

# Spotlight on Mental Wellness

*The Art & Application of Resilience and Growth*

*April 20, 2024*

*Harper Alumni Center-Sacramento State*

## **SYLLABUS/TIME-ORDERED AGENDA**

- 8:00 – 8:30**                      **Registration, Check-In, & Continental Breakfast**
- 8:30 – 9:00**                      **Welcome & Housekeeping**  
Robert Pieretti, Ph.D., CCC-SLP, BCS-CL  
Associate Dean, Sacramento State College of Health and Human Services  
Joyce Mikal-Flynn, Ed.D., FNP, MSN  
Professor, Sacramento State School of Nursing
- 9:00 – 10:00**                      **Keynote Presentation**  
*“Overcoming the unthinkable adversity”*  
Chris Singleton  
Inspirational Speaker, Author, Entrepreneur  
Former Professional Baseball Player  
[www.chrissingleton.com](http://www.chrissingleton.com)

## **AM: The Art of Building Resilience & Post Traumatic Growth (PTG)**

- 10:00 - 10:30**                      **Neurological Aspects: What Does the Science Say?**  
*“Knowledge is power: Strategies for regulating your fear response”*  
Sharon Furtak, Ph.D.  
Professor, Sacramento State Department of Psychology
- 10:30 - 11:00**                      **Mental Health and Wellness: Risk and Resilience**  
*“An existential crisis: Meaning making in post-traumatic growth”*  
Bita Rivas, Ph.D.  
Associate Professor of Professional Counseling,  
Sacramento State Department of Graduate and Professional Studies  
College of Education
- 11:00 - 11:20**                      **Break**

- 11:20 - 11:50**      **Psychological Aspects: What Our Stories & Experiences Teach Us**  
*"The influence of character on circumstances: Growth, narrative, and what we know about our own moral character"*  
Peter Katz, Ph.D.  
Assistant Professor of Bioethics & Philosophy, Northstate University
- 11:50 - 12:15**      **Moderated Panel of Experts**  
Moderator: Joyce Mikal-Flynn, Ed.D., FNP, MSN  
Professor, Sacramento State School of Nursing
- 12:15 - 1:25**      **Lunch Break**
- PM: Application of PTG**
- 1:25 – 2:15**      **Mental Wellness for All:  
Personal Experience Panel Discussion / Q&A**  
Moderator: Joyce Mikal-Flynn, Ed.D., FNP, MSN  
Professor, Sacramento State School of Nursing
- 2:15 – 2:45**      **Table Discussion: Identifying & Sharing Personal Insights**
- 2:45 – 3:00**      **Break**
- 3:00 - 3:30**      **You Got This! Recognizing Capacity and Your Strengths**  
Joyce Mikal-Flynn, Ed.D., FNP, MSN  
Professor, Sacramento State School of Nursing
- 3:30 - 4:30**      **Resource Fair Activity**
- 4:15 - 4:30**      **Adjourn & Sign Out**