



Wellness-Connect 2021-2022

Complimentary Live Access: Series Overview & Registration Links

Eight monthly live and recorded webinars with discussion guides.

Renowned national experts, authors and leaders.

campusoutreachservices.com/wellness-connect/

Wellness-Connect educates and inspires school leaders, parents, teachers, and student leaders with live webcasts on 8 timely topics via a secure, interactive platform. Sessions are moderated by Katie Koestner, who appeared on the cover of TIME Magazine at age 18, is the subject of an HBO movie, and has lectured at 5000+ schools and universities.

Garner current research and practical strategies from cutting-edge thought leaders. The Pennsylvania Principals Association special access subscription includes unlimited access to the 8 live sessions. Recorded sessions and resource portals are available for a [nominal fee](#). Each live session holds a maximum of 3000 attendees on a first-come-first-serve basis.

[Wellness-Connect Subscription](#)

Eight live 23-min sessions @ 4:00pm EST. Recorded & on-demand.

For Educators

- Appropriate for educators in K-12 and higher education.
- Professional development.
- Training for advisors, coaches, and support staff.
- Engage with thousands of educators throughout the country.
- Commitment to the safety and wellbeing of students and the school community.

For Students

- Appropriate for students age 14-21.
- Programming option for assemblies.
- Training for peer educators, peer counselors, and peer leaders.
- Engage with thousands of students throughout the country.
- Bystander engagement training.

For Parents

- Appropriate for parents of children of all ages.
- Programming for PTA/PTC meetings and lecture series.
- Engage with thousands of parents throughout the country.
- Commitment to the safety and wellbeing of our children.
- Empower parents to actively support your school.

Session 1: October 4th, 2021

“Prejudice: Recognizing and Rethinking Our Perspectives”

Registration: <https://attendee.gotowebinar.com/register/2355089452720870667>

The clothes we wear, foods we crave, music we jam: diverse cultures enrich our human experience. 7.8 billion people navigate sunrise to sunset around the globe. How could understanding these unique journeys serve our personal voyage? Whether we strive for academic, financial, or other barometers of success -- our capacity to walk in others' shoes bolsters perspective and deepens connections.

Dissect conscious and unconscious biases on race, religion, socioeconomic status, and more. Evaluate your response when confronted with differing - even hostile - comments or behaviors, whether online or in-person. Cultivate gratitude for learning from others' perspectives and unique experiences. Learn how to engage in effective dialogue with others. This session opens a path to truthful articulation of experiences and how to hear disparate voices to achieve greater self-awareness.

Expert Presenters:

Emily Balcetis, PhD – Author and Associate Professor of Psychology at New York University



Emily Balcetis (she/her) is an internationally recognized university professor, author, and advocate for diversity, equity, and inclusion in education. Her book *Clearer, Closer, Better: How Successful People See the World*, has been published in a half a dozen languages. She has appeared as a host on National Geographic, and a guest on ABC Good Morning America, MSNBC, National Public Radio, the BBC, and other television outlets. Her research has been featured in the Washington Post, Time Magazine, Scientific American, CNBC, CNN, Huffington Post, and others internationally. Dr. Balcetis discovered aspects of human cognition that undermine people's efforts to meet self-improvement goals and social justice and has designed interventions to remedy those problems of human psychology.

Omékongo Dibinga, PhD, MA – Motivational Speaker, Poet, and Professor of Intercultural Communication at American University

Omékongo Dibinga (he/him) is a motivational speaker, trilingual poet, TV talk show host, rapper, and professor of Inter-cultural Communication at American University, where he also serves as a faculty affiliate to the Antiracist Research & Policy Center. Omékongo's writings and performances have appeared in O Magazine, as well as on TV and radio from CNN, BET, and the BBC to NPR, Music Choice, and Voice of America in over 150 countries. Omékongo has published 7 books, 7-fusion music and motivational CDs, and one independent DVD. In addition to the United Nations, Dr. Dibinga speaks at leadership and youth student conferences across the country.



