

A CONVERSATION OF UNDERSTANDING

“Protecting Our Peace: Mental Wellness, Resilience and Community Care”

ABOUT THE SESSION

During times of ongoing uncertainty, caring for our mental well-being is essential. This Conversation of Understanding will focus on sustaining mental wellness, cultivating resilience, and strengthening community care across the SIU System. Panelists will share personal and professional insights, strategies, and resources to help students, faculty, and staff navigate challenges with hope and strength.

THIS SESSION AIMS TO:

- Normalize conversations about mental health and reduce stigma across the SIU System
- Equip participants with practical tools, strategies, and resources to maintain balance, resilience, and inner peace
- Highlight the power of connection and community care, emphasizing that wellness is not an individual journey alone
- Uplift diverse perspectives and lived experiences to ensure our approach to mental wellness is inclusive, equitable, and culturally responsive
- Encourage a culture of empathy, compassion, and accountability, where we look out for ourselves and one another

Ultimately, this session is designed to inspire hope, strengthen a sense of belonging, and remind our community that protecting our peace is both a personal responsibility and a shared commitment.

FEATURED PANELISTS



Jeffery Bass, Ph.D.
Senior Staff Counselor
CAPS-SIU Carbondale



Marquitta Bowman, Psy.D.
Asst. Director & Director of Training
CAPS-SIU Carbondale



Dr. Jaime Clark, Ph.D.
Director, Student Health Services
SIU Carbondale



Datrese Bradley, LCPC
MEDPREP Counselor
SIU School of Medicine



Sydney Greenwalt, Ph.D.
Counseling Services Director
SIU Edwardsville

NOVEMBER 12, 2025
12 PM - 1 PM

youtube.com/live/XSHj9jRwQwI

Conversations of Understanding have become a fixture across the SIU System and on our individual campuses. They are a series of exchanges where students, alumni, faculty, staff, and the broader SIU communities can share their experiences and thoughts on a variety of themes related to antiracism, diversity, equity, and inclusion. We want to be a model for others in higher education and be recognized as a leader in our region and beyond for our work in fostering understanding of relevant contemporary issues.

Students, faculty, and staff across the SIU System are invited to join a live discussion focusing on critical issues regarding equity and justice in our country and what we can and must do to address those issues within the SIU System and beyond. A question-and-answer session will follow where audience participants can participate.

Sponsored by the SIU System President's Office and the SIU System Diversity Advisory Council.



Southern Illinois University System

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