Buckeye Summit 2018

ON APRIL 13, 2018, Buckeye Nation convened for change. Over 400 attendees gathered from all over the world, even from as far away as China and Tanzania. Our goal: support and create healthy communities. The topics were complex — from redefining preventive care and encouraging well-being to tackling the facets of addiction. Because of our collective power and insight, we formulated individual plans to build healthier communities wherever we call home.

Our momentum was evident throughout the day. We came from across Ohio, our country and the globe. The discussions were intriguing, the collaborations were inspiring and the creative solutions were encouraging.

So what’s next? How can we build better cultures of well-being? How can we redefine our focus on preventive care? How can we unravel the complexities and stigmas of addiction? Today’s event has given us much to think about, much inspiration and much hope for a healthier future.

Buckeye Summit was created to educate, engage and inspire the Ohio State community. To foster collaboration between the university and our extensive Buckeye Nation. To create healthy communities. Truly, it’s done just that.

An immense thank you for being part of it.
“When we all work together, coming from our diverse backgrounds and communities, we pull all of that wisdom and experience together to make profound changes in the world.”

— PRESIDENT MICHAEL V. DRAKE

AS A PHYSICIAN, I’ve worked in health and wellness for most of my life. This is certainly central to all that we do at Ohio State. When we come together as a community to find ways to help people lead better and healthier lives, that’s the most important work we can do.

We know as a society, we have to do more. One of the opportunities we have as a university is to look comprehensively at health and wellness. Our academic medical center is integral to this, but many of the factors that affect our health take place outside the medical arena.

Together, our combined experiences match the complexity of this very important topic. Each of you brings a diverse perspective to this conversation and is an essential player in this network of collaborators we are hoping to foster.

Buckeye Summit was a great and productive day. Now we have our work cut out for us.
PERSONAL COMMITMENT FACILITATOR
Jim Smith, MA – President and CEO, The Ohio State University Alumni Association, Ohio State Class of 1991

WELCOMING CEREMONY
Frederic Bertley, PhD – President and CEO, Center of Science and Industry (COSI)

PROGRAM INTRODUCTION
Maggie Griffin – President’s Prize Recipient, Ohio State Graduate Student in Social Work, Ohio State Class of 2017
WELLNESS IS DEFINED as the optimal state of living, regardless of an individual’s spectrum of health, and encompasses nine dimensions that should all be considered for a comprehensive and holistic view of total health and well-being. Each of these wellness dimensions can be impacted by positively adapting behaviors. Behavior patterns contribute to 40 percent of premature deaths and are the leading killer of Americans, highlighting how important behavior change is for personal and community wellness.

Buckeyes are faced with many challenges. Ohio ranks 43rd in population health and 50th in public health and prevention, with our top three health issues being obesity, mental health and access to care. Nationally, 50 percent of Americans have a chronic disease, with 25 percent having multiple chronic conditions, yet 80 percent of chronic disease is preventable. We must take steps to positively impact Buckeye Nation!

Individually, there are five leading health behaviors that could reduce the risk of chronic disease by 83 percent:

1. Not Smoking
2. Exercising regularly
3. Avoiding alcohol or drinking in moderation
4. Maintaining a healthy body weight
5. Getting sufficient sleep

Collectively, we must create a culture of wellness to ensure that everyone, including our children and grandchildren, can lead long, high-quality lives. This requires us to develop a Buckeye family, community and state that is healthy, happy and fully engaged. We must make wellness a shared value and priority, create healthier, equitable communities, strengthen integration of health services and systems and foster cross-sector collaboration.

Ohio State’s vision is to be the healthiest university and community on the globe, and this requires partnerships with Buckeyes everywhere. Our comprehensive, integrated approach has been effective for enhancing wellness on campus, and now we must broaden our reach to serve every Buckeye.
What are some challenges to creating and sustaining a culture of well-being? How might we, as members of Buckeye Nation, create and sustain a culture of well-being in our communities?

