

# VolAware Schedule of Events

## Wednesday October 4th

### MENTAL HEALTH SCREENINGS

**10:00am – 4:00 pm** Mental Health Screenings will be provided to UT and Knoxville community members. Participants can check in at Room 217 in the University Center.

### EVENT SPEAKERS

#### **10:00 am – 10:30am** VolAware Kickoff

Join us as Mr. Russ Jensen (representing Mayor Bill Haslem) and Mr. Erik Hoglund (representing Mayor Mike Ragsdale) present a proclamation naming October 4th Suicide Prevention day to UT's Vice Chancellor for Communications, Dr. Thomas Milligan.

Ms. Kristi Bogle, Student Government Association president, will then address the importance of mental health awareness and suicide prevention to the students of the University of Tennessee.

#### **4:00 pm – 5:00pm** QPRathon Kickoff

Dr. Joe Johnson, former president of the University of Tennessee will be here to help us understand why mental health issues should no longer be stigmatized and how we can all make a difference.

Dr. Nancy McGlasson, Assistant Dean of Enrollment Services and Director of Undergraduate Admissions, will discuss the importance of Suicide Prevention and her experience of losing her son to suicide.

### QPR TRAINING

**5:00pm – 8:00pm** QPR trainings will begin at 4:00pm in the University Center and will occur hourly (the last training will start at 7:00pm).

### INTERACTIVE PROGRAMMING

**10:00am - 4:00pm** Inflatable, Crafting table, Inner child play center (will include play activities such as sand play, finger paint, and Playdoh) will be available for play all day on the University Center Plaza.

**11:00am – 11:30am** “Understanding Substance Use and Abuse” – Mr. Bill Roybourne – Cornerstone Recovery Center- University Center Plaza

**11:15am – 12:00pm** Meditation – Dr. James Lawler will guide anyone interested in learning the practice of meditation in a quiet meditation – UT Counseling Center, 900 Volunteer Blvd

**12:00pm – 1:00pm** Massages – Licensed massage therapist will be provide free massages to interested UT and Knoxville community members – University Center Plaza

**1:00pm – 2:30pm** Careers in the Helping Professions panel – come and learn about career opportunities in a variety of helping professions as several professionals share information about their respective fields – University Center Ballroom

**2:00pm – 3:00pm** “Thoughts, Emotions, and Action - Making them Work for You” - Your thoughts and emotions can work together or be at war. This workshop will teach using your thought to better manage your emotions, leading to change in your behavior. UT Counseling Center, 900 Volunteer Blvd

**2:30pm – 3:00pm** Mental Health Jeopardy – Come participate in a fun game of Mental Health Jeopardy. Fun prizes will be given away to the individual or team who wins! – University Center Plaza

**3:00pm – 3:30pm** Rape Aggression Defense demonstration by UT Campus Police – University Center Plaza

Schedule is subject to change. Check our website at [www.utk.edu/counselingcenter](http://www.utk.edu/counselingcenter) and click on the VolAware logo for more information about VolAware and an up-to-date schedule of events.

## Thursday, October 5th

### INTERACTIVE PROGRAMMING

**10:00am - 4:00pm** Inflatable, Crafting table, Inner child play center (will include play activities such as sand play, finger paint, and Playdoh) will be available for play all day on the University Center Plaza.

**9:30am – 10:00am** Rape Aggression Defense demonstration by UT Campus Police – University Center Plaza

**10:00am – 11:00am** “Psychiatric Service Dogs: Innovative Help for People Facing Mental Disabilities” presented by Wilderwood service dogs - University Center Plaza

**11:00am – 12:00pm** “Creating sacred spaces” - Body/Mind Exercises presented by Susan Maxwell - University Center Plaza

**12:00pm – 1:00pm** Yoga and Wellness Demonstration – presented by UT RecSports - University Center Plaza

**1:00pm – 1:30pm** Rape Aggression Defense demonstration by UT Campus Police – University Center Plaza

**1:30pm – 2:00pm** Mental Health Jeopardy – Come participate in a fun game of Mental Health Jeopardy. Fun prizes will be given away to the individual or team who wins! – University Center Plaza

**2:00pm – 3:00pm** Massages – Licensed massage therapist will be provide free massages to interested UT and Knoxville community members – University Center Plaza

**3:00pm – 4:00pm** “Hang in There: A Workshop for Enhancing Coping Skills” -A workshop designed to enhance coping skills and improve quality of life. Attendees can expect to learn strategies for improving self-care and relaxation for physical and emotional well-being. UT Counseling Center, 900 Volunteer Blvd

### QPR TRAINING

**10:00am – 4:00pm** QPR trainings will begin at 10:00am in the University Center and will occur every half-hour. (The last training will start at 3:00pm). Trainings last approximately 60 minutes. The 12noon training will include a boxed lunch provided by the generosity of Campus

### VOLAWARE CLOSING

**4:00pm** Dr. Marci Burroughs and Dr. Connie Briscoe from the UT Counseling Center will provide a few closing remarks, disclose the number of people trained in QPR and do the drawing for several wonderful prizes, including two football tickets to the UT/Kentucky football game, a book loan scholarship program, a football autographed by Coach Philip Fulmer, 4 3-month memberships to the Rush, several gift certificates from area eateries and stores. Please come and help us close off this remarkable event.

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