



University Summit

AGENDA

Sunday & Monday, September 30th & October 1st, 2018
Sawgrass Marriott Golf Resort & Spa, Ponte Vedra Beach, FL

**“Community Building:
A Pathway to a Thriving University.”**

Sponsored by

A Trustmark Company

Sunday, September 30th – Vernon’s @ Sawgrass Marriott

6:00 – 9:00 pm **University Summit Dinner**

Monday, October 1st – Room: Champions C

7:15 – 8:00 am **Registration and Breakfast**

8:00 – 8:15 am **Welcome and Introductions**

Patricia Benson, MEd, Co-Chair, University Summit

Karen Schmidt, MPH, Co-Chair, University Summit

Megan Hammes, MS, MCHES, Planning Committee Member, University Summit

8:15 – 9:00 am **The Robert Winfield, MD, University of Michigan Keynote Presentation**
Choosing your tribe: What are the pathways between social connections and thriving people and organizations?

[Sara Johnson](#), PhD, Co-President and CEO, Pro-Change Behavior Systems, Inc.; 2018 co-recipient of the HERO Mark Dundon Research Award. Co-Editor of The Art of Health Promotion. She was named a Top 10 Health Promotion Professional in 2015 by WELCOA. Preview Sara's Special [Journal Issue on Social Connections](#) and an interview on [YouTube](#).

Moderator: Karen Schmidt, MPH, Director, MHealthy, University of Michigan Health & Well-Being Services

9:00 – 9:45 am **Collective Well-being to Improve Population Health Outcomes**

[Brita Roy](#), MD, MPH, MHS, Assistant Professor of Medicine & Director of Population Health at Yale School of Medicine. Robert Wood Johnson Clinical Scholars Program Fellow

Moderator: Patricia Purpur de Vries, MS, Director of Strategic Projects, Stanford Medicine WellMD Center, Stanford University

9:45 – 10:15 am **Reactor Panel with presenters and two other University Researcher/Practitioner Reactors**

Panelists:

[Nance Lucas](#), PhD, Executive Director, Center for the Advancement of Well-Being; Associate Professor, School of Integrative Studies, George Mason University
[Joni Troester](#), MBA, CEBS, SPHR, Assistant Vice President, Total Rewards, The University of Iowa

Moderator: Patricia Purpur de Vries, MS, Director Stanford WellMD Center, Stanford University

10:15 – 10:30 am **Networking Break**

10:30 – 12:00 pm **Building Community across Diverse Sub-Cultures**

Panel Presentations (30 minutes each) and Facilitated Panel Discussion (30 minutes)

“The Sphere of Wellness Influence.”

[Patricia Purpur de Vries](#), Director of Strategic Projects, Stanford WellMD Center, WellMD.Stanford.edu. Top 50 Influential Women in Silicon Valley, Business Journal (2004). Inductee, North Dakota Sports Hall of Fame (2002). 9 Time NCAA All-American.

“Engaging the Unengaged through Some Serious Fun!”

[Anna Threadcraft](#), UAB Employee Wellness Director. Rising Stars of Health Care, 2017. University of Alabama College of Human Environmental Services Jack Davis Professional Achievement Award. 100 Healthiest Employers.

Moderator: Megan Hammes, MS, MCHES, Director, UI Wellness, The University of Iowa

12:00 - 12:30 pm **Lunch**

12:30 – 1:30 pm **Best Practices in Action: Community Building that leads to an Award-Winning University Program**

Karen Schmidt, MPH, Director, MHealthy, University of Michigan Health & Well-Being Services

Jessica Grossmeier, PhD, Vice President of Research, HERO

Philip Swayze, MS, CWPD, Director of Health & Performance, HUB International New England, LLC

Jack Curtis, CEO, Corporate Health Partners

Kristi Rahrig-Jenkins, PhD, MPH, Research Program Manager, University of Michigan

1:30 pm **Adjourn**

Summit Advance Readings: How does Social Connectivity affect Employee Health and Productivity?

Positive psychology principles, including the role of companionate love and social support, are trending strong in the worksite health promotion field. Dr. Sara Johnson, HERO member and Co-Editor of the Art and Science of Health Promotion has edited a fascinating series of articles showing how “[Social Connection](#)” can have a major impact on well-being. This section of *the American Journal of Health Promotion* is open access and available to all. Dr. Johnson offers a stellar review of related literature and among the articles featured is one about “what’s love got to do with it” from Olivia (Mandy) O’Neal, one of our keynote speakers from HEROForum17.