking. When she is not cooking, you can find her at your closest Chick-fil-a. Nora's favorite thing about working in Recreation is working with amazing student and staff to help move the Rutgers community into living a healthier life style.

Speaker Bios



Peggy Policastro, PhD, RDN
**Director, Behavioral Nutrition, Institute for Food, Nutrition,
and Health and Rutgers Dining Services**

Dr. Peggy Policastro, RDN is the Director of Behavioral Nutrition at the IFNH and Rutgers Dining Services. Peggy works with populations across the lifespan using Behavioral Economics to nudge individuals towards healthier food choices. Peggy believes making a healthy food choice the easiest/most salient option is the most effective way to encourage behavior change. Peggy has used the various dining facilities as living laboratories to harness behavior change. Her research findings showed that just posting a simple calorie message about sugar sweetened beverages, increased water sales by approximately 6% over seven weeks. Peggy is a Registered Dietitian who was named the 2012 Academy of Nutrition and Dietetics Nutrition Educator of the Year. She directs the IFNH Student Ambassador Program and was named 2018 Rutgers University Student Supervisor of the Year. Peggy also runs Health and Wellness Program at the IFNH where she works closely with Chefs to institute Menus of Change principles and is an active member of the Menus of Change University Research Collaborative where she holds the position of Chair of the Academic Committee. Peggy holds a PhD in Interdisciplinary Studies-Nutritional Science and Psychology from Rutgers University.



**Edward Selby, PhD, Director of Clinical Training, Associate Professor,
Department of Psychology, Rutgers University**

Dr. Edward Selby, an Associate Professor of Psychology and a licensed psychologist in New York, specializes in the research and treatment of suicidal and self-injurious behavior, personality disorders, and eating disorders. Dr. Selby and colleagues have authored the Emotional Cascade Model, a model that aims to enhance our understanding of why people experience emotion dysregulation and engage in dysregulated or self-sabotaging behaviors, as well as positive emotion dysregulation models of Anorexia Nervosa. Dr. Selby has published extensively in these areas, with publications appearing in premier outlets such as Clinical Psychological Science, Journal of Abnormal Psychology, Clinical Psychology Review, Behaviour Research and Therapy, and Psychological Review. Dr. Selby's research has been funded by organizations such as the National Institute of Mental Health, the Brain and Behavior Foundation, and Janssen Pharmaceutica, and his work has been recognized with multiple awards including an International Academy of Suicide Research Young Investigator Award for 2013, NARSAD early investigator award, and the Neil S. Jacobson Award for Outstanding and Innovative Clinical Research. In addition his ongoing program of research, Dr. Selby serves as the Director of Clinical Training for the Rutgers Clinical Psychology Ph.D. program and regularly teaches graduate level adult psychopathology and applied latent variable modeling and hierarchical linear modeling.

Speaker Bios



Robin Hyson LPC, LCADC, ACS, CCS & Hilary Scheer LAC, CTTS, The Empowerment Center

Robin Hyson LPC, LCADC, ACS, CCS & Hilary Scheer LAC, CTTS are co-founders of the “Empowerment Center,” a private practice in Monmouth County, NJ. They help clients understand interpersonal conflict and resolution. They work with clients on a variety of issues including anxiety, emotion regulation, cognitive distortions, self-improvement, communication efficacy, and goal setting to better manage the self and interactions with others.



Yael Shy, Esq. Senior Director, NYU Global Spiritual Life, Founder and Director, MindfulNYU, Senior Director, Of Many Institute for Multifaith Leadership at NYU

Yael Shy is the Senior Director of Global Spiritual Life at New York University and the Founder and Director of MindfulNYU. She is also the author of the award-winning book, “What Now? Meditation for Your Twenties and Beyond” (Parallax, 2017).



