

CIOST Reimagined



Make It Okay

with Katherine Shea, Dr. Mona McCalley-Whitters, and Tanner Sather

May 28, 2020 | 1:00 - 2:00pm

As you join...



In the **chat box** tell us:

Name, Organization, and respond to the question below.

“Tell me something good”

(share something good that has happened today professionally or personally)

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Housekeeping

- **OST Team Introductions**
- Encourage **engagement** (*camera, chat box, polls, annotations, discussions*)
- Add your **name** (*this makes it more personal and easier to interact*)
- Need to step away momentarily? Use the toolbar to turn off video
- Utilize the **chat box** (*to connect with others or ask questions*)



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REMINDER!

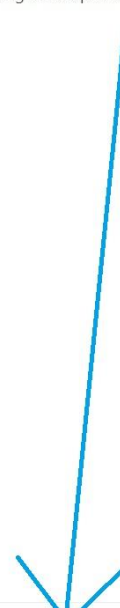
***Fill out the post-session survey to receive DHS credit.
(Link will be shared in chat box and follow up email)***

Audio & Video



Zoom Group Chat

From Me to Everyone: 04:12 PM
When you type a message, it will show up in the chat box.
You can send it to "Everyone"
Or you can send it privately to a certain person using the drop down list.



To: Everyone
Type message here...

Join Audio Start Video Participants Chat Share Screen Record Reactions Leave Meeting

Objectives

- ❑ Katherine Shea, Board VP & Dr. Mona McCalley-Whitters, Executive Director of NAMI Linn County & Tanner Sather, NAMI LC intern present the “*Make It Okay*” campaign; focusing on defining terminology, giving examples of what to say and not to say and sharing lived experiences.



❑ Resource Spotlight

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Introduction



Make It Okay

with

Katherine Shea ARNP, PMHNP-BC

Dr. Mona McCalley-Whitters

& Tanner Sather

Iowa's Healthiest State Initiative

NAMI Iowa

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Zoom Tool - Annotation

Allows
participants to
draw on a
shared screen



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The screenshot shows a Zoom meeting interface. At the top, a green bar indicates 'You are viewing Hannah Morz's screen'. The main window displays a presentation slide titled 'Feelings Chart' with a grid of 12 emojis and their corresponding feelings: Happy, Excited, Silly, Confident, Calm, Bored, Confused, Worried, Overwhelmed, Sad, Frustrated, and Angry. A red arrow points to the 'Annotate' option in the Zoom menu, which is open. The menu options include: Zoom Ratio, Fit to Window, Request Remote Control, Annotate, Exit Full Screen, and Side-by-side mode. The bottom of the screen shows the Zoom toolbar with icons for Mute, Start Video, Participants, Chat, Share Screen, Record, and Reactions. The right side of the screen shows a list of participants: Hannah Morz, Mallory Riesberg, and another Mallory Riesberg.

Your One Word of Wow!

Having completed this session today, what is one word that is rising to the surface for you?

Gratitude	Write Here	Inspired	Hope	Connection	Impressed	Informative	uneasy
Connection	Fun	Thanks!	Gratitude	Energized	Hope	Encouraged	Write Here
Energized	Impressed	Encouraged	Excited	Fun	Thanks!	Calm	Informative

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Resource Spotlight

I have a resource to share!

Raise your hand or drop a link into the chat box



What is a resource?

- A link to a website
- A trick or tip or what NOT to do
- A book, podcast, or a video to watch
- Profile to follow on social media

How do I get the links?

We will compile resources and links and send in an email on Friday.

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Future CIOST Reimagined

Thank you for your participation!

Questions?

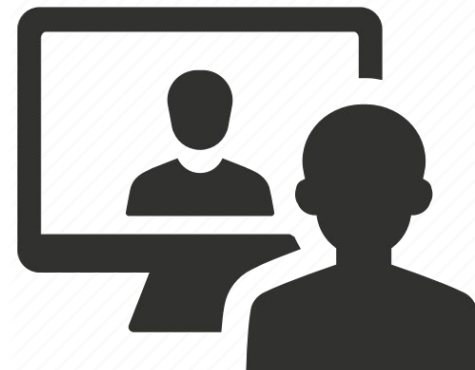
DHS credit - Britney bsamuelson@sppg.com

CIOST logistics - Crystal chall@sppg.com

Content & Coaches - Hannah hmorz.ost@gmail.com

Mallory mallory.riesberg.ost@gmail.com

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** subject to change*