Session 2: November 1st, 2021

“Stressed Out, Maxed Out, & Over-Scheduled: Finding Balance”

Registration: <https://attendee.gotowebinar.com/register/8587169737468548624>

We are pressured to do more, do it faster, do it perfectly, yet still stay glued together. Online profiles creep into our thoughts with perfectly (edited) images and lives. Many of us, or those around us, feel the need to be constantly “powered-on.” How can we digest the pressure to be anything and do any(every)thing, which leaves us with the real feelings of being overwhelmed and never-good-enough?

Learn how to manage and process an almost constant state of stress brought on by a combination of lack of sleep, heightened expectations, and over-exposure to endless stimuli from every direction. We are not alone in this navigation. What can we do to ensure we stay grounded instead of over-wired? Garner a checklist of ways to support physical, emotional and mental balance throughout all life stages. Practice concrete skill-building exercises with coaching from national experts.

Expert Presenters:

Kean Hsu, PhD – Assistant Professor of Psychiatry at Georgetown University



Kean J. Hsu (he/him) is an Assistant Professor in the Department of Psychiatry at Georgetown University. His research investigates how basic cognitive processes impact the etiology and exacerbate symptom severity of depression and anxiety. He is also interested in increasing awareness of issues surrounding mental health and stigma in communities that are typically under-served or under-utilize mental health services. Before Georgetown, Dr. Hsu was a Research Assistant Professor at the University of Texas at Austin in the Institute for Mental Health Research and the Department of Psychology, as well as co-director of the Anxiety and Stress Clinic at UT-Austin.

Ruth White, PhD, MPH, MSW – Diversity Trainer, Keynote Speaker, and Author

Ruth C. White (she/her) is a diversity trainer, stress management expert, and mental health activist who is committed to creating healthier and happier workplaces, classrooms, and communities. She is Director of Diversity, Equity and Inclusion at Carbon Five – a small software development firm based in San Francisco. She spent seven years as a Clinical Associate Professor at the University of Southern California, additionally teaching at Seattle University, UC Berkeley, Fordham, and San Francisco State. She has been featured in a wide range of media including The Today Show, KRON4 Bay Area, CBSNews LA, BBC World Service, Women’s Health, Marie Claire, Seattle Times, New York Times, The Economist, Black Enterprise, Vanguardia, el Colombiano, and Woman’s Day, among others.



Session 3: December 6th, 2021

“Hey, Alexa . . . Can You Think for Me so I Don’t Have to? Are We Co-Dependent on Technology?”

Registration: <https://attendee.gotowebinar.com/register/5665541942584278800>

When Alexa and Siri are ready to do everything except fold our clothes, have we achieved technology dependence, addiction, or genius? Our devices grant us superpowers of efficiency, limitless information, and instantaneous communication. How do we morph into tech heroes rather than our own worst cyber-villains? Can we level-up our affinity with technology while analyzing our tether to apps, games, and social profiles?

Learn how technology uses our psychology to reward itself, not us as end-users. Assess how our devices hold captive every minute of our daily lives to make an informed choice about our settings, app permissions and acceptance of terms and conditions of use. Ensure we remain in charge of technology, rather than it maintain a hold on us.

Expert Presenter:

Elias Aboujaoude, MD, MA – Clinical Professor of Psychiatry and Chief of Anxiety Disorders Section at Stanford University



Elias Aboujaoude (he/him) is a Clinical Professor at Stanford University's Department of Psychiatry, where he is also Chief of the Anxiety Disorders Section and Director of the OCD Clinic and the Impulse Control Disorders Clinic. His work focuses on the intersection of technology and psychology, with an emphasis on the problematic use of Internet-related technologies, and mental health in a post-privacy world. His books include *Virtually You: The Dangerous Powers of the e-Personality* and *Mental Health in the Digital Age: Grave Dangers, Great Promise*. Dr. Aboujaoude also teaches psychology at Stanford and UC Berkeley. Scholarly and media platforms that have

featured his work include The New York Times, The Wall Street Journal, The Washington Post, Congressional Quarterly, The Harvard Business Review, The Chronicle of Higher Education, BBC, PBS, and CNN.

