

	Monday 9/15	Tuesday 9/16	Wednesday 9/17	Thursday 9/18	Friday 9/19	Saturday 9/20
8 – 9 AM						<p><b>Mental Health First Aid</b></p> <p>Course Description: 8-hour training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis.</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> <li>• Recognize potential risk factors and warning signs for a range of mental health problems, including depression, anxiety, trauma, psychosis and psychotic disorders, substance use disorders, suicidal ideation, and self-injury.</li> <li>• Use a 5-step action plan to help an individual in crisis connect with appropriate professional help.</li> <li>• Interpret the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes in one's own community.</li> <li>• Apply knowledge of appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage their problem and achieve recovery.</li> <li>• Assess one's own view and feelings about mental health problems and disorders.</li> </ul>

						Engbretson Hall
9 – 10 AM						Mental Health First Aid  9-5 pm  Engbretson Hall  Registration Required  Contact:
10 – 11 AM	<p>“Awe on the Grounds: Walk. Wonder. Well-being.”</p> <p>This session invites participants on a guided "awe walk" through campus grounds, including the sculpture garden and lake. The experience includes a brief introduction to the science of awe, a mindful walk with prompts, and a small-group reflection. Participants leave with research-backed tools to integrate micro-moments of awe into daily routines to reduce stress, improve mood, and restore attention.</p> <p>Amy Kelly</p> <p>Engbretson Hall</p>		<p>“The Resilience Game</p> <p>Human-Centered AI for Wellness: Supporting Mental Health, Resilience, and Personal Growth”</p> <p>The Resilience Game provides a Health Engagement Journey (HEJ) through AI-created persona’s wellness story in a game-like experience to motivate change, reflect struggles, and experiment with possible solutions. Additional supporting elements includes 1) ...an AI Wellness Studio -- The Diorama concept offering creative and practical suggestions to showcase an interactive, empathetic, and reflective tool using AI personas with wellness challenges. This approach visually communicates how AI can be used for education, training, service design, and personal growth through visual storytelling and interactivity; 2) ...an AI Persona Reflection Toolkit: Empathy-Driven Learning for Wellness, Growth &amp; Service Innovation -- An Open Educational Resource for Education, Training, Service Design, and Personal Growth.</p> <p>Jan Figa, MSLIS, PhD</p> <p>Engbretson Hall</p>	<p>Wellness Expo 11 – 4 PM</p> <p>Local vendors, community and student organizations, service providers</p> <p>Hall of Governors</p>	<p>Stretch Lab</p> <p>Occupational Therapy and Physical Therapy Students and Faculty will guide and assist participants through a comprehensive stretch routine to revive and energize. This workshop is designed to teach participants a variety of techniques to support holistic health, postural balance and overall flexibility. If you are feeling any muscular pain, tightness or tension, this workshop will help you address those issues and leave you feeling more relaxed, flexible and ready to take on the challenges of your day.</p> <p>Frank Czuba</p> <p>Engbretson Hall</p>	<p>Mental Health First Aid</p> <p>9-5 pm</p> <p>Engbretson Hall</p> <p>Registration Required</p> <p>Contact:</p>
11 AM -12 PM	Group Wellness Walk – Across Campus	Group Wellness Walk – Across Campus	Group Wellness Walk – Across Campus	Group Wellness Walk – Across Campus	Group Wellness Walk – Across Campus	<p>Mental Health First Aid</p> <p>9-5 pm</p> <p>Engbretson Hall</p> <p>Registration Required</p>

				Hall of Governors		Contact:
12 – 1 pm	<p>Provost Beverly Schneller Introductory Comments</p> <p>Frank Czuba DrOT, OTR/L Wellness Week Kick-Off This workshop will introduce participants to the eight dimensions of wellness that support longevity, health-span and happiness. Explore strategies that will make your future self-thank you for how you lived.</p> <p>Engbretson Hall</p>	<p>Jillian Rancatore MOT, OTR/L</p> <p>“Thriving in a Sensory World: Understanding your Sensory Preferences”</p> <p>You may have learned about your basic senses, but have you ever considered the impact that these senses have on your participation? By better understanding your sensory systems and unique sensory preferences, you will further recognize the influence these preferences have on your engagement and overall well-being. Join me in exploring sensory processing and discover how a deeper understanding of this topic can help us thrive in a sensational world!</p> <p>Engbretson Hall</p>	<p>Institutional Wellness Committee Fall Book Club: Microjoys: Finding Hope (Especially) When Life is Not Okay by Cyndie Spiegel Engbretson Hall</p>	<p>Kidney Mobile Unit Jewel-Osco Vaccinations Engbretson Hall</p> <p>Wellness Expo 11 – 4 PM Local vendors, community and student organizations, service providers</p> <p>Hall of Governors</p> <p>QPR Suicide Prevention Suicide prevention course that teaches participants how to help someone who may be considering suicide. Course Objectives:</p> <ul style="list-style-type: none"> <li>• Recognize the common causes, risk factors, and warning signs of suicide.</li> <li>• Understand the common myths and facts surrounding suicidal behavior</li> <li>• Question a person about suicide</li> <li>• Persuade a suicidal person to get help</li> <li>• Refer a suicidal person to the appropriate resources.</li> </ul> <p>D Wing Room</p>		<p>Mental Health First Aid</p> <p>9-5 pm</p> <p>Engbretson Hall</p> <p>Registration Required</p> <p>Contact:</p>
1 – 2 pm	<p>“The Power of Words: Transform Your Life with Positive Affirmations”</p> <p>Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes. This workshop will explore the ways affirmations can have a healing power and will include exercises to guide participants in creating their own.</p> <p>Kim Major-Ford Psy.D, M.S. Ed</p>	<p>“Recess for Grown-Ups: Why We All Need Play”</p> <p>This interactive workshop session combines movement, laughter, and connection to explore the seven types of play identified by the National Institute for Play. Adults engage in hands-on activities linked to wellness and emotional resilience. Participants walk away with practical “micro-play” ideas, research insights, and a renewed appreciation for the role of play in everyday life.</p> <p>Amy Kelly</p> <p>Engbretson Hall</p>	<p>Tom Peterson, CFP, ChFC, CLU, CAP, MSFS, BSA Financial Wellness</p>	<p>Kidney Mobile Unit Jewel-Osco Vaccinations Engbretson Hall</p> <p>Wellness Expo 11 – 4 PM Local vendors, community and student organizations, service providers</p> <p>Hall of Governors</p>	<p>“Yoga: Techniques to Enhance Mindful Movement for Healthy Living”</p> <p>This session requires no previous experience and is meant for all bodies. Learn ways to focus and calm your thoughts while clearing out tension in your back, hips and shoulders. Participate at any level you are comfortable using guided movements that link mind and body. Leave feeling refreshed and restored. Most movement will be seated in a chair or standing if able.</p> <p>Julia McDonald BFA, MOT, OTR/L</p>	<p>Mental Health First Aid</p> <p>9-5 pm</p> <p>Engbretson Hall</p> <p>Registration Required</p> <p>Contact:</p>

