

## **Monday, February 24 10:30am**

### **→ When the Dean's Office Becomes the Nurse's Station: Caring for Your Students with Confidence**

**Presented by:** Sarah Hillebert, RN & Academy Dean

From band-aids to bloody noses, academy deans are often the first line healthcare provider when the school nurse is not on campus. This seminar will provide tips and tools for assessing and treating minor injuries or illnesses; best practice charting; and when to seek out emergency services. In dealing with a medical emergency, we will also discuss the importance of having a plan in place that includes communication and collaboration strategies.

### **→ New Trends in Common Drugs Usage-Signs and Symptoms**

**Presented by:** Officer Sara Genoways, Community Services and Continuing Education  
Lincoln Police Department

This presentation will cover the most commonly abused drugs that police deal with in Lincoln along with their signs and symptoms of use and abuse. During the session, we will show concealment methods and will discuss the culture of cannabis that is occurring with our nation's youth (such as what is CBD vs. THC and what are the new developments in the cannabis industry). Officer Genoways is a certified Drug Recognition Expert (DRE), a certified state DRE instructor and leads DRE program for Lincoln Police Department. DREs conduct drug influence evaluations on drivers who are suspected of being under the influence of drugs. They are not only trained to identify impairment but are also trained to identify what type of drug that a person has taken.

### **→ "Band-Aids No More: True Healing through Restorative Justice Practices in Adventist Schools"**

**Presented by:** Mindy Salyers, School Counselor & Bullying Prevention Specialist

"With traditional school discipline methods relying on positive reinforcers and negative consequences, faculty and administrators often find ourselves fixing "boo boos" rather than really solving the underlying issue. A Restorative Justice approach, when interwoven with Christian, uniquely-Adventist values, offers a collaborative, empathic strategy that provides a learning opportunity for students to identify and own caused harm. Come gain turn-key Restorative Justice practices that result in staff and student connectivity, and long-term healing."

### **→ Interactive Activities for Academy and/or College Students**

**Presented by:** Melissa Hortemiller - Library Director

Bliss Kuntz - Reference and Instruction Librarian

Learn to create adventure games on your campus! Escape rooms are popular adventure games wherein participants use puzzles, riddles, and clues to escape a locked room. Take some time to develop an escape room or themed fair to promote a program, highlight a department, or simply entertain on your campus!

## **Monday, February 24, 1:45pm**

### **→ Taking the Journey**

**Presented by:** Mic Henton, Youth Pastor, College View Church  
Tori Henton, Lay Pastor, College View Church

Today teens are in a crisis for identity and desperately need to know who they are as men and women in Jesus. Come join us to discover how to *journey* with your students by speaking through teen culture. We will discuss how to use methods of multi-generational mentorship, retreats, and camps on your campus to call teens into their true identities as disciples of Jesus.

### **→ Depression Signs and Symptoms**

**Presented by:** Brad Hays & Rhiannon Woodruff

With mental health on the rise with our young people, it is important that we are familiar with and can recognize the signs and symptoms of depression. This presentation will also discuss ways to help students cope and tips and resources to be presented to them.

### **→ Enhancing Success for Our Diverse Student Body**

**Presented by:** Jennifery McCluskey, PhD  
Vice President for Student Success at Maryville University

As the demographics of our student population diversifies, it is imperative that we increase our commitment to and services for first-generation students, minority students, and *all* students. Strategies to serve our students will be shared, with an opportunity to exchange examples of success and failure in our ever changing landscape. Recruitment and retention can be strengthened through our enhanced support, engagement, and community culture that embraces all.

### **→ Communicating with Impact and Efficiency: How We Use Language and How Language Uses Us**

Tanya R. Cochran, Professor of English and Communication, Union College

Are we communicating on our campuses--from student handbooks to webpages, from emails to events--in ways that encourage and include students? Are we communicating with efficiency while also considering students' cultures and lived experiences? Or are we communicating in ways that discourage and exclude, that ignore and even dishonor their stories? In taking an honest look at these questions, topics will touch on race, class, gender, ability, and more as participants rumble with language use. Ultimately in this session, we will address how to efficiently communicate with informed intent while taking responsibility for impact, and we will do this through instruction and active learning. Whereas example materials and resources will be provided, participants are encouraged to bring artifacts they wish to workshop, including promotional materials for prospective students, syllabi, conduct manuals, and more. This session will conclude with a focus on John 1 (Jesus as the Word) and II Corinthians 2 (our lives as publications of the Gospel). As former *Insight* editor, retired Union communication professor, and current pastor Chris Blake likes to say, "Communication is the key to life." A life lived in and for Jesus.

