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This is Me: Anxiety and Depression Awareness Event

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Professional Event Portfolio



This is Me: Anxiety & Depression Awareness Event

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Bowling Green State University

HNRS 4990

Event Date: Saturday, October 26, 2019

Date Portfolio Submitted: Friday, November 8, 2019

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Section 2: Executive Summary

Introductory Statement: This is Me: Anxiety and Depression Awareness Event is an event bringing awareness to mental illnesses like anxiety and depression through escapism, as well as awareness to various on and off campus resources students can go to. This event will attract college students, professors, and community members who have either dealt with mental illnesses like anxiety and depression or who have had a family member or friend who has dealt with either of them. The purpose of the event is to bring awareness to these two mental illnesses, introduce resources on campus and in the community that can help, and provide healthy and positive alternatives through art, music, reading and writing, theatre, and amusement parks rather than negative coping strategies. The agenda for the event allows guests to walk around to the various tables of organization and research, as well as grab a healthy snack in the middle for about an hour. Next, the introductions will be made about twenty minutes in and the Humanities Troupe will perform their skit at noon and one o'clock on the stage. The interactive activities led by the Humanities Troupe will be in between twelve and one, and for twenty minutes after the second skit. Testimonies on the stage will be half an hour after the skits where guests can come up and speak with those who have gone through anxiety or depression in the past. The event will wind down after the second skit with clean up to follow.

Roles in Event: Stephanie was the main coordinator for the entire planning and implementation process with help from Honors Project advisors, Heather Jordan and Greg Dickerson. The advisors provided expertise in the research and advertising aspects, as well as the way the event was set up to help the event go on as a success. The volunteers consisted of Collin Luthman, Molly Roesner, Becca Solove, James Kells, Andrew Dashiell, Linda Cotrone, Steve

Cotrone, Ethan Jordan, and Emerson Jordan to help with set up or tear down. The organizations present provided options for resources students and guests could go to both on and off campus to get help with anxiety or depression. The Humanities Troupe provided a skit and interactive activities like stress relief tips and what would you do situations to put participants in the shoes of needing to help someone with anxiety or depression.

Section 3: Research

The event was the first of its kind held at Bowling Green State University held by Stephanie Cotrone and sponsored by the BGSU Honors College. The planning was done starting in September 2018 and finished in November 2019. The original idea came in HNRS 3000 with Dr. Jodi Devine where students were to come up with a possible idea for their Honors Project, interview potential advisors, and create a mini proposal as practice. Since Tourism, Hospitality, and Event Management was Stