

U GOOD EVENT GUIDE

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START HERE.

U Good events raise awareness of mental health and substance misuse among college students. The objective of U Goods is to engage, educate, and encourage students to adopt healthful skills and behaviors that improve mental wellness. This event programming was created and implemented by Kent State University, Center for Public Policy and Health.

This Microsoft Word document details the U Good event titled:

“Tips for Mental Wellness During COVID-19 Webinar”.

Another name used synonymously for this event includes:

“Tips for Mental Wellness in Isolation”

EVENT DESCRIPTION.

The focus of the event is to discuss tips and suggestions on how to stay physically active, socially active, and mentally active while following COVID-19 safety guidelines.

The evidence or reasoning for hosting the event:

- COVID-19 has undoubtedly affected everyone. For many, it may have been difficult to adjust or cope with these changes in life; including lifestyle, employment, academics, finances, housing, socialization, and physical health. This point in time is stressful and continues to be stressful. Increased and prolonged stress can have long-term implications for mental health. Thus, the purpose of this event is to share tips, ideas, and other suggestions to encourage means for staying physically, socially and mentally active in daily life while practicing safety guidelines in the COVID-19 global pandemic (Mayo Clinic, 2023).

The anticipated event attendees were Kent State University students.

Those who attended the event followed along with a remotely-hosted PowerPoint presentation through the university subscription to a virtual meeting platform. After the webinar’s conclusion, event attendees could then enter a raffle to win one of two \$25 Amazon gift cards; as a means of incentive to watch the presentation from start to finish.

The event entailed students logging onto the webinar with an anonymous link, listening to the presenters speak, and participating in discussions and poll questions. This was a free virtual event accessed through the university subscription to a virtual meeting platform. It took an attendee approximately ~25-30 minutes to participate. Two volunteers were needed to present the event. It may be helpful to provide the audience with a downloadable handout of local or on-campus mental health help resources.

EVENT BUDGET.

There were costs associated with hosting this event. See event itemized budget below.

Event title:	Tips for Mental Wellness While Social Distancing				
Expected number of event attendees:	~35				
Items on-hand that did <u>not</u> need to be purchased:	Access to laptop and internet service				
Event Itemized Budget					
Item	Quantity	Price per unit	Total	Store	Web Link
\$25 Amazon gift cards	2	\$25.00	\$50.00	Amazon prime	Click here to view link
TOTAL	2	-	\$50.00	-	-

*Please note that links to items are subject to change. Some items may no longer be available or have fluctuated in price. In those cases, our recommendation is to browse for items to serve as substitutes for items listed above.

EVENT SCHEDULING.

Event was hosted on the university subscription to a virtual meeting platform. The event occurred during the evening hours when most undergraduate students were finished with work or class. The event occurred on April 21, 2020.

EVENT ADVERTISING.

Event was promoted on Center's social media and through student organization email listservs. Posting was also made on the university event calendar.

EVENT PREPARATION.

Materials and supplies were built out and organized for the event. Presenters logged into the event session at least 15 minutes prior to the event start time to ensure session settings were functioning appropriately (i.e., checked microphone, audio, anonymous link for attendees, PowerPoint upload).

PowerPoint presentations are not included in the guide for reasons related to copyright.

References

Mayo Clinic (2023, July 22). *COVID-19 and Your Mental Health*. Mayoclinic.org.

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/mental-health-covid-19/art-20482731>