

## Campus Sessions Description and Bios

Leipers Fork Ballroom

**May 18, 2025**

**9:00am to 10:00am Registration**

**10:00am to 10:15am Day 1 Opening Remarks**

**10:15am to 11:30am Supporting Students, Sustaining Ourselves: A Campus Mental Health Conversation**

As student mental health needs continue to grow in complexity and intensity, campus professionals are often left navigating both student crises and their own emotional fatigue. This 75-minute presentation offers a clear snapshot of the current state of collegiate mental health, alongside practical tools for reaching students with compassion and confidence. Participants will also explore realistic self-care practices to support their own resilience in emotionally demanding roles.

**Presenter: Dr. Jessi Gold, Chief Wellness Officer of the University of TN System**



Jessi Gold, MD, MS is the Chief Wellness Officer of the University of Tennessee System and an Associate Professor in the Department of Psychiatry at the University of Tennessee Health Science Center. This inaugural leadership position encompasses all five University of Tennessee campuses, UT Knoxville, UT Chattanooga, UT Southern, UT Martin, and UT Health Science Center, and includes over 64,000 students and 15,000 faculty and staff. In her clinical practice, she sees healthcare workers, trainees, and young adults in college.

Dr. Gold is also a fierce mental health advocate and highly sought-after expert in the media on everything from burnout to celebrity self-disclosure. She has written widely for the popular press, including for *The New York Times*, *The Atlantic*, *InStyle*, *Slate*, and *Self*. Her first book, [HOW DO YOU FEEL? One Doctor's Search for Humanity in Medicine](#) came out in October 2024 from Simon Element and is a national bestseller. Dr. Gold is a graduate of the University of Pennsylvania with a B.A. and M.S in Anthropology, the Yale School of Medicine, and Stanford University Department of Psychiatry, where she served as Chief Resident.

**11:30am to 12:30pm NETWORKING LUNCH**

**12:30pm to 1:00pm CHASCo Meeting**

**1:00pm to 2:15pm Gaining Confidence in Your Work: Facilitation Skills for Implementation of Evidence-Based Alcohol Interventions**

As part of a comprehensive well-being approach, attendees will learn innovative implementation models to support a robust substance misuse program for their respective campuses. During this session, the presenter(s) will share various evidence based, research supported approaches to discussing substance misuse on a college campus, and how they built campus partnerships for implementation while maintaining program fidelity.

Learning Outcomes:

1. Gain an understanding of various approaches to address substance misuse on their campus using data to assist in decision making.
2. Explore creative ways to connect with high-risk populations while building stronger campus partnerships.
3. Practice innovative ways while using motivational enhancement strategies to prompt enhanced student engagement.

**Presenter: Ashley Hinton, W.E.L.L. Coaching and Consulting**



Ashley Hinton, M.S., MPH currently serves as the Director of Health Promotion at Centre College working to build a sustainable model for a health-promoting campus that empowers students while promoting skills and competency development toward lifelong wellbeing and academic success. Ashley is also the founder of 859 WELL Coaching and Consulting providing affordable and accessible evidence-based education to community and campus partners. 859 WELL also works with the University of Kentucky as project manager for the recently formed Responsible Alcohol and Substance Misuse Education Coalition serving Colleges and Universities across the state of Kentucky. Most recently Ashley has been really focused in further understanding the art of storytelling through data after completing several self-studies and workshops to enhance data visualization. Ashley also serves as faculty for the Student Affairs Administrators in Higher Education (NASPA) Peer Education Initiatives and past co-chair for NASPA Wellness and Health Promotion Knowledge Community serving on the NASPA Strategies planning committee as a representative from the Knowledge Community. Ashley is a certified wellness coach working in partnership to help establish a strong Student Success Integrated Coaching model for higher education. Ashley completed both her undergraduate degree in Exercise and a Master's of Science in Health Promotion at the University of Kentucky, while also obtaining a second Master's in Public Health.

**2:15pm to 2:30pm      BREAK**

**2:30pm to 4:00pm      Prevention in Practice: A Multi-Roundtable Forum on Campus Health & Safety**

Campuses will have the opportunity to break out and discuss topics related to substance use prevention and campus health & safety.