Session 4: January 3rd, 2022

“Sad, Mad, or Glad: Differentiating Among Moods, Depression and a True Mental Health Crisis”

Registration: <https://attendee.gotowebinar.com/register/1857796836154225168>

Uncontrollable crying, unable to get out of bed with the alarm blaring, feeling hopeless and alone, wanting to escape from everything and everyone . . . normal or not normal? Do you know the difference between a mood-swing and clinical depression? Mental health is just as important as physical health, but not always as straightforward in how to assess, manage and bolster.

Recognize the symptoms of depression and how it can happen to anyone. We unveil suicide myths and identify high-risk groups. Procure expertise necessary to identify warning signs, approach delicate situations, and assist those in need of support. We discuss the dos and don'ts of aiding others, highlighting best action steps. Learn options for prevention and treatment without adding to societal stigmas.

Expert Presenters:

Larkin McReynolds, PhD, MPH – Assistant Professor of Clinical Epidemiology at Columbia University



Larkin McReynolds (she/her) is an Assistant Professor of Clinical Epidemiology at Columbia University. She has carried out investigations examining the relationship between psychiatric disorders and juvenile recidivism, gender differences in psychiatric risk factors for delinquency, and non-suicidal self-injury. Dr. McReynolds has co-authored over thirty publications, coordinated data collection from over 88 sites, and conducted analyses relying on advanced level modeling of youth outcomes. Her multisite data collection and team supervision experience have contributed to the Center's accumulation of a rich data archive of close to 10,000 justice-involved youths' diagnostic, demographic, and offense information.

Samuel Song PhD, NCPS – Director of School Psychology Programs at University of Nevada, Las Vegas

Dr. Samuel Song (he/they) is an Associate Professor and Director of School Psychology programs in the Counselor Education, School Psychology, and Human Services Department at the University of Nevada, Las Vegas. Dr. Song's scholarship and research examine realistic school mental health promotion programs with a particular focus on minoritized communities. He is the current President of Division 16 (School Psychology) of the American Psychological Association and was the 2019 recipient of Division 16's Jean Baker Mid-Career Award for Service/Practice. Dr. Song has consulted with schools on school safety, crisis, bullying, and restorative justice strategies in several states for nearly two decades. He is a sought-after presenter who has offered training across the country and internationally (Asia and New Zealand).



Session 5: February 7th, 2022

“You Can’t Get Pregnant from Just Making Out: Myth Busting on Sexual Health”

Registration: <https://attendee.gotowebinar.com/register/2158442897606838544>

Time for “the talk.” Discussing “the birds and bees” can be awkward, confusing, and downright uncomfortable. If you are Googling, asking Siri, texting with friends or asking your coolest aunt, you may not be getting the lowdown you need to make safe, informed choices. No matter our religious beliefs or morals, we all need the details on biological, communication, and safety aspects of sexual health.

Elevate your knowledge about the facts and physical workings of our bodies. Recognize consensual versus non-consensual behavior. Expose misconceptions and myths around sexually transmitted infections (STIs), unintended pregnancies, and infertility. Gain confidence when making inquiries or disclosing concerns with your healthcare team or partner. This knowledge-packed session takes sex-ed to a whole new level!

Expert Presenters:

Jennifer S. Hirsch, PhD – Professor of Sociomedical Sciences at Columbia University



Jennifer Hirsch (she/her) is a Professor of Sociomedical Sciences at Columbia University’s Mailman School of Public Health. Dr. Hirsch's research spans five intertwined domains: the anthropology of love; gender, sexuality and migration; sexual, reproductive and HIV risk practices; social scientific research on sexual assault and undergraduate well-being; and the intersections between anthropology and public health. Her articles have been published in journals such as the American Journal of Public Health, Studies in Family Planning, AIDS, and Culture Health and Sexuality, and she has co-authored two books. She is the co-author of the forthcoming *Sexual Citizens: A Landmark Study of Sex, Power, and Assault on Campus*. Hirsch co-directed the Sexual Health Initiative to Foster Transformation (SHIFT), a study supported by Columbia University that examines sexual health and assault among undergraduates.

