

**Professional Development Committee  
End of Year Report 2020-2021**

**Co-Chairs:** Maggie Carnahan & Will Pool

**Vice-Chair:** Jada Hogg

**Members:** Mary Ann Allen, Cesar Berrios Chavarria, Laurie Berry, Bill Groves, Megan Doyle

**Communications/Meetings:**

The committee met several times throughout the fall and spring semesters and communicated by e-mail. The committee discussed several items throughout the year.

**Committee Purpose:**

The committee focused on the theme of "Mental Health and Stability".

**Committee Charges:**

N/A

**Committee Actions:**

**Spring 2020**

- Panel Discussion: Finding Stability in Unstable Times: A Panel Discussion on Mental Health
  - Panelists Included: Robin Sanabria, of the USI Counseling Center, Ami Lloyd Certified Life Coach, and Janie Chappell of Deaconess. Moderated by Megan Doyle.
  - Varied attendance. Included optional breakout sessions after the panel. Focused on easy ways to foster mental stability and mental health.

**Committee Ongoing Work:** Other opportunities for professional development include:

- Community Building – presentation on equity, inclusion, diversity, etc.
- Personal/Employee Enrichment - caregiving, using vacation time, nutritional wellness, personal strengths, sleep, etc. - Julie McCullough would be a great presenter.
- Technology/Organization - How to use technology (Microsoft Teams, Outlook, OneDrive, etc.) to organize your life and make work easier.
  - Create mini tutorials that leave viewers with actionable skills they can use immediately
  - include a link in the monthly newsletter to administrators
- Employee Assistance Program – Short videos/testimonials on how the program works.

**Attachments:** I have attached the poster for the Mental Stability Panel Discussion event.

# FINDING STABILITY IN UNSTABLE TIMES:

**A Panel Discussion on Mental Health**

**WEDNESDAY, MARCH 31, 2021**

**11:30AM-12:30PM**

(OPTIONAL BREAKOUT ROOMS FOLLOWING)

Presented by: **USI Administrative Senate**

This free event is open to all members of the USI community and will focus on easy ways to foster mental stability and overall mental health.

## PANELISTS:



**JANIE CHAPPELL**

Manager, Community Services and Business Development at Deaconess Cross Pointe

**AMI LLOYD**

Certified Wayfinder Life Coach

**ROBIN SANABRIA, PH.D., HSPP**

Interim Director, USI Counseling Center

*If you have any questions, or if you require disability-related accommodations in order to participate, please contact Maggie Carnahan at [macarnahan@usi.edu](mailto:macarnahan@usi.edu).*