

# U GOOD EVENT GUIDE

Visit [www.kent.edu/mhsu/ugood](http://www.kent.edu/mhsu/ugood) to learn about awareness events

## 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:

## “Craft and Learn”

### EVENT DESCRIPTION.

The focus of the event is to educate others on the use of crafting to de-stress. This event was hosted to take a break from finals week stress. It was a time where students could come and unwind, while still learning about ways to practice self-care, and learn ways to reduce stress.

The evidence backing reasons for hosting the event:

- There are various ways for one to practice self-care and reduce the side effects that come along with stress. Crafting and the creation of art can be used to practice self-care and ease stress (Lawton, 2022).

The anticipated event attendees were Kent State University students.

Individuals at this event attended for an open discussion and safe space to be educated on stress relief and self-care. A gift card was also used to promote the events for individuals to attend.

The anticipated attendees were students at Kent State University. 30 event attendees would be ideal. Approximately 10 individuals attended this event.

The event entailed using the university subscription to a virtual meeting platform and lasted approximately 45 minutes to allow time for a presentation and the crafting demonstration. Participants were reminded to have scissors, paper, and whatever else they may need to participate at their disposal. The presentation consisted of information on stress relief and self-care, along with various tips to practice self-care. After the presentation, the crafting session began. There were steps to follow along with the presentation, along with a visual from the presenter. The event ended with mental health resources. There were no collaborators for this event.

This was a free event located in an event space at the University's campus that is accessible, convenient, comfortable, and easy to navigate for on-campus students. It took an attendee approximately ~5-10 minutes to participate. At least one volunteer was needed to table the event.

## EVENT BUDGET.

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

Event title:	Craft and Learn				
Expected number of event attendees:	~15				
Items on-hand that did <u>not</u> need to be purchased:	A university subscription to a virtual meeting platform, scissors, tape, glue, construction paper, sharpie markers				
Event Itemized Budget					
Item	Quantity	Price per unit	Total	Store	Web Link
Amazon gift cards	2	\$ 25.00	\$ 50.00	Amazon	<a href="#">Amazon.com: Amazon eGift Card: Gift Cards</a>
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 around finals week to take a break from the stress associated with finals week. The event utilized the university subscription to a virtual meeting platform. The event occurred on December 7, 2020.

## EVENT ADVERTISING.

Event was promoted on various social media channels along with university email Listservs.

See examples of social media post graphics below. Graphics below were used to spread awareness.



## VIRTUAL CRAFT AND LEARN SESSION

### *Snowflakes & Self-care*

Learn how to make paper snowflakes (via live video demonstration) and the basics of self-care

*\*Participate for a chance to win one of two \$25 Amazon gift cards!*

The recommended supplies to make paper snowflakes are:

■ Paper (any type)

✂ Scissors

🖍 Decorating tools (markers, paint, glitter, etc.)

\*Supplies to make paper snowflakes will not be provided.

\*You do not have to create a snowflake to enter the gift card drawing.

DEC. 7, 2020

6 PM - 6:45 PM EST

BLACKBOARD COLLABORATE ULTRA



Scan here to register  
or register at

[www.kent.edu/mhsu/UGood](http://www.kent.edu/mhsu/UGood)



### EVENT PREPARATION.

Materials and supplies were built out and organized for the event. A reminder email was sent to attendees the day of, along with an attachment of how to make the snowflake (the craft for the evening), and the necessary materials. Log into the university subscription to a virtual meeting platform early to ensure all audio and video components are working, along with the PowerPoint.

## References

- Lawton, A. E. (2022). The Catbird and the Craft Charms. *Art Therapy: Journal of the American Art Therapy Association*, 39(3), 118. <https://doi.org/10.1080/07421656.2022.2113727>