Shamus Khan, PhD - Professor and Chair of Sociology Department at Columbia University

Shamus Khan (he/him) is a Professor and Chair of the Sociology department at Columbia University. He was a Co-Principal Investigator of SHIFT, a multi-year study of sexual health and sexual violence at Columbia University. His more than ninety articles, essays, and book focus on culture, inequality, gender, and elites. He writes regularly for the popular press such as the New Yorker, the New York Times, Washington Post, and has served as a columnist for Time Magazine. In 2016 he was awarded Columbia University’s highest teaching honor, the Presidential Teaching Award, and in 2018 he was awarded the Hans L. Zetterberg Prize from Uppsala University in Sweden as “the best sociologist under 40.”



Session 6: March 7th, 2022

“Cyber-Civility vs. Hate & Gossip: Is Online Speech Bringing Out Our Worst Selves?”

Registration: <https://attendee.gotowebinar.com/register/3345535024581854736>

With Twitter and Facebook shutting down accounts and deleting discriminatory posts by young and old alike, we see the meanies all around us. A single click publishes not-so-nice thoughts to a friend but easily spreads to the entire world. Is cyber-bullying on the rise or just more easily exposed? Is hate speech thrown out on Xbox Live, Discord, Twitter, and Instagram, making these spaces toxic virtual environments?

Learn how can we address cyber-incivility and confront those bullying, harassing and harming others in these spaces. Identify active bystander intervention techniques we can deploy to unlock a cyberbully-free landscape. How can we model digital citizenship whether we are students, parents, or educators? This session pinpoints both technological strategies to block and report cyber-bullying as well as communication skills to address it.

Expert Presenters:

Dorothy Espelage, PhD – Author and Distinguished Professor of Education at University of North Carolina



Dorothy L. Espelage (she/her) is the William C. Friday Distinguished Professor of Education at the University of North Carolina. Over the last 22 years, she has authored over 190 peer-reviewed articles, 6 books, and 70 chapters on bullying, homophobic teasing, sexual harassment, dating violence, and gang violence. Her research has secured over 12 million dollars of external funding. She advises members of Congress and Senate on bully prevention legislation and conducts regular webinars for CDC, NIH, and NIJ. In 2011, she authored a White House Brief on bullying among LGBTQ youth. Dr. Espelage has been a consultant for stopbullying.gov and the National Anti-Bullying Campaign. She has appeared on television

programs, including The Today Show, CNN, CBS Evening News, The Oprah Winfrey Show, Anderson, Anderson 360 and has been quoted in the national print press, including Time Magazine, USA Today, People, Boston Globe, and the Wall Street Journal.

Paul Mihailidis, PhD – Associate Professor of Communication at Emerson College

Paul Mihailidis (he/him) is an Associate Professor in the School of Communication at Emerson College, where he teaches media literacy, civic media, and community activism. He is founding program director of the MA in Media Design, Senior Fellow of the Emerson Engagement Lab, and faculty chair and director of the Salzburg Academy on Media and Global Change. His work has been featured in the New York Times, the Washington Post, Slate Magazine, the Nieman Foundation, USA Today, Newsweek, CNN, and others. He has published seven books and over fifty articles; his work has been cited over 2000 times. He sits on numerous Editorial Boards and the advisory board for iCivics and the Engagement Lab.



Session 7: April 4th, 2022

“If You Really Love Me, You Would . . . Healthy Relationships vs. Abuse”

Registration: <https://attendee.gotowebinar.com/register/5297212144349419536>

“You should wear that shirt—you look great in it.” “You should hang out with me, not go out with your friends.” Control or passion? What is the difference between attentive and abusive? What may seem at first to be a doting partner may evolve into dating violence. What are red flag signs of unhealthy relationships?

Abusive relationships can have severe consequences on physical and mental health, evolving into anxiety and depression that may last a lifetime. Some turn to substance abuse as a coping mechanism that can lead to addiction. Learn warning signs to help you recognize if your friend or loved one is in an unhealthy relationship. Understand how to nurture healthy relationships and how to remove ourselves or our peers safely from abusers.