	Engbretson Hall				Engbretson Hall	
2 – 3 pm	Renee Garbe Ph.D, LMSW Engbretson Hall		<p>“Mindfulness and Well-Being” Mindfulness is the ongoing awareness in the present moment of what is going on within us and around us, with acceptance. As we practice mindfulness, we become aware of our reactivity and triggers which cause us experience stress and conflict or ill-being. By working with deeply with triggers we can eventually experience greater well-being and improved relationships. In this workshop participants will be introduced to the practice of R.A.I.N. (Recognize, Allow, Investigate, and Nurture). Participants will learn use mindfulness and the steps of R.A.I.N. to improve their well-being. Tim Pedigo Ph.D.</p> <p>Engbretson Hall</p>	<p>Kidney Mobile Unit Jewel-Osco Vaccinations Engbretson Hall</p> <p>Wellness Expo 11 – 4 PM Local vendors, community and student organizations, service providers</p> <p>Hall of Governors</p>	<p>Jianna Termini MOT, OTR/L DrOT Student Mental Health Strategies Engbretson Hall</p>	<p>Mental Health First Aid</p> <p>9-5 pm</p> <p>Engbretson Hall</p> <p>Registration Required</p> <p>Contact:</p>
3 – 4 pm	<p>Hearing Voices Hall of Honors NOTE: 3-5 PM</p> <p>Course Description: Experiential workshop that provides a unique opportunity for participants to learn about auditory hallucinations, through a simulation in which they hear voices, while progressing through simple daily experiences. The workshop also provides an overview of mental and medical illnesses that cause hallucinations, with specific emphasis given to schizophrenia as it is currently considered the mental illness in which hearing voices is most prevalent.</p> <p>Course Objectives:</p> <ul style="list-style-type: none"> <li>• Develop a better understanding of voice hearers.</li> <li>• Identify medical conditions associated with hearing voices.</li> </ul>	<p>Uday Shinde Holistic Approaches for a healthier self and planet</p> <p>Engbretson Hall</p>	<p>Clem Carder OTA</p> <p>Taping the World for Heath</p> <p>Having pain? Take a pill. Can’t sleep? Take a pill. Trouble breathing? Take a pill. Take a pill and you are taking a chance of developing one of numerous potentially serious side effects. In this work shop you will be introduced to the Kinesio Taping method (that can address all of the above plus many other conditions) with the only side effect being the resolution of your problem. Learn how Kinesio tape came to be, how and why it works and have the opportunity to experience for your self (completely volunteer) how it feels once applied and how to apply it to the lumbar (low back) area of your lab partner.</p> <p>Engbretson Hall</p>	<p>Substance Use Disorder HERO program highlights with the Founder John Roberts Guest Testimonials with Lived Experience Engbretson Hall</p> <p>Wellness Expo 11 – 4 PM Local vendors, community and student organizations, service providers</p> <p>Hall of Governors</p>	<p>Kailyn Anne Wild JD, MBA Dir. Of Compliance and Ethics Officer Damon Sloan Dean of Students</p>	<p>Mental Health First Aid</p> <p>9-5 pm</p> <p>Engbretson Hall</p> <p>Registration Required</p> <p>Contact:</p>

	<ul style="list-style-type: none"> <li>• Identify mental illnesses associated with hearing voices.</li> <li>• Dispel myths about schizophrenia.</li> <li>• Understand current research and diagnostic criteria related to schizophrenia.</li> <li>• Identify the signs and symptoms of schizophrenia.</li> </ul>					
4 – 5 pm	IPE Student Workshop Engbretson Hall	IPE Student Workshop Engbretson Hall	IPE Student Workshop Engbretson Hall	IPE Student Workshop Engbretson Hall	IPE Student Workshop Engbretson Hall	Mental Health First Aid  9-5 pm  Engbretson Hall  Registration Required  Contact:
5 – 6 pm	IPE Student Workshop Engbretson Hall	IPE Student Workshop Engbretson Hall	IPE Student Workshop Engbretson Hall	IPE Student Workshop Engbretson Hall	IPE Student Workshop Engbretson Hall	
6 – 7 pm						