Meurcie Zignoli, MA, Residential Care Coordinator, Residence Life Student Support, Rutgers University

Meurcie Zignoli works as a Residential Care Coordinator for Student Support within Rutgers Residence Life. Meurcie serves as a non-clinical case manager and supportive resource for residential students who experience mental health crises while at Rutgers. Meurcie earned her Master’s Degree in Art Therapy from Marywood University in 2015, and combines her education with her professional experience in Student Affairs to support students and staff. Meurcie has a passion for combining mental health and the arts as a mode of self-care, self-discovery, healing and growth. Meurcie has lead workshops covering topics such as Art Therapy, Self-Care, Stress Management, Mindfulness, Basic Counseling Skills and others. Meurcie enjoys providing art-making opportunities during workshops, so come prepared to engage and create!



Workshop Descriptions



How Can New Technology Help Us Understand, and Improve, Mental Health?

Evan Kleiman, PhD

Edward Selby, PhD

In recent years, smartphones and devices such as wearable monitors that can detect activity, sleep, and physical health (e.g., heart rate) have become widely accessible. These new technologies provide us with a way to get a better understanding of what mental health problems look like as they unfold in real time, creating possibilities to improve mental health in ways not possible before. My talk will cover some of the mental health work my collaborators and I have done using smartphone and wearable technology. The talk will focus on predicting and preventing suicidal thoughts and behaviors (a problem of great importance, especially on college campuses) as well as other related health behaviors such as emotion regulation and mood disorders like depression and anxiety.



The Hunger Frames

Peggy Policastro, PhD, RDN

Christopher Gunning, RD

Can the manner in which an eating environment is framed have an impact on foods chosen? Can a nudge towards healthier food options be the key to controlling weight? Is nutrition education alone the most effective way to address the obesity epidemic? The average person typically puts on 1 to 2 pounds a year from early adulthood through middle age and much of the increase is concentrated in the 20s, for men and women. Concepts from Behavioral Economics have been used effectively to change consumer actions. Subtle prompts, such as pictures of vegetables on cafeteria lunch trays, nudging customers towards healthy items using a color-coded labeling system and verbal prompts have been effective in promoting healthy eating behaviors. We will provide scientific based evidence to support the use of nudges as a low cost measure to entice behavior change while still allowing freedom of choice. This session will illustrate how we can harness the use of nudges to entice people to choose healthier foods. We will be examining decision-making research from Psychology with behavior change research from Nutrition and business marketing principles to shed new light on determinates of healthy choice.



Green to be Healthy, Green to be Happy: Enabling Green Living by Design

Laura Lawson, PhD

While many people want to live greener lives, sometimes it feels like our everyday experiences make green choices difficult. This talk affirms the value of sustainable practices for personal well-being, community engagement, and environmental health. Acknowledging the competing demands on our busy lives and resources, how can we enable people to make positive choices for themselves and their environment through the design of everyday places that encourage healthy and happy alternatives? This talk will explore innovations in design and planning that reduce waste, increase healthy alternatives, improve habitat, and address long-term environmental sustainability.

Workshop Descriptions



Connection is Protection: Using Social Supports to Promote Stability & Prevent Crisis

Kathryn Burton, EdM, DRCC

Does it ever feel like the same students are in your office reaching out for help over and over again? This workshop will discuss the link between a lack of trusted social supports and an increase in crises especially for students with trauma histories and/or mental health challenges. We will then practice building social support networks using four tools from different research-based approaches, and--bonus--come away with more information about the social supports available in our own lives!



Heart-Centered Yoga

Steff Gallante, M.Ed., RYT 200

Step away from the hustle and bustle of life and into the present moment. Experience the power of focusing on your current state, your needs and positive self-talk through a mindful yoga practice. Learn tools to maintain self-awareness as you head back to the demands of compassionately serving others throughout your day.



Exercise is Medicine: The Benefits of Physical Activity on Mental Health

Brandon Alderman, PhD

For nearly 50 years, researchers in exercise psychology have studied and promoted the idea that exercise is beneficial for both mental health and cognitive functioning. These notions about exercise are also widespread in the popular press. However, the medical community has been more reserved about treating depression and related disorders with exercise and/or physical activity. Several ongoing concerns may be influencing the medical community and health care providers views about exercise. These issues will be covered in this session, along with the role of Exercise is Medicine (EIM-OC campaign) as we envision a way forward in this area.

