



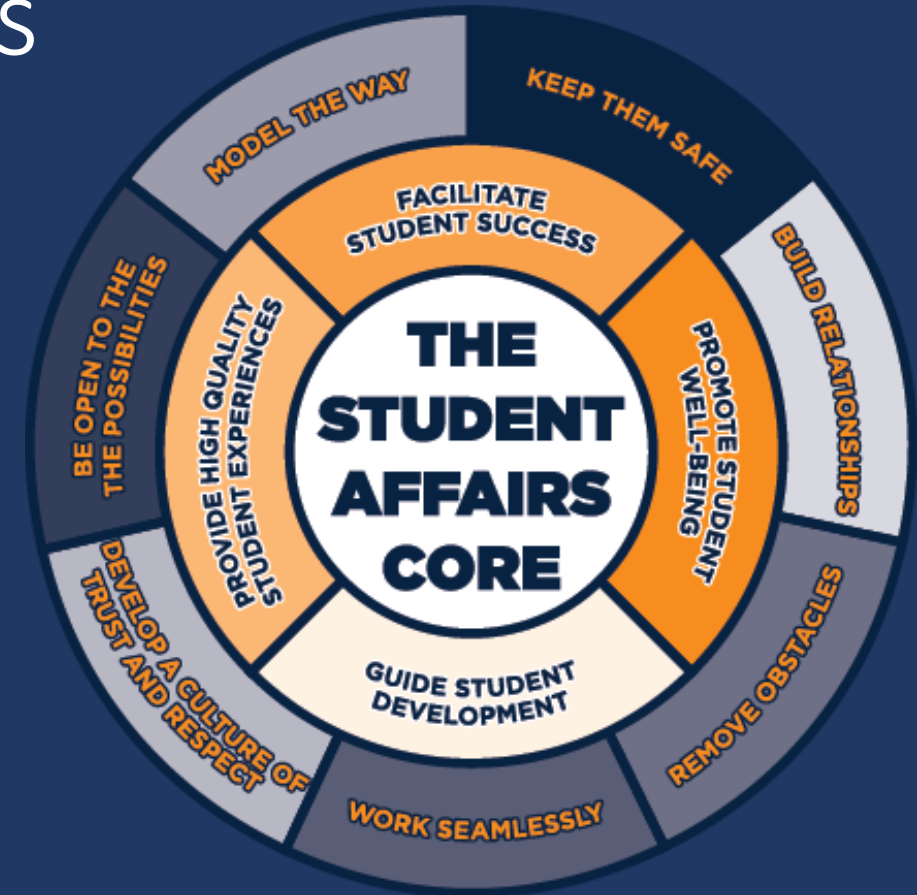
Soaring to a

Healthier Workplace



# Efforts to Create a Healthier Workplace in Student Affairs

- Staying on mission
- Narrowing our focus
- Consistency of expectations
- New staff structure, created back-ups
- Cross-trained staff
- Covering for each other to allow for time off
- Rotating on-call
- Campus-wide discussion: how we treat each other in the workplace?



# Monthly Healthy Hawk Walks



JANUARY 30 | 12 PM | START: ADMINISTRATION BUILDING

## HEALTHY HAWK WALK

Walk the Quad with Chancellor Freeman



MARCH 18 | 12 PM | START: EPS BUILDING

## HEALTHY HAWK WALK

Walk the Quad with Chancellor Freeman



# UTM CARE TEAM SUPPORTING STUDENT WELL-BEING RESOURCE BOOTCAMP



8:30 AM  
UTM CARE TEAM:  
KNOWING YOUR "WHY"

## Shannon Perry

Director  
UTM Office of Student Conduct and Care

Knowing your "WHY" is critical to personal motivation; purpose is power! The UTM Care Team is here to offer a supportive environment where faculty and staff feel equipped and empowered to address students' holistic needs. Together, we can forge a positive and successful academic experience for all. What's your WHY?



9:00 AM  
HOPE FOR NORTHWEST TENNESSEE:  
JOIN THE CONVERSATION

## Emily Jernigan

Northwest Regional Director  
Tennessee Suicide Prevention Network

How can you be a part of the solution? Explore current regional and national statistics on suicide rates. Learn valuable tools to recognize risks, warning signs, and how to help someone in need. "Here in Northwest TN, we believe HOPE can look like anything, and we invite you to be a part of that conversation."



9:30 AM  
THE BELONGING BOX: BUILDING  
BELONGING THROUGH ENGAGEMENT

## Kameron Echols

Director  
UTM Office of Multicultural Affairs

Discover how to foster belonging and inclusion through engagement in and out of class. Learn to implement activities that spark conversations and strengthen student connections. Leave energized with innovative resources from the Office of Multicultural Affairs to enhance your educational environment.