**May 19, 2025**

**8:00am to 8:30am      Registration Open & Networking**

**8:30am to 9:45am      Sleep as a Protective Factor: Supporting Student Mental Health and Substance Use Prevention**

Quality sleep is one of the most powerful — and often overlooked — tools for protecting student well-being. In this interactive workshop, participants will explore how sleep influences mental health, academic performance, and risk-taking behaviors, including substance use. Through a blend of evidence-based information and practical strategies, attendees will learn how to support students in developing healthy sleep habits that strengthen resilience and promote positive mental health.

#### **Session Goals**

- Understand the link between sleep, mental health, and substance use.
- Explore practical strategies to help students develop healthy sleep habits.
- Apply concepts through interactive activities and discussion.

**Presenter: Dr. Michele Okun, University of Colorado, Colorado Springs**



Michele L. Okun, PhD, is an Associate Professor of Research at the University of Colorado Colorado Springs and Director of the Sleep and Biobehavioral Health Research Laboratory. As one of the leading researchers on sleep during the perinatal period, her work also investigates how menopause and aging, as well as neuro-immune and neuro-endocrine pathways, influence physical and mental health outcomes. Dr. Okun has served as a peer reviewer for over two dozen journals and has authored or co-authored over five dozen scientific articles and book chapters.

**9:45am to 10:00am      BREAK**

### **10:00am to 11:15am    The Other F Word- Faculty**

Academic institutions are known for their siloed organizational structure, with communication gaps between academic units and student affairs departments. Commonly, faculty members may have limited knowledge of the programs and services available to students through non-academic units, and student service personnel may lack awareness of the support services offered through the colleges. These gaps can create frustration for both parties, especially for prevention practitioners who would like to partner with faculty members on their campuses. This presentation, led by speakers who have worked on both sides of the divide (even simultaneously!) will offer insights into strategies for prevention practitioners to maximize the potential for faculty collaboration.

#### **Presenters: Dr. Lisa Schrader and Chipper Smith, MTSU**



Lisa Schrader has worked in higher education health promotion for over twenty years, first as a health educator, then as a student affairs director, and now as a faculty member in the department of Health and Human Performance at Middle Tennessee State University (MTSU). In her faculty role, she teaches online courses in public health and health administration. She also provides consulting work to MTSU Health Services to help facilitate its wellness assessment projects.

Additionally, she currently serves as an Emeritus Member on the CHASCo executive committee.



Mr. Smith is a public health faculty member at Middle Tennessee State University (MTSU) teaching undergraduate courses and overseeing undergraduate internships. Additionally, he works alongside MTSU Health Services as the Campus Health Promotion Coordinator overseeing health promotion efforts regarding mental health, substance use, and STI prevention across campus. Previously he worked as a Program Coordinator for the MTSU Office of Prevention Science and Recovery and a Program Coordinator for the Tennessee Department of Education in the Office of Coordinated School Health.

### **11:15am to 12:15pm    NETWORKING LUNCH**

#### **12:15am to 1:30pm    Interrupting the Suicidal Pathway on Campus**

The goal of this workshop is to teach participants how to identify and interrupt the pathway that progresses from suicidal thoughts to suicidal behavior. The presenter will introduce the 3-Step Theory (3ST) of suicide as formulated by Klonsky & May (2015). Step I suggest that the combination of pain and hopelessness causes suicidal desire. Step II suggests that pain intensifies when it exceeds connectedness. And Step 3 suggests that a strong desire for suicide progresses to suicide attempts if capability (used as a noun, not verb) exists. Equipped with this model, practitioners have a significantly high probability of predicting ideation vs. action. Additionally, as campuses introduce connectedness-related protective factors, they positively contribute to interrupting the suicidal pathway and impacting the overall health and safety of their entire campus community.

### Ray White, Walters State Community College



Ray A. White, Ed.S. (he/him) is licensed by the State of Tennessee as a *Licensed Professional Counselor* with both *Mental Health Service Provider* and *Approved Supervisor* status designation. He is additionally credentialed as a *National Certified Counselor* (NBCC) and *Approved Clinical Supervisor* (CCE).

His professional career involves both counseling and teaching in higher education at regional undergraduate and graduate institutions. Additionally, he maintains a professional private practice as Whitewood Counseling & Consultation where he specializes in working with marginalized and high risk communities, and providing clinical supervision to counselors seeking their LPC/MHSP license.