“Find your reason today to do something a little bit differently to lead a long, healthy life. We have so much opportunity for improvement — make a healthy decision today and get going. Stick to it. And just do it.”

– DEAN BERNADETT MELNYK

THEMES

What are some challenges to creating and sustaining a culture of well-being?

1. The time and motivation to commit to wellness conflicts with the realities of life (i.e., work schedules, etc.)
2. Equitable resources that are easily accessible and affordable
3. Successfully choosing and role modeling the habits or routines to become healthier
4. Perception that being healthy is expensive and too time consuming
5. Difficulty taking ownership and responsibility for well-being

GEM: “Creating attainable benchmarks for communities and organizations to pursue.”

How might we, as members of Buckeye Nation, create and sustain a culture of well-being in our communities?

1. Community and organization leaders must model desired behaviors and be supportive
2. Develop and implement programs that build healthy habits early in life
3. Make mental health resources accessible
4. Build habits into daily activity and routines (i.e., walking pets)
5. Address access to programs (transportation, walking paths, sidewalks, etc.)
6. Develop positive messages about healthy communities (not just what will harm us)

GEM: “Be an active part of the community before you try and change it.”
GEM: “The conversation within the medical community is not focused on wellness. It’s focused on health. We need to educate people about the difference.”
**Community health and prevention panel discussion**

**FROM THE HUMOROUS** opening moments of this discussion, it was clear that the whole room was completely engaged. The dialogue amongst the varied panelists illustrated just how complex and diverse the ideas of preventive care and health care actually are.

It was reinforced many times that all communities are different, and they all may have different definitions of what it means to be healthy. Each of the panelist’s programs address this issue by educating and engaging such a vast array of people.

It was made abundantly clear that health and wellness is about “we,” not just “me.” We need each other for support, and to aid each other to make the right decisions. That idea of strength in numbers, and the power of the Buckeye community, truly came through in this panel discussion.

From social work and community outreach, to stress research, health programs and more, it is obvious that there are a myriad avenues to consider when thinking about preventive care and community health.
Community health and prevention panelists

**JANICE KIECOLD-GLASER, PhD**
Distinguished University Professor, Psychiatry and Behavioral Health; Director, Institute for Behavioral Medicine Research; S. Robert Davis Endowed Chair in Medicine

**MY RESEARCH** is interdisciplinary and I collaborate with immunologists, endocrinologists, cardiologists and others. A theme of my work has been the importance of close personal relationships for one’s health. We have shown that lonelier medical students had poorer immune function than their less lonely contemporaries, and that stressed caregivers for spouses with Alzheimer’s fared much better over time if they had strong support in other relationships.

**JOE CAMPBELL, MS, PhD**
Lecturer, School of Environment and Natural Resources; Director, Environmental Professionals Network; Ohio State Classes of 2008, 2013

**OUR U.S.-AND TANZANIA-BASED TEAM** is working to bring water to Marwa in an effort to mitigate and prevent the potential for disease in the community. We’ve taken steps over the last 12 months to improve the medical dispensary, which will begin to address the prevention. I work with very diverse groups of people, non-academic and academic, who have expert knowledge in their own livelihoods to improve natural resources that directly impact health.

**JEROME DAVIS, MA, PhD**
Executive Director, Ohio State LiFEsports Camp; Director of Camps, Ohio State Athletics; Professor, College of Social Work and College of Education and Human Ecology; Ohio State Classes of 1999, 2002, 2005

**LiFEsports IS A PARTNERSHIP** of the College of Social Work, Department of Athletics, Recreational Sports, and Extension. We annually welcome over 600 disadvantaged youth from the Columbus community for a 4-week summer camp. We use sport to teach lifelong skills and healthy lifestyles and to promote positive developmental outcomes for youth. Since 2009, the program has welcomed over 6,000 campers and employed 800 people, most of whom are Ohio State students.

