

2022 Health and Biomedical Sciences Summit – Mental Health is Health

Breakout Sessions – 1:30 – 3:30 (hosted in CSU 245, CSU 253, CSU 254, or CSU 255)

Psychedelics: Not So "Far Out" Trauma Management Strategy (Amy L. Haycraft)

- Introduction to the basic physiological adaptations to trauma and how administration of psychedelics under controlled environments impacts neuromodulators and neuroplasticity
- Understand psychedelic-assisted therapy and its impact on PTSD management
- Review of current and future psychedelic assisted trauma therapy research initiatives

Craving: What the Virtual World is Doing to Us and What We Can Do About It (Andrew Archer)

- Learn the Transactional Analysis theory of personality structure (Parent, Adult, and Child ego states)
- Understand relational symbiosis, i.e., love and passivity, which is the root aspect of mental health
- Explore the symbiotic relationship of the "user" with the "virtual world" and alternatives to passive behavior, e.g., teacher-student symbiosis with self and other

Telepsychiatry as a Shared Service in Higher Education (Jodi Egeland, Wendy Schuh)

- Propose a functional model of increased accessibility and affordability of psychiatric services for students within the Minnesota State system currently offered at Minnesota State University
- Interpret satisfaction data of students at 12 different institutions who are using/have used Telepsychiatry services over the past year

Family and Consumer Science Teachers: An Exploration of Compassion and Support (Dan Moen, Marin Olson, Kory Engelstad)

- Define the unique roles of Family and Consumer Science Teachers
- Participants will be able to recognize symptoms of compassion fatigue, burnout, and secondary trauma
- Participants will be able to use an assessment tool (ProQOL-5) to examine compassion fatigue, burnout, and secondary trauma within their own area of interest.

Expanding Trauma-Informed SANE Workforce within Rural Minnesota (Amy L. Haycraft, Renee Kumpula, Kelly Krumwiede)

- Recognize and increase awareness of the magnitude of sexual assault and exploitation in rural environments
- Conceptualize a trauma informed health care environment to support sexual assault survivors
- Develop strategies to implement trauma informed principles and improve health care delivery to rural located sexual assault survivors

Community conversations identifying best compassionate practices in times of loss (Diane Witt, Kelly Krumwiede, Mary Ann Boe)

- Define a Compassionate Community and identify its community wide psychosocial benefits
- Describe the process used in this project of developing a Compassionate Community and Charter
- Identify how normalizing conversations around loss can lead to best practices to support community caring

Mental health pathways to care: Honoring cultural values during a pandemic (Alex Espadas, Alicia Snow, Sky Smith)

- Understand the mental health impact of the pandemic
- Identify mental health pathways to care that honor cultural values
- Develop skills that will address mental health disparities in marginalized communities

Your Brain on Food (Shelly Brandenburger)

- Participants will become familiar with the literature connecting nutrition to mental health/mental illness.
- Participants will become familiar with nutrition professionals with training and experience in working with mental health disorders and strategies for interprofessional practice

Implementing Trauma-Informed Care for Children in Primary Care (Elizabeth Coleman)

- Discuss trauma-informed care and why needed in primary care
- Identify the gaps to implementing in primary care
- Present best practices for implementing trauma-informed care in primary care

YWCA New American Families Program: Panel Discussion on Mental Health Issues (Jessica Albers, Cece Xiong)

- Recognize the mental health issues faced by new American families and how culture impacts mental health.
- Understand how YWCA parent educators use their training to assist new American families navigate the education, health, and financial systems in the community

Giving Students Tools to Take Charge in Wellbeing (Ross Aalgaard, Matthew Frank)

- Review the need for wellbeing among youth
- Learn the six components of wellbeing
- Learn how to help youth with identifying and applying wellbeing in their own lives