## **Monday, February 24, 3:30pm**

### **→ Title IX for Academy Deans**

**Presented by:** Dennis Negron, Vice President for Student Development  
Kim Daniel, Graduate Student in Clinical Psychology

Mandatory Title IX on the university level has made obvious that many of the sexual habits that lead to our students violating sexual misconduct policies were formed during their academy years. This workshop will offer the guidance to starting an academy Title IX orientation.

### **→ Imagine Being Able to Manage Anxiety in College...Yes, It is Possible!**

**Presented by:** Ingrid DeVries

College students face many challenges, such as living with roommates, managing heavy workloads, and developing an independent identity. It's not surprising that anxiety often spikes during the college years. So, what do we know about anxiety during the college years? How can you help students to cope when they are facing it? And how can your dorm provide a supportive environment to those experiencing anxiety?

### **→ Active Shooter Drill Protocol**

**Presented by:** Scott Parker, Officer, Lincoln Police Department

This presentation will include updates and information about what to do in the event of an active shooter on your campus.

### **→ The Self-Compassionate Leader and Mentor**

Tanya R. Cochran, Professor of English and Communication, Union College

Among others, the qualities of great leaders include mission, vision, passion, resilience, emotional literacy, empathy, and compassion. Why on the list do we never see *self-compassion*--treating oneself the way one would treat a friend or loved one? In this session, participants will learn (1) what self-compassion is, (2) why self-compassion is more important than self-esteem, (3) where they land on a self-compassion scale, (4) how they can increase their self-compassion, and (5) why students need self-compassionate leaders and mentors. These outcomes will be achieved through instruction and active learning. The session will conclude with a focus on how Jesus exemplified what it means to be kind to ourselves and others.

## **Tuesday, February 25, 9:00am**

### **→ "Academy Deaning - Tips, Hacks, and Hints"**

**Presented by:** Doug Nesmith, Boys Dean, Georgia Cumberland Academy

The information in this session will be inspiring for both new deans and experienced ones. The format would also be open for suggestions from everyone who attends. We can all learn from each other, no matter how long we have been deaning. Topics of discussion will include: running a study hall, keeping the dorm clean, choosing R.A.'s, and what their responsibilities could and should be, R.A. worship, weekend supervision.

### **→ Partnering with Community Providers to Support Those with Mental & Substance Abuse Issues**

**Presented by:** John Walsh, Detective, Lincoln Police Department

Michael Woolman, Captain, Lincoln Police Department

Kasey Moyer, Executive Director, Mental Health Association of Nebraska.

The Lincoln Police Department and the Mental Health Association of Nebraska are partnering to help those with mental health and substance abuse issues.

### **→ Title IX: Procedures and Practices in a Changing World**

**Presented by:** James Smith, Assistant Vice-President and Dean of Students

Kevin Cleary, Title IX Coordinator, Bellevue University

Bellevue University is a private, nonprofit, 4-year institution located in Bellevue, NE. This presentation will cover Bellevue University's Title IX policy, procedures and documentation. We will also cover practices we currently employ to comply with Title IX, as well as preparations for anticipated changes to current regulations. We will close our session with Q&A.

### **→ "Taking Care of Your Heart = Taking Care of You"**

**Presented by:** Larinda Fandrich, MSN/MHA, RN, Assistant Professor of Nursing

In this session, learn the importance of staying healthy and practical ways to implement self care into your busy life. This session, presented by an RN and a member of the Union Employee Warrior Wellness Team, will explore ways to keep your heart and body healthy and even include samples of healthy snacks!

## **Tuesday, February 25, 3:30pm**

### **→ "What We Wish They Knew Before Starting College" Helping your Academy Students Prepare for College**

**Presented by:** Trina Cress: Career Center Coordinator

Taryn Rouse: Executive Director of Student Success

This session will include tips from student success professionals on how to better prepare the high schooler we work with for their college years.