Expert Presenters:

Carlos Cuevas, PhD – Associate Professor and Co-Director of the Violence and Justice Research Laboratory at Northeastern University



Carlos Cuevas (he/him) is an Associate Professor at Northeastern University and a practicing clinician of his private practice. He is currently co-director of the Violence and Justice Research Laboratory, where he researches victimization and trauma, sexual violence and sexual offending, family violence, and psychological assessment. His most recent National Institute of Justice-funded research will examine the scope and impact of bias crime against Latinos. Other NIJ-funded collaborations include the development of instruments to evaluate bias victimization among youth and teen dating aggression. Dr. Cuevas received his B.A.

from Tufts University and his Ph.D. in clinical psychology from the California School of Professional Psychology at Alliant International University in San Diego, CA.

L.Y. Marlow – Author, Activist, Educator, and Founder of Saving Promise

L.Y. Marlow (she/her) is recognized as one of the most renowned, sought-after voices in the domestic violence movement. Marlow is an award-winning author, activist, and educator around safety and healthy relationships lecturing, training, and keynoting hundreds of programs and events at secondary schools, colleges, universities, community organizations, corporations, military, and government agencies. She has been featured on countless media and talk outlets including CNN, MSNBC, NBC, FOX News, NPR, and TEDx. L.Y. is the author of the award-winning *Color Me Butterfly* and acclaimed *Don’t Look at the Monster*.



She is the founder of Saving Promise, a national intimate partner violence awareness and prevention organization inspired by her family story of five generations of domestic violence and her granddaughter. L.Y. also serves as a pioneer and principal at the Harvard Learning Lab.

Session 8: May 2nd, 2022

“Grass, Weed, Flowers, Hash: Cannabis Just Sounds So Good for You”

Registration: <https://attendee.gotowebinar.com/register/2216925921088931344>

“It’s not addictive.” “It’s legal (for medical use).” “It’s healthier than other drugs.” “It’s a way to relax.” “If my mom did it, it can’t be that bad.” What’s myth and what’s fact? What does research reveal? Can you get addicted? Does cannabis make you unmotivated? Who’s using, who’s not, and for what purposes?

Garner concrete answers to countless questions about marijuana, more accurately “cannabis,” illuminating truths about the drug and its effects. What are alternatives to “what everyone is doing”? Learn the scientific evidence on how cannabis affects the brain, body and behavior. Understand the neurobiological and psychological impacts of this popular substance.

Expert Presenters:

Daniele Piomelli, PhD – Professor and Chair of Neurosciences and Co-Chair of Center for the Study of Cannabis at University of California, Irvine



Daniele Piomelli (he/him) is a Professor of Anatomy, Neurobiology, Pharmacology and Biological Chemistry and Louise Turner Arnold Chair in Neurosciences at the University of California, Irvine. Additionally, he co-directs the UCI Institute for the Study of Cannabis. Daniele is an author of more than 400 peer-reviewed articles, three full-length books, and 34 patents. He founded the Department of Drug Discovery and Development (D3) at the Italian Institute of Technology in Genoa, Italy, which he directed from 2007 to 2016, and three biopharmaceutical start-ups based on discoveries made in his lab. He is Editor-in-Chief of Cannabis and Cannabinoid Research, the only peer-reviewed journal entirely dedicated to the study of cannabis, its derivatives, and their endogenous counterparts in the human body.

Bob Solomon, JD – Clinical Professor of Law and Co-Chair of Center for the Study of Cannabis at University of California, Irvine

Bob Solomon (he/him) is a Clinical Professor of Law and Co-Chair of UCI Center for the Study of Cannabis at the University of California, Irvine. Dr. Solomon is a former legal services attorney and clinical teacher at Yale Law School, where he started the Community and Economic Development Clinic. From 1999-2002, Solomon served as the Interim Executive director of the Housing Authority of the City of New Haven and as the Chair of the Board of Directors. As co-director of the UCI Center for the Study of Cannabis, Solomon taught The Law of Cannabis, a wide-ranging law school course dealing with the medical, sociological, organizational, banking, and tax issues surrounding the legalization of cannabis. His current interests include the issue of reparations and equity programs in the cannabis industry.

