

Work2BeWell



What is a Mental Health Summit?

A mental health summit is an in person or virtual event that is focused on mental health and wellness resources, led by experts and key stakeholders like students, educators, and partners in community health.

Benefits of hosting a Mental Health Summit:

- Connect educators, students, parents and communities to focus on mental health
- Create relationships within your community
- Access free clinically vetted and educator created resources and activities
- Help meet state mental health goals
- Make an active effort to help reduce suicide among student populations
- Empower students
- Opportunity to lead in your state
- Reduce the stigma around mental health

What makes it effective?

- Planned by key stakeholders
- Interactive and participation focused
- Variety of learning and presentation styles

Where do we do it?

- In person - a school, gym, community center
- Virtual platform online

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Summit Planning Checklist

What's your why? What do you want attendees to gain from your experience?

Title: Work2BeWell Summit by (your school here) _____

Planning Team:

- Students
- Teachers
- Counselors
- Parents
- Administrators
- HealthCare Professionals
- Community
- Other _____

Content:

- Breakout Rooms
- Student Share/SWAP Ideas (Share2BeWell)
- Panel
- Guest Speakers
- Model a Mental Health Lesson from W2BW Hub
- Group Discussion

Who Is Your Audience and Attendees:

- Students
- Teachers
- Counselors
- Parents
- Administrators
- HealthCare Professionals
- Community
- Other _____

Registration and Communication:

- Online
- Free or fees
- Password protected
- Pre-Event Communication and Steps
- Post Event Communication and Follow Up
- Community Agreements for Behavior

Time Length:

- 1 hour - 2 hours
- 3-5 hours (half day)
- 1 day
- More than one day

Marketing:

- Email lists
- Personal Invites
- Facebook Ad's
- Collaborate with community partners and speaker
- Social Media
 - Instagram
 - Facebook / Facebook Live
 - Twitter
 - Tik Tok
 - YouTube
 - Other: _____

Date / Days:

- Same Day
- Spread Out over a few days
- Other _____

Sample Schedule:

8:30 a.m.	Virtual Breakfast with Musician Lisa Heller	Instagram Live @work2bewell
9:00-9:50 a.m.	WELCOME Work2BeWell HubEmotional First Aid ToolKit: Kim Karr Breakout: What is in your E-First Aid Kit?	ZOOM
9:50 a.m.	Breathing Activity Break - <i>Stay connected in Zoom</i>	Instagram Live @work2bewell
10:00-10:50 a.m.	Inspired Minds: Share2BeWell	ZOOM (Same link as above)
10:35 a.m.	Breakout Rooms: Share2BeWell	
10:50 a.m.	Talk2BeWell: Student Podcasts	Instagram Live @work2bewell
11:00 a.m.	Mental Health Expert Q&A Panel Dr. Jeri Turgesen Dr. Tyson Payne Dr. Robin Henderson Mark Brown - Newberg HS Facilitated by Student JJ Riddell, Redmond HS	ZOOM Webinar Work2BeWell Facebook Live
12:00 p.m.	Youth Speaker: Davey Muise	Instagram Live @work2bewell

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Platform(s) to be used:

- In person
 - Venue
 - Size Capacity
 - Attendance anticipated
 - Cost
 - Contracts
 - Emcee
 - Registration
 - Name Badges
 - Food / Beverages
 - Dietary Needs

Virtual:

- Zoom
- Google Hangouts
- Google Classroom
- Crowd Cast
- GoToWebinar
- Cisco Webex
- Instagram Live
- Other

Virtual Specific Jobs:

- Emcees, we suggest students/adults combination
- Tech team
- Timekeeper
- Chat monitor
- Breakout room leaders
- Panelists
- Speakers
- Workshop leaders
- Other:

Fun Additional Ideas:

- Give-aways or Prizes
- Music
- Don't forget bio breaks and snack breaks
- Breathing

Practice Makes Perfect!

- Do a practice run through/dress rehearsal

Tips and Tricks and Miscellaneous Things to Think About:

- Don't forget thank you cards
- If you do this virtually, rename facilitators with **W
- Breakout room style
 - Will the students stay and presenters move room to room or vice versa?
 - Will everyone move together?
 - Will there be choices, rotations or everyone the same?
 - Will you have discussion questions ready to post?
- Will you record this and share out later?
- If you do this virtually - check your wi-fi bandwidth
- How will you get the materials out to attendees?
- Offer PDU's for educators who attend
- Have an official disclaimer about mental health