### **→ "Net Promoter Score, A System to Drive Student Loyalty and Satisfaction"**

**Presented by:** Frankie Rose, PhD. Vice President for Academic Administration, Union College

The Net Promoter Score (NPS) is a simple (and free) system that is frequently used to measure customer loyalty. In this presentation, you will hear about the use of NPS in the academic context and hear tips on how you can implement it in your own domain.

### **→ Conflict and the David Story**

**Presented by:** Harold Alomia, Lead Pastor at College View SDA Church

Conflict is an inevitable part of life. "How can we navigate it and not lose our sanity" is the question. The story of David and Saul can illuminate how we can handle delicate situations of conflict in a healthy and spiritual way.

### **→ Crisis Communication Boot Camp**

**Presented by:** Brenda Dickerson, Communication Director and OUTLOOK Editor,  
MidAmerican Union Conference

Hugh Davis, Digital Media Manager, MidAmerican Union Conference

Are you facing an issue or crisis at your school? Learn practical steps you can take right now to be prepared before, during and after a crisis situation.

## **Wednesday, February 26, 11:00am**

### **→ Will You Help Me Deal with My Substance Abuse?**

**Presented by:** Ingrid Regina DeVries, MA, LIMHP, LADC

Counselor at Independence Center, Bryan Health and Monarch Counseling

Substance use on college campuses is not going away anytime soon-unfortunately; however, learning the skills that thrive in recovery in those environments is crucial. College can be an important part of living a purposeful life, but for the students fighting to overcome substance use, college is also a place full of stressful pressure to achieve and other relapse triggers. What are some of the most common substance use problems on a college campus? What can you do to support students struggling with it? How can you create a supportive environment for the students facing substance use?

### **→ Emergency Preparedness Tabletop Simulation**

**Presented by:** Mack Eldridge, Campus Safety Director, Union College

This breakout session will cover how to prepare your Emergency Operations Center, Incident Command Boxes, and cover some of the lessons we learned in performing our Crisis Team Tabletop Drill. This session will include a brief demonstration of the tabletop drill we performed and participants will simulate taking on an administrative role during the demonstration.

### **→ 'Design Thinking' – An Approach to Innovation**

**Presented by:** Sharon Aka

Design Thinking is a tool to help individuals or groups innovate, be creative, and think outside the box. IDEO – a global design and innovation company, and Stanford University can be credited with popularizing Design Thinking for the everyday person. It is a 9-step process to unlock new approaches or ideas. It takes practice to integrate design thinking into one's personal, community, or professional life. Come get started in Design Thinking in this fun, interactive session.

### **→ Fire and Safety in Your Residence Hall**

**Presented by:** Jason Relford, Fire Prevention Inspector/Fire Investigator

A brief overview of the science, spread, and causes of fires, and how you can best prepare your home to be fire safe.

## **Wednesday, February 26, 1:45pm**

### **→ WRAP Groups-What Are They and How Do they Work?**

**Presented by:** Tammy Adams, Campus Health Nurse, Union College

**WRAP** is used to address literally any issue in your life that is not contributing to your mental, physical, and spiritual well-being. Some ideas are weight loss, unhealthy eating habits, anxiety, depression, negative self-talk, and so much more! Each participant is responsible for developing their own wellness plan to address whatever the issue may be. The suggestions are practical, usually free, and hands-on as the group explores individual self-awareness to answer the question: What do I need to do EVERY DAY to experience the high level of wellness that I desire?

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### **→ Growing Young Adventists**

**Presented by:** Guadalupe Montour, Young Adult Pastor, College View Church

Young Adults are leaving the church at the highest rates in history. But unlike in previous generations, the generations coming after us are not going to come back after they get married or have children. Wouldn't it be nice if we could gather some practical data about what churches that are successfully engaging young adults are doing to keep them within their community? Good thing for us, the work has already been done and all we need to do now is put our foot to the pedal of application.

### **→ Developing a Dorm Curriculum/Institutional Strategic Plan**

**Presented by:** Stacy Stocks, Dean of Students Union College

This session will discuss the importance of creating a residential curriculum or an institutional strategic plan for your school or residence hall. A residential curriculum is an intentional way of promoting learning within the college and university setting as part of the overall residential program. Union College Residential Life Team have implemented a residential curriculum for the first time this year and will share our document as well as other samples. A strategic plan explores long term goals for your institution and includes deadlines and tasks to be completed. Stocks will share her experience in developing a strategic plan, as an academy principal, and will share a sample document.