**RAVI S. TRIPATHI, MD**
Anesthesiologist, Ohio State Wexner Medical Center; Medical Director of Information Technology and Surgical Critical Care Services, Ohio State Ross Heart Hospital; Co-Founder, Rossfit Wellness Initiatives; Ohio State Class of 2012

**I COME FROM** a family of physicians and health care providers and have seen the effects of well-being firsthand. I realized I needed to make a change in my life and that change translated to those around me asking how they could change their lives. We started the RossFit challenge to help our community. “We’ve heard really positive things from those who have participated, and we look forward to continuing this impactful program.”
What are 2-3 ways we could leverage the power of Buckeye Nation’s Alumni, Friends and Partners to impact: promoting positive lifestyles, instilling healthy behaviors early, enabling access to resources and reducing stress/anxiety?

THEMES

1. Start the messages and programs at an early age through outreach and engagement initiatives and mentoring
2. Organize community health challenges through our distributed network (alumni groups, Extension, etc.)
3. Build partnerships that result in programs and education in communities where people live
4. Ohio State takes an active and visible role in policy development and initiation

5. Integrate wellness in curriculum at all levels of the institution
6. Leverage existing programs and entities (athletics, Extension, medicine, student life, advancement) to promote health and wellness
7. Support additional resources (daycare) and activities (planned walks) on our campuses

GEM: “Eliminate culture of perfectionism and overwork that results in work-life imbalance”
GEM: “Create a Buckeye Nation health hotline (call and text)”
Micheala Martin
Wellness Ambassador Coordinator, Ohio State Student Wellness Center; Ohio State Class of 2014

I am forever grateful for the opportunities that Ohio State has provided me. Through commitments from our staff and volunteer peer educators, the Student Life Student Wellness Center is able to support over 22,000 students while they work toward their wellness goals. One component we work to teach students is to cultivate gratitude daily. Practicing gratitude has been shown to enhance empathy, improve psychological health, strengthen relationships and increase overall happiness.

Maryanna Klatt, MA, PhD
Professor, College of Medicine, Department of Family Medicine; Ohio State Class of 2002

As a mindfulness researcher, it is my mission to help hospital providers and professionals, cancer survivors, college students and busy adults become more aware of the way they are living. My passion is rooted in helping people become centered, healthy and whole. Mindfulness places the power of change with the individual. Mindfulness is a tool of empowerment, and it thrills me to see the light bulb go off in people.
SESSION 3 UNDERSTANDING AND PREVENTING ADDICTION

BRUCE McPHERON, MA, PhD – Executive Vice President and Provost, The Ohio State University; Ohio State Class of 1976

ALINA SHARAFUTDINOVA
President’s Prize Recipient; Ohio State Class of 2017

KENNETH M. HALE, MA, PhD
Clinical Professor, College of Pharmacy; Co-Director, Generation Rx Initiative; Associate Director, Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery; Ohio State Classes of 1976, 1987, 1995

NICOLE CARTWRIGHT KWIEK, PhD
Clinical Associate Professor, Pharmacology; Director of Undergraduate Studies, College of Pharmacy; Co-Director, Generation Rx Initiative

TRACY J. PLOUCK
Director, Ohio Department of Mental Health and Addiction Services; Ohio State Class of 1997

TOM GREGOIRE, MSW, PhD
Dean, College of Social Work
The Ohio Opioid Action Plan

ALINA SHARAFUTDINOV

MY UNCLE LOST HIS LIFE to a heroin overdose, leaving his toddler son behind. Back then this traumatic experience was not professionally and properly addressed. The reason this current epidemic hit so close to home is because I’ve seen my cousin struggle with the reality of losing his father to addiction and repeat the same risk-taking behaviors.

I am passionate about shining the light on the importance of addressing Adverse Childhood Experiences. These children are our future and when it comes to public health, it is cost and care effective to address the problems upstream.

As a 2018 recipient of the President’s Prize award and a recent graduate, I am very grateful to Ohio State and President Drake for the opportunity to apply my recently acquired knowledge on the issue that is crippling our community on so many levels — physiologically, socially and economically.

