

## **NYSC AAUP Spring 2024 Business Meeting and Conference**

### **FOCUS ON FACULTY AND PROFESSIONAL STAFF STRESS AND BURNOUT: THE NEWEST EPIDEMIC THREATENING HIGHER ED**

**Friday, April 26<sup>th</sup>. 8:30am-4:00pm**

**(In-Person Only)**

**Syracuse University**

**(Hosted by the Syracuse University AAUP Chapter)**

**Link to Registration:** [REGISTRATION INFORMATION & FORM SPRING 2024 | New York State AAUP Conference \(nyscaaup.org\)](#). Be sure to click "SUBMIT" at the end of your registration form **and** scroll down to select your PayPal payment options for the Conference and/or the Friday Night Dinner at Phoebe's. **Dinner registrations are due by Wednesday, 4/17.**

**Registration & Dinner Fees:** The registration fee for the Conference, which includes breakfast and lunch, is **\$35.00/per person**. The cost of Friday night's dinner is **\$55.00/per person**. Three (3) payment tabs are available at the bottom of the registration page (\$35/Conference, \$55/Dinner, \$90/Conference and Dinner). **Conference registrations are due by Wednesday, 4/17.**

**Hotel:** A block of rooms has been reserved at Hotel Skyler. Please indicate whether you will need a room on your registration form. Rooms are **\$189/night** plus tax and includes parking. **Room reservations are due by Wednesday, 4/17.**

#### **FRIDAY CONFERENCE (4/26/24) - 8:30am-4:00pm (In-Person Only)**

The Conference is open to AAUP members in good standing and their invited guests. Preregistration is required.

**8:30am-9:00am**

***BREAKFAST (Included with Paid Registration)***

**9:00am-9:15am**

Welcome and Introductions

NYSC AAUP President Mary Rose Kubal

NYSC AAUP Executive Director Sally Dear-Healey

#### **MORNING PROGRAM**

**9:15am-10:30am**

***The Lived Experience of Faculty Stress and Burnout***

The members of this panel represent the voices of faculty and professional staff who have personally experienced job-related stress or burnout, as well as those who conduct research on, write about, and/or work with Higher Ed faculty or professional staff who are

stressed and/or burned out. These are the voices that must be heard if we are to increase awareness, support, and funding.

**Panelists:**

***Aditi Bandyopadhyay, PhD,***

Professor, Science Librarian, Adelphi University

***Carrie Hawks, BFA***

Assistant Professor, Illustration Department, Parsons School of Design (VP)

***Charisse L'Pree Corsbie Massay, PhD***

Associate Professor, Communications, Syracuse University

***Jessica Varghese, PhD, RN***

Assistant Professor of Nursing, NYIT (VP)

***Raquel Warley, PhD, MSW***

Mental and Behavioral Health Educator, Private Practice Clinician

**Moderator:**

***Dr. Jacob Appel, MD, JD, MPH***

Associate Professor

Psychiatry and Medical Education

Director of Ethics Education in Psychiatry

Icahn School of Medicine at Mount Sinai

Co-Chair, NYSC AAUP NYC-Westchester Regional Council

***10:30am-11:30pm***

***Mental Health Policies and Legislative Updates in NYS: Who is Included and Who Isn't?***

**Speaker:**

***John Richter, MPA***

Director of Public Policy

Mental Health Association of New York State (MHANYS)

This session will focus on policy updates related to mental health in higher ed and current legislation which primarily focuses on student mental health and the ways in which faculty can support them. Further discussion will be had regarding the crafting of legislation that focuses on increased awareness, support, funding, and programs for faculty and

professional staff mental health, including an emphasis on preventing/decreasing factors and conditions which lead to stress and burnout.

The presentation will also include an overview of MHANY's Community Health Partners Program Community Mental Health Partners and Mental Health First Aid (MHFA) as well as other educational and training opportunities.

**Moderator:**

***Kimberley Reiser, PhD***

Nassau Community College

Chair, NYSC AAUP Committee on College and University Governance and At-Large Member

***11:30am—12:30pm***

**LUNCH AND AWARDS CEREMONY**

(Included with Paid Registration)

**AFTERNOON PROGRAM**

***12:30pm-3:45pm***

***Using the 8 Dimensions of Wellness and Evidence-Based Peer-to-Peer Coaching as Model and Practice to Decrease the Emotional and Physical Costs of Work-Related Stress and Burnout for Faculty and Professional Staff***

Do your colleagues sometimes have questions and/or issues you wish you could help them with, or at the very least know what- and what not to say? Do you wish you had others with which you could honestly and safely talk about the stress and burnout you are feeling at work? This is the part of the conference you are not going to want to miss!

Learn evidence-based ways to decrease stress and burnout and improve your own and your colleagues mental and emotional health and well-being. In addition to the 8 Dimensions of Wellness and what each can look like in terms of faculty and professional staff wellness, you will also learn foundational skills for Peer-to-Peer Coaching as a model which Cavanagh and Grant (2006) argue is a “goal-directed, results-oriented, systematic process in which one person facilitates sustained change in another” and one which, according to the Harvard Business Review (4/14/21) has “surprising power” to decrease work-related faculty and professional staff stress and burnout.

This unique opportunity to learn the skills of listening and reflection, how and what questions to ask, and having time for hands-on practice will enable participants to come away with concrete skills and tools they can then take back to their chapters, departments, institutions, etc.

In addition, by attending this training, you will be part of a larger initiative to build on the highly successful Peer Academic Support for Success (PASS) coaching model and expanding that focus to include decreasing faculty and professional staff stress and burnout as well as increasing state-wide awareness and funding for these initiatives.

**Presenters/Trainers:**

***Paul Cherchia, LMHC-MA***

Co-Director of the College Mental Health Educational Programs (CMHEP) at Center for Psychiatric Rehabilitation in the College of Rehabilitation Sciences: Sargent College at Boston University.

***Kelly Morrow, M.Ed.***

Training Associate within the College Mental Health Education Programs (CMHEP) at Center for Psychiatric Rehabilitation in the College of Rehabilitation Sciences: Sargent College at Boston University.

**3:45pm-4:00pm**

**Closing Remarks**

NYSC AAUP President Mary Rose Kubal  
NYSC AAUP Executive Director Sally Dear-Healey

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**SATURDAY BUSINESS MEETING (4/27/2024) - 9:00am-12:00pm (Offered In-Person and Virtual)**

The business meeting is open only to AAUP members in good standing. Preregistration is required (Zoom invite and Agenda will be sent to registered/vetted attendees prior to the meeting).

**8:30am-9:00am**

Check-in and Socializing

**9:00am-11:30am**

Business Meeting

**11:30am-12:00pm**

Reports & Open Forum

**12:00pm-12:30pm**

Lunch (Boxed) (Lunch is included for SC leadership. Payment of \$15.00 accepted at the door for all other NYS AAUP members).