## Ashney Williams

Assistant Director  
UTM Office of Multicultural Affairs



10:00 AM  
MENTAL HEALTH AND SUICIDE:  
SO MANY QUESTIONS???

## John'Na Webster

Health and Wellness Educator  
UTM Student Health and Counseling Services

Examine mental health and suicide through the key questions—who, what, when, where, why, and how—to challenge misconceptions and understand the facts for effective prevention and support.



10:45 AM  
CREATING A UNIVERSALLY ACCESSIBLE  
CAMPUS

## Will Gibson

Director  
Accessibility Resource Center

Strategies and practices to create a more accessible, barrier-free environment. Learn the principles of Universal Design, gain insights into our student's needs, and take away practical tips for enhancing campus accessibility both in and out of the classroom.



11:15 AM  
THE ADDICTED MIND

## Keith Jernigan

Lifeline Peer Project Coordinator, NW TN  
TN Dept of Mental Health and Substance Abuse Services

Dive into the basic brain science of addiction. Learn how addictive substances rewire the brain and how recovery helps the brain to rebuild.



12:45 PM  
INCLUSIVE EXCELLENCE

## Tony B. Bufford II

Coordinator  
UTM Access and Engagement

This training aims to empower you with the knowledge and skills to champion equity, understanding, and respect in the service of our students and our institution.



1:15 PM  
ADDRESSING SIGNS AND SYMPTOMS  
OF MENTAL DISTRESS

## Brandon Keller

Clinical Case Manager  
UTM Student Health and Counseling Services

Identify signs and symptoms of mental and/or emotional distress. Gain helpful information on how faculty and staff can assist students needing support.



1:45 PM  
"TAKING CARE OF YOU"

## Alicia Maya Donaldson

Professor  
UTM Department of Behavioral Sciences

Don't forget to take care of yourself, so that you can take care of others. Learn practical tips on self-care and about the resources available to you.



2:15 PM  
NOW WHAT?

## Dr. Renee Lafleur

Professor of History  
Director, Center for Women & Gender Equality

Now that you have resources and training, how do you effectively share information with students? Learn how to integrate resources into lectures, discussions, and syllabi and how supervisors can support student employees. Learn how to apply your knowledge for mutual benefit.



UT Martin Team Presents

## Care Team Collegiate Well-Being Summit

Friday, April 12th: 10am - 3pm | 206 Boling University Center or Online

### Breaking the Stigma in Mental Health

10:00

Mental health stigma means the negative attitudes toward people with mental health challenges. Mental health stigma can lead to discrimination, which is when young people with mental health challenges are treated differently because of their illness. Stigma can make it hard for young people to talk about their challenges and get help. As professionals, community members, and concerned citizens, we want to be a safe person and foster safe places for youth and adults to feel comfortable seeking help, gaining hope, and making their mental health a priority.



### Emily Jernigan

Northwest Regional Director TSPN  
Tn Suicide Prevention Network

### Combating Compassion Fatigue and Burnout Utilizing Self-Care Techniques

11:00

A 1-Hour Presentation on practicing practical & proactive self-care methods to prevent or heal from burnout. Participants will learn how to identify burnout and compassion fatigue. Participants will understand common physical and mental/emotional symptoms of burnout and compassion fatigue. Participants will develop strategies to prevent compassion fatigue and develop a personal self-care routine to avoid burnout and compassion fatigue.



### Jaime Harper

TN Dept. of Mental Health and  
Substance Abuse Services

### 12:00 Lunch (Registration Required)

### I Have Anxiety (so what?): How to Prioritize Your Mental Health in College

12:30

**I Have Anxiety (so what?): How to Prioritize Your Mental Health in College** is an engaging storytelling experience where Wes takes the audience inside his personal story of living with social anxiety in college.



### Wes Woodson

Mental Health Storyteller

### Overdose Crisis in Tennessee: What's Happening and How You Can Get Involved

1:30

This presentation tackles Tennessee's overdose crisis through data, stigma reduction, and a brief overdose reversal training that will empower attendees to take action with resources provided.



### Melesa Lassiter

Regional Overdose Prevention Specialist:  
Weakley County Prevention Coalition

### The Addicted Mind

2:30

The Addicted Mind explores the basic brain science of addiction, how addictive substances rewire the brain, and how recovery helps the brain rebuild over time. It also addresses a person's belief system and how that system influences their ability to break out of addiction. Little changes in our beliefs can produce big changes in the results of our life.



### Keith Jernigan

Peer Project Lifeline Coordinator  
Region 6 North West TN

Register Here:

<http://www.utm.edu/wellbeingsummit>



215 Boling University Center  
utmcareteam@utm.edu  
731.881.7703