With the support from Buckeye Nation and the President’s Prize, I have been working on implementing my project that focuses on prevention and reversal of substance use and overdose through education, community engagement and naloxone expansion. The model is utilizing a three-pronged approach, including education, engagement and empowerment to focus on two groups: adolescents with adverse childhood experiences and community residents.

There is tremendous potential and power in working together and mobilizing the resources and knowledge available to us. I hope that re-establishing relationships within and across the communities will really bridge it by the most precious part of our community — our children. When we do that, we not only mitigate the prevalence of substance use but also build a hopeful future for new generations filled with new opportunities and possibilities.
A Perfect Storm (for prescription drug misuse)

KENNETH M. HALE, MA, PhD, and NICOLE CARTWRIGHT KWIEK, PhD

MYRIAD SOCIAL, ECONOMIC and environmental determinants are root causes of America’s opioid epidemic — what some have called a “disease of despair.” But the misuse of prescription medications is an important vector that contributes to this serious public health problem. And misusing medications leads to other adverse health effects as well — to the point where we may be spending more in our health care system on drug-related problems than drug products.

Why are the medications that were developed to cure disease and alleviate pain among the most misused substances in our country?

We believe there are three particular fronts to a “perfect storm,” which fuels this phenomenon:

1. The drug-taking culture in which we live.
2. Easy access to prescription drugs.
3. Misperceptions of safety and legality when misusing them.

So, we have a “perfect storm” for medication misuse in the United States.

Generation Rx, which began at Ohio State in the College of Pharmacy and now directly involves 118 peer institutions, has four key messages:

1. Use prescription medications only as directed by a health care professional.
2. Do not share or take someone else’s medication.
3. Keep your medications safe.
4. Model safe medication practices.

Each year, tens of thousands of Generation Rx presentations happen around the country. A conservative estimate is that about 1 million people have been directly educated in this project with an indirect reach estimated to be near 40 million!

You can make a difference. Share this information. Download the materials on the website. Lead a presentation. Connect us to your community.
State of Ohio Prevention Initiatives

TRACY J. PLOUCK

**TakeChargeOhio.org** – Ohio has established a new website to educate the public on responsible use of prescription medications. The site also includes a self-screening quiz, information on safe storage and disposal, and a referral database to locate addiction treatment providers throughout the state.

**Self-regulation in the classroom** – A classroom management tool called the PAX Good Behavior Game is used increasingly by Ohio’s elementary school teachers. This approach focuses on building a child’s self-regulation skills and emphasizes recognition of positive behavior. Studies have shown that, longterm, students who participate in this classroom approach are more likely to make healthier decisions, including not to use alcohol or drugs. Recognizing the increased popularity of this approach, Ohio is offering free regional trainings for teachers this school year and next.

**Free HOPES curriculum available for teachers to incorporate prevention messaging into their regular lessons** – Many teachers want to support alcohol and drug prevention efforts, but don’t have a lot of free time within their day to do so. With a grant from the Ohio Department of Higher Education, Wright State University developed prevention messaging that can be incorporated in K-12 teachers’ lessons on any subject. Free training is available for teachers on how to build messages on healthy choices into everyday lesson planning.

**Free tips on how faith leaders can meld prevention messaging into their sermons** – Ministers or youth faith leaders may want to emphasize prevention messaging as well. The Prevention Action Alliance has mapped a variety of messages to scriptures to make this as easy as possible.

**Support for local prevention coalitions and youth led organizations** – We have developed an opiate action resource guide, which is available online. It contains suggestions for local coalitions and many examples of local initiatives underway throughout our state.
Addiction in Context

TOM GREGOIRE, MSW, PhD

ADDITION IS A CHRONIC PROBLEM. There are rapid responses to some of the consequences of addiction, such as overdose. You can save a life in a few seconds. But there is not a brief response to addiction that works.

Addiction is a chronic illness characterized by profound and seemingly permanent changes in the brain structure that leave an individual permanently vulnerable to the influence of drugs and alcohol.

Addiction is a chronic disorder. We don’t have a cure. But we know how to help people recover. Addiction treatment works.

