



3<sup>RD</sup> ANNUAL

# CHARLESTON

## STUDENT HEALTH & WELLBEING CONFERENCE

SPONSORED BY STUDENT HEALTH & WELLBEING CONSORTIUM

### TUESDAY, MAY 20, 2025

**8:00 – 8:45 AM**

**Check-In & Continental Buffet Breakfast**

**9:00 – 9:15 AM**

**Welcome:**

General Glenn M. Walters, '79, USMC (Retired)

**9:15 – 10:00 AM**

**Opening Keynote Speaker:**

Sarah Ketchen Lipson, PhD, EdM

**10:00 – 10:15 AM**

**BREAK**

**10:15 – 11:00 AM**

**Commandant of Cadets Brief:**

Colonel Thomas J. Gordon, '91, USMC (Retired)

**Student Panel:**

Tay Thompson (The Citadel); John Kaloumenos (MUSC);

Caroline Berg & Vishnu Volate (CofC);

LT. Sadie Gomez & Kyrā Freeman (The Citadel)

**11:15 AM – 12:00 PM**

**AM BREAKOUT SESSIONS:**

**Guide to Thrive Program Outcomes** **ROOM 1010**

Caroline Moore, MSW, LISW-CP (MUSC)

**Panel Discussion Regarding Mental Health Resources** **ROOM 1011**

Shannon McKenzie, M.Ed., Beverly Steele, MD, & Erica Wright, LISW-CP (The Citadel); Dr. Marcie Wiseman (CofC); Erica N. Bligen, M.Ed., & Alice Libet, PhD (MUSC)

**Benefits of Incorporating Animal-Assisted Therapy into Practice:**

**An Ethical & Safety Driven Approach** (AM Only) **ROOM 1019**

S. Akeya Harrold, DNP, APRN, PMHNP-BC, C-AAIS (MUSC)

**Balancing Act: Navigating Dimensions of Wellness** (AM Only) **ROOM 1018**

Mary Ellen Huddleston (The Citadel); Dusty Jackson, MS,

Allie Jackson, MS, & Kevin Smuniewski, M.Ed. (MUSC)

**Wellness and Self Care for Faculty & Staff** **ROOM 1009**

Melantha Ardrey (The Citadel) & Kisha Galloway (CofC)

**12:00 – 1:00 PM**

**Lunch & Therapy Dogs**

**1:15 – 2:00 PM**

**PM BREAKOUT SESSIONS:**

**Guide to Thrive Program Outcomes** **ROOM 1010**

Caroline Moore, MSW, LISW-CP (MUSC)

**Panel Discussion Regarding Mental Health Resources** **ROOM 1011**

COL Heyward G. Hutson III, Beverly Steele, MD, & Dr. Elizabeth Sapp (The Citadel); Ann Almási-Bush (CofC); Erica N. Bligen, M.Ed., & Alice Libet, PhD (MUSC)

**No Seconds Please: Preventing Secondary Trauma While Supporting**

**Our Students** (PM Only) **ROOM 1019**

Donna Lee Williams, DNP, PMHNP-BC, APRN (MUSC)

**Social Media Update on How Best to Reach Students** (PM Only) **ROOM 1018**

Catherine Christian & Rachael McNamara (CofC)

**Wellness and Self Care for Faculty & Staff** **ROOM 1009**

Melantha Ardrey (The Citadel) & Kisha Galloway (CofC)

