



7th Biennial National Summit for Building Healthy Academic Communities National Summit
University of Virginia
April 9-11, 2025

Thursday, April 10, 2025

6:30 - 7:15

Morning Healthy Start Activities*, North Grounds Recreation Space
Cycle, Strength, & Core (6:15-7:15am), Studio 3
Bootcamp (6:30-7:15am), Studio 1

**Due to capacity limitations, preregistration requested. Please see registration desk if not pre-registered.*

7:45 - 8:45

Registration & Breakfast
Academy Meeting Space & Grove Ballroom

8:45 - 9:15

Welcome and Opening Remarks, Megan Amaya, PhD, President, and Vic Tringali, EdD, CSCS, Vice-President, National Consortium for Building Healthy Academic Communities
Grove Ballroom

9:15 - 10:15

Keynote Presentation: J. Bryan Sexton, PhD: *The Science of Bite-sized Well-being During Uncertain Times: Evidence, Practice and Resources to Share.*
Grove Ballroom

10:15 - 10:30

Stretch Break, Wellness Stations, & Transition

10:30 - 11:35

Breakout Session A: Lyceum Room
Technology-Driven Wellness: Revolutionizing Campus Care and Enhancing Student Well-Being Through AI-Enhanced Technology, Jean Gordon, BSN, MS/HRM, MSN/Ed, MBA/ACC, FNP, DBA & Eric Richardson, Ph.D., MPH, MBA, PHR, SHRM-CP, CHHR, University of North Carolina Wilmington.

Mindfulness Matters in the Classroom, Elizabeth Click, DNP, ND, RN, CWP, Case Western University.

Breakout Session B: Academy Room

Certified Healthy Departments: The Role of Manager Support in Reducing Employee Burnout, Lindsey Wohlford, MS, RD, LD. MD Anderson Cancer Center.

Implementing Resilience Training Using HeartMath at a Health Professions University, Jack Kleine, OTD, MOT, OTR/L & Cynthia Stacy, DNP, MSN, RN, Samuel Merritt University.

Breakout Session C: Socrates Classroom

Call-Push-Shock: A Community Education Initiative to Strengthen the Out of Hospital Cardiac Arrest Chain of Survival. Mary McCormack, DNP, FNP-C, Carole Zarcone, DNP, ANP-C, Anthony DiDio MSN, MBA, RNC-OB, Molloy University & Kendra Hoepper DNP, APRN, PNP-BC, Dominican University.

Comparing the National DPP and Digital Lifestyle Management Program at the University of Iowa to Lower Employee Risk for Chronic Health Conditions. Erica Blaha, NBC-HWC.

11:35 - 12:15

Poster Session (11:45 - 12:15; Grove Ballroom) & Wellness Stations, Academy Meeting Space

12:15- 1:00

Lunch: Grove Ballroom

1:00 - 2:05

Breakout Session A: Lyceum Room

Science Meets Play: Engaging and Empowering Students with Well-Being Experiment Cards. Cara Sidman, Arizona State University and Laura Morris, University of North Carolina Wilmington.

Meeting People Where They're At - Hopes and Successes of the Implementation of a Campus-Wide Coaching Model. Michele Poitras & Jackie Piciulo, MSED, CWC, University of Buffalo.

Breakout Session B: Academy Room

Promoting Faculty and Staff Well-being through Sustainable Changes in Workplace Culture. Preethi Varghese-Joseph, MBBS, MPH & Michele Vancour, PhD, MPH, Southern Connecticut State University.

Use of the Suitable Phone Application for Wellness-Related Activities: Lessons Learned from Year One. Tania Basta and Julie Jones, MSW. Western Kentucky University.

Breakout Session C: Socrates Classroom

Cultivating a Culture of Well-Being Through Campus-Wide Collaboration. Susan Andrews, DNP, RN, CPN, CNE and Pam Jones, DNP, RN, FAAN, Vanderbilt University School of Nursing.