People relapse but it’s important to know that the rates of relapse for addiction are comparable to those for a person living with diabetes and actually lower than those living with hypertension and asthma. And it’s cost effective to treat. A dollar invested in addiction treatment returns between 4 and 7 dollars in reduction of crime and criminal behavior.

So, what happens to people with addiction disorders? Those who get the initial treatment and ongoing support that we know works lead successful lives. Parents raise healthy intact families. Young people finish their education and launch successful careers. This university is a leader in supporting students in recovery. The Collegiate Recovery Community, a program of Student Life, provides myriad support services for Ohio State students in recovery.

And some people in recovery become deans at The Ohio State University College of Social Work and have the privilege of speaking to you today. I am a person in long-term recovery, having celebrated last January 39 years of being clean and sober.

The tragic deaths due to opioids are a profound and acute crisis. We know how to respond. Addiction is a chronic illness. We know what works there, too.
What will you do as a result of today’s presentations to build an awareness of addiction in your community and personal network?

1. Share resources learned today (i.e., Drug Take Back Day, Generation Rx).
2. Start conversations with friends and family about impacts of addiction. Reduce stigma.
3. Learn about services and volunteer at local nonprofit or community outlet.
4. Advocate for stronger policy and increased funding to address epidemic.
5. Engage in programming to educate youth about drug use and addiction.
6. Offer opportunities for individuals recovering from addiction to engage in their communities.

GEM: Offer programs in support of those that fail employment drug tests

GEM: “Education for physicians about over-prescribing”
SHELLEY MEYER MS, RN
Instructor of Clinical Practice, The College of Nursing; ACE Certified Group Fitness Instructor/Certified Spinning Instructor

I AM SO EXCITED about Dean Melnyk’s commitment to health and wellness for our college and surrounding communities. My two professions fit together to support my interests in helping people be physically, emotionally, psychologically and spiritually fit. As a Certified Group Fitness Instructor/Spinning Instructor, I love working out and motivating others to exercise to live healthier lifestyles. As a Psychiatric Nurse, I love helping those in distress problem-solve and find inner strengths to overcome mental illness, struggles and/or disabling emotional issues during tough life circumstances.

ROBERT SMITH
Former Buckeye and Professional Football Player; Fox Sports and Big Ten Network College Football Analyst; Founder and CEO, Fan Health Network

IN MY SOPHOMORE YEAR, I worked in the Hematology/Oncology lab at The James doing work on a gene sequencing project. It introduced me to the concept of personalized health and set me on the path that led to founding Fan Health Network. The concept was built on the idea of starting with the existing passionate communities in sport and delivering to them the concepts, services and solutions from health and wellness.
FROM FOCUSING ON preventive care and building cultures of well-being to understanding, preventing and conquering addiction, you can continue to help and get involved. Join us at the activity fair after the Summit, and engage with these organizations.