**2:00 – 2:15 PM**

**BREAK**

**2:15 – 3:00 PM**

**Closing Keynote Speaker:**

Matthew Stefanko

**3:00 – 3:15 PM**

**Closing Remarks:**

COL John A. Robinson Jr., JD, MBA



## PRESENTERS:

General Glenn M. Walters, '79, USMC (Retired) | President | The Citadel  
Colonel Thomas J. Gordon, '91, USMC (Retired) | Commandant of Cadets | The Citadel  
COL John A. Robinson, Jr., JD, MBA | Executive Director of Student Affairs & Academic Services | The Citadel  
Caroline Berg | May 2025 Grad: Double Major in Political Science (Politics, Philosophy, and Law) & International Studies (Asia Concentration) | CofC  
Ann Almasi-Bush | Associate Vice President for Student Well-being & Dean of Students | CofC  
Melantha Ardrey | Employee Relations Manager for Human Resources | The Citadel  
Erica N. Bligen, M.Ed. | Executive Director, Office of Student Engagement & Instructor, Academic Affairs Faculty | MUSC  
Catherine Christian | Substance Use Prevention Coordinator | CofC  
LTC Stephanie Fye, M.Ed. | Director of Advising | The Citadel  
Kyra Freeman | Clinical Counseling Graduate Student & Graduate Assistant in The Student Success Center | The Citadel  
Kisha Galloway, SHRM-CP | Director, Benefits and Wellness Programs, Office of Human Resources | CofC  
LT. Sadie Gomez | Master of Science in Leadership Student, Corps of Cadets, 2024 | The Citadel  
S. Akeya Harrold, DNP, APRN, PMHNP-BC, C-AAIS | Board Certified Psychiatric Mental Health Nurse Practitioner | MUSC  
Mary Ellen Huddleston | Director of Intramural, Club and Recreational Athletics | The Citadel  
Colonel Heyward G. Hutson III | Assistant Commandant for Discipline | The Citadel  
Dusty Jackson, MS | Director, MUSC Wellness Center | MUSC  
Allie Jackson, MS | Director, Fitness Programs & Member Services, MUSC Wellness Center | MUSC  
John Kaloumenos | College of Medicine Student | MUSC  
Sarah Ketchen Lipson, PhD, EdM | Associate Professor, Boston University School of Public Health & Principal Investigator, Healthy Minds Network  
Alice Libet, PhD | Director, Counseling & Psychological Services and Co-director, Student Health & Wellbeing | MUSC  
Shannon McKenzie, M.Ed. | Director of Services for Students with Disabilities & Associate Director of Student Success Center | The Citadel  
Rachael McNamara | Director of Student Wellness and Wellbeing | CofC  
Caroline Moore MSW, LISW-CP | Licensed Mental Health Therapist | MUSC  
Elizabeth Sapp, LISW-CP | Licensed Clinical Social Worker | The Citadel  
Kevin Smuniewski, M.Ed. | Director, Student Wellness Programs | MUSC  
Beverly Steele, MD | Counseling Center Medical Director | The Citadel  
Matthew Stefanko | Chief Operating Officer, Release  
Tay Thompson | Clinical Counseling Graduate Student & Graduate Assistant in The Office of Student Affairs | The Citadel  
Vishnu Volate | Master of Arts in Communication Student & Outreach Program Coordinator | CofC  
Donna Lee Williams, DNP, PMHNP-BC, APRN | Board Certified Psychiatric Mental Health Nurse Practitioner | MUSC  
Dr. Marcie Wiseman | Executive Director for Counseling and Mental Wellness | CofC  
Erica Wright, LISW-CP | Therapist, MUSC Health | The Citadel



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## CHARLESTON STUDENT HEALTH & WELLBEING CONSORTIUM

The Health and Wellbeing Consortium, an alliance formed in 2022 by three higher education entities in Charleston, South Carolina, is focused on what institutions are doing on local, state, and national levels to promote student wellbeing. Working together, the consortium members explore and create opportunities to promote education for students, faculty, and staff at their institutions.

By sharing their work with senior leadership, the Consortium promotes the importance of integrating student health and wellbeing into academics, outcomes, and programs. As the Consortium gathers information from students, staff, and faculty, the goal is to share it with the South Carolina legislature to inform them of current trends and needs.



## FOR ADDITIONAL INFORMATION, PLEASE CONTACT:

Gigi Smith, RN, PhD, PNP | smithgi@musc.edu | **The Medical University of South Carolina (MUSC)**  
Alicia Caudill, PhD | caudillad@charleston.edu | **College of Charleston (CofC)**  
LTC Stephanie Fye, M.Ed. | sfye@citadel.edu | **The Citadel**



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