



Mental Wealth:

A Conference to Rethink Mental Health

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All of Us: A Campaign to Rethink Mental Health

All of Us: A Campaign to Rethink Mental Health was founded in 2014 by UCLA undergraduate students to raise awareness and combat stigma of mental health and illness on our campus. According to the American College Health Association, half of all college students in the United States experience overwhelming stress that makes daily life difficult. Especially under the academic and social pressure college students face, it is often easy to brush aside one's mental wellness and feel judged for seeking help when needed.

Mental Wealth

Last year, our first year of the campaign, our goal was to make mental health a commonplace phrase, to destigmatize mental illness, and begin creating an atmosphere of acceptance on campus. During this year's conference, we will be encouraging students to take a stand in prioritizing their own mental health in opposition of the normalization of detrimental behaviors that has occurred: success has begun to be measured by sleepless nights, the cups of coffee, or the burnout students endure in pursuing their studies— but success and a lack of mental health are not synonymous. The pressuring environment students feel in college campuses today has encouraged this unhealthy exertion to some degree, rather than mindful determination. We believe that academic achievement should not come at a cost of one's mental health-- rather they should be synergistic, encouraging passionate and mindful learning. These observations have led us to the theme, Mental Wealth, where we wish to show the value of prioritizing mental health. In Mental Wealth, we aim to bring a more well-rounded and inclusive perspective on mental health to provide all students with the resources and knowledge they need in order to prioritize their health.



All of Us Directors, 2016-17

Logistics

MENTAL WEALTH
All of Us and Active Minds Present: Annual Conference

SCHEDULE	
9:00-10:00 AM	Check-in, Breakfast, Resource Fair
10:00-11:00 AM	Keynote Speakers
11:00-11:30 AM	Workshop 1
11:35-12:05 PM	Workshop 2
12:10-12:55 PM	Lunch and Resource Fair
1:00-1:30 PM	Workshop 3
1:35-3:00 PM	Closing Speakers

APRIL 8 COVEL GRAND HORIZON

Saturday, April 9th, 2017 from 9am-4pm.

Mental Wealth: A Conference to Rethink Mental Health will begin with a series of keynote speakers, featuring both UCLA faculty and students. We will then have three 30 minute breakout sessions hosted by a variety of student organizations in which attendees can pick a workshop to attend. Workshops focus on different ways to prioritizing health socially, mentally, and physically. In between workshops transitions there will be a lunch break along with a resource fair, which will feature various organizations that will inform students on different methods to improve and support their health. We will end off the conference with closing speakers that will reflect on the day's activities and emphasize the importance of self-care.

Vision

This year, the campaign hopes to open a dialogue between individuals of all backgrounds to destigmatize and prioritize mental health by addressing aspects of self-care. This day-long conference will include keynote speakers, including UCLA faculty members and students, who will share their varying backgrounds, stories, and meaning of mental health. Attendees will also have the opportunity to attend up to 3 workshops put on by UCLA student groups, ranging from cultural organizations, artistic groups, physical well-being groups, and many more. We would like to encourage students to integrate mental health into their daily lives by promoting emotional, physical, and social well-being, while fostering a sense of community.



AOU Townhall



Semicolon Project



AOU Townhall



Suicide Awareness Display at Meyerhoff Park

Acknowledgements

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