<table>
<thead>
<tr>
<th>Group/organization</th>
<th>Contact person</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifecare Alliance</td>
<td>Rebecca Hurd</td>
<td><a href="mailto:rhurd@lifecarealliance.org">rhurd@lifecarealliance.org</a></td>
</tr>
<tr>
<td>FLIP Cancer Now</td>
<td>Quinn Charney</td>
<td><a href="mailto:quinn@flipcancernow.org">quinn@flipcancernow.org</a></td>
</tr>
<tr>
<td>Pelotonia</td>
<td>Natalie Amling</td>
<td><a href="mailto:namling@pelotonia.org">namling@pelotonia.org</a></td>
</tr>
<tr>
<td>Jack Roth Rock n’ Run Walk</td>
<td>Janice Roth</td>
<td><a href="mailto:twinie2@aol.com">twinie2@aol.com</a></td>
</tr>
<tr>
<td>Pharmacy Ambassadors</td>
<td>Chelsea Pekny</td>
<td><a href="mailto:pekny.2@osu.edu">pekny.2@osu.edu</a></td>
</tr>
<tr>
<td>OSU Extention</td>
<td>Amy Meehan</td>
<td><a href="mailto:meehan.89@osu.edu">meehan.89@osu.edu</a></td>
</tr>
<tr>
<td>Generation Rx</td>
<td></td>
<td></td>
</tr>
<tr>
<td>FCS Volunteer Program</td>
<td></td>
<td></td>
</tr>
<tr>
<td>FCS Healthy Programming/ Mental Health First Aid</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community Nutrition</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4H</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Agriculture</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community Development</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LiFE Sports</td>
<td>Jerome Davis</td>
<td><a href="mailto:davis.1002@osu.edu">davis.1002@osu.edu</a></td>
</tr>
<tr>
<td>Integrative Medicine / Licensed Massage Therapists</td>
<td>Christine Junk</td>
<td><a href="mailto:christine.junk@osumc.edu">christine.junk@osumc.edu</a></td>
</tr>
<tr>
<td>Ohio Project (dentistry)</td>
<td>Rachel Whisler</td>
<td><a href="mailto:whisler.32@osu.edu">whisler.32@osu.edu</a></td>
</tr>
<tr>
<td>Sustainable and Resilient Tanzanian Community</td>
<td>Tony Duke/ Joseph Campbell</td>
<td><a href="mailto:duke.73@osu.edu">duke.73@osu.edu</a></td>
</tr>
<tr>
<td>Infectious Diseases Institute (Discovery Theme)</td>
<td>Robyn Kroeger</td>
<td><a href="mailto:kroeger.68@osu.edu">kroeger.68@osu.edu</a></td>
</tr>
<tr>
<td>Initiative for Food AgriCultural Transformation (Discovery Theme)</td>
<td>Nicole Pierron Rasul</td>
<td><a href="mailto:pierronrasul.1@osu.edu">pierronrasul.1@osu.edu</a></td>
</tr>
<tr>
<td>Collegiate Recovery Community</td>
<td>Ahmed Hosni; Jessica Cracolice</td>
<td><a href="mailto:hosni.2@osu.edu">hosni.2@osu.edu</a>; <a href="mailto:cracolice.2@osu.edu">cracolice.2@osu.edu</a></td>
</tr>
<tr>
<td>Student Wellness Center</td>
<td>Nicholas Fowler; Blake Marble</td>
<td><a href="mailto:fowler.318@osu.edu">fowler.318@osu.edu</a>; <a href="mailto:marble.11@osu.edu">marble.11@osu.edu</a></td>
</tr>
<tr>
<td>Rec Sports</td>
<td>Penny Barkhurst</td>
<td><a href="mailto:barkhurst.12@osu.edu">barkhurst.12@osu.edu</a></td>
</tr>
<tr>
<td>Volunteering at Community Health Day</td>
<td>Ann Stephens</td>
<td><a href="mailto:Ann.Stephens@osumc.edu">Ann.Stephens@osumc.edu</a></td>
</tr>
<tr>
<td>Volunteering at the neighborhood cleanup day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Office of Volunteer Relations</td>
<td>Michell Domke</td>
<td><a href="mailto:domke.8@osu.edu">domke.8@osu.edu</a></td>
</tr>
<tr>
<td>Buckeye Wellness / College of Nursing</td>
<td>Brian Keller</td>
<td><a href="mailto:keller.433@osu.edu">keller.433@osu.edu</a></td>
</tr>
<tr>
<td>Ohio Department of Mental Health and Addiction Services</td>
<td>Jamie Carmichael</td>
<td><a href="mailto:Jamie.Carmichael@mha.ohio.gov">Jamie.Carmichael@mha.ohio.gov</a></td>
</tr>
<tr>
<td>Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery</td>
<td>Kenneth Hale</td>
<td><a href="mailto:hale.3@osu.edu">hale.3@osu.edu</a></td>
</tr>
</tbody>
</table>

Visit [go.osu.edu/SummitResources](go.osu.edu/SummitResources) to discover even more ways to get involved.