Workshop Descriptions



Creating and Sustaining a Culture of Inclusion: Institutionalizing Diversity and Dismantling Structural Discrimination

Tawanda Hubbard, DSW, LCSW

In today's social climate, people are being inundated with messages and images depicting diversity as something to fear and a threat to their way of life. These ideas and feelings that are generated spill over and impact our personal and professional lives. In this workshop, the concept of diversity, its importance and challenges for helping professionals and organizations in our current social and political environment will be explored. The needs, barriers, and risks involved in moving beyond just appreciating and valuing diversity to institutionalizing diversity will be explained. There will be open discussions and experiential activities tailored to increase participants' awareness of how they respond to power imbalances and systemic inequities within social systems. Participants will identify effective strategies to confront and dismantle barriers to institutionalizing diversity in their helping professional role. They will be given actionable strategies to understand, define, and institutionalize diversity and create sustainable environments of inclusion within their organization.



Mindfulness in your Day

Siobhan Gibbons, EdD, CYT

By practicing mindfulness meditation we can reduce our reactivity to stress and enhance our wellbeing. Learn how to incorporate stillness and moving mindfulness meditation practices throughout the day.



Art as Therapy: Learn how to Engage in Creative Self-Care

Meurcie Zignoli, MA

Having a self-care practice is an important part of managing mental health, and studies show that making art has massive benefits for the mind and body. Learn how to combine the benefits of self-care with the transformative power of the creative process with this workshop on Art as Therapy. In this session, we will review the principles of art-as-therapy as well as how to utilize this self-care method in your own life. The workshop will conclude with a chance to engage in a therapeutic art experience that will help you jump start an art-as-therapy self-care routine.



Civil (Dis)Agreement

Robin Hyson, LPC, LCADC, ACS, CCS & Hillary Scheer, LAC, CTTS

How do we disagree civilly? How do we protect our wants and needs while respecting the other even though their opinion differs from ours? There are behaviors that can trigger and escalate a disagreement and skills that can be learned to diffuse, redirect, and better manage a disagreement. Being mindful of self, regulating emotions, and employing skills can lead to more productive disagreements, better problem-solving skills, less negative emotion, and more overall calm and peace in our lives.

Workshop Descriptions



Building High Quality Relationships for a High Quality Team (Like yours!)

Nora Osei, MS

Many of our colleagues not in Higher Education envy us for having “the fun job”. So what makes our career field so fun and meaningful? It is the high-quality and long-lasting relationships that we build within our department team that makes our career field like no other! These relationships make our jobs enjoyable, yet rewarding. In this session, you will learn about the importance of cultivating genuine relationships with your coworkers, specific tips on building those genuine relationships, and how those relationships can improve the efficiency of your team, your department, and your campus!



Financial Wellness: How to Define It, Assess It, and Achieve It

Barbara O’Neill, Ph.D., CFP®, CRPC, AFC, CHC, CFEd, CFCS

This session will begin with a wellness wheel activity and will then introduce five related concepts (financial capability, fitness, health, well-being, and wellness) and how they are measured. It will then discuss an instrument developed by Rutgers Cooperative Extension to assess the frequency of performance of recommended health and financial practices. Research findings derived from this survey will be discussed. The workshop will end with 12 action steps to improve personal financial wellness.



Addressing Disparities, Implicit Bias, and the Isms in Health and Health Care

Robert Like, MD, MS,

Health disparities are large and growing in the United States and this includes college health. This session will review epidemiologic statistics relating to disparities in health and health care in diverse populations, with a focus on college health. By identifying patient, provider, and health care system factors that contribute to health care disparities we can discuss how bias, stereotyping, prejudice and the “isms” can negatively impact the clinical encounter and health outcomes. Strategies and interventions to reduce implicit bias in health care and promote health equity will be discussed.



Sustaining ourselves, Sustaining our Students: Wellness in Student Affairs

Yael Shy, Esq.

Our students are experiencing levels of stress, anxiety, and loneliness at unprecedented levels, and we in Student Affairs often carry that load. This talk will offer three concrete ways you can sustain yourself in times of difficulty so that you can be a source of support for students.