Building a Values-Driven Connected Community. Emily Gamm, MSW, LCSW, Kristi Rodriguez, MEd., Gail Armstrong, PhD, DNP, & Amy Barton, PhD. University of Colorado College of Nursing.

2:05-2:20

Break & Transition

2:20 - 3:25

Breakout Session A: Lyceum Room

Fostering and Promoting a Wellness Culture at Penn State Ross and Carol Nese College of Nursing. Christina Lightner, PhD, MSN, WHNP-BC, RN, Kelly Wolgast, DNP, RN, FACHE, FAAN COL (R), US Army, Megan Martin, MEd. & Laura Badzek, LLM, JD, MS, RN, FNAP, FAAN, Pennsylvania State University.

MINDSTRONG Program Delivery Type for Undergraduate Nursing Students: A Program Evaluation. Amy Criscitello DNP, CRNP, PMHNP-BC, Kelly Wolgast, DNP, RN, FACHE, FAAN COL (R), US Army & Christina Lightner, PhD, MSN, WHNP-BC, RN, Pennsylvania State University.

Breakout Session B: Academy Room

Culture: Creating a Culture of Well-Being through a Formal Office of Well-Being: Implications for the School of Nursing and the Broader University and Healthcare System. Cheryl Giscombe, PhD, RN, PMHNP-BC, FAAN, FABMR, University of North Carolina at Chapel Hill.

The Carolina Covenant Model of Care, Cynthia Demetriou, PhD, Candice Powell, PhD, & Jane Davis, EdD, LCMHC, University of North Carolina Chapel Hill.

Breakout Session C: Socrates Classroom

Fostering a culture of well-being: Strategy and Insights from the University of Virginia. Sarah Beth Patterson, MA, EP-C & Matthew Fritts, MPH, PMP, University of Virginia.

Motivating Employees to Move: Utilizing a multi-strategy approach to design and implement a workplace wellness program, Gillian Torr, MS, NASM-CPT & Amelia Phillips, DrPH, MPH, CPH, University of South Florida

3:25 - 3:40

Break, Snack & Wellness Stations: Academy Meeting Space

3:40 - 4:30

Academic Wellness Roundtable: Grove Ballroom

Friday, April 11, 2025

<u>7:00 - 7:45</u>	Morning Healthy Start Activity*, North Grounds Recreation Center Vinyasa Flow (6:15-7:15), Studio 3 <i>*Due to capacity limitations, preregistration requested. Please see registration desk if not pre-registered.</i>
<u>8:00 - 8:45</u>	Registration & Breakfast Academy Meeting Space & Grove Ballroom
<u>8:45 - 9:05</u>	Welcome, Bernadette Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN, Immediate Past-President, National Consortium for Building Healthy Academic Communities Grove Ballroom
<u>9:05 - 10:05</u>	Morning Plenary: Vic Tringali, EdD, CSCS & Jean Eby, ScD, MS, MEd, <i>Creative Connections: the UVA Collaborative for Promoting Health and Well-being</i> Grove Ballroom
<u>10:05 – 10:45</u>	Wellness Break & Poster Session (10:10 - 10:40)Grove Ballroom
<u>10:45 – 11:45</u>	Special Sessions BHAC Journal Meeting: Lyceum Room; Open to all Summit attendees Research & Evidence-Based Practice Committee Meeting: Academy Room; Open to BHAC Members Advisory Committee Meeting: Socrates Classroom; Open to BHAC Members Networking Activity: Grove Ballroom; Open to all Summit attendees
<u>11:45-12:00</u>	Break and Transition
<u>12:00 – 12:45</u>	Lunch: Grove Ballroom
<u>12:45-1:00</u>	Awards Ceremony: Grove Ballroom
<u>1:00 - 2:00</u>	Closing: Bernadette Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN, <i>Thrive, Don't Just Survive: Evidence-based Tips & Tricks for Personal & Organizational Thriving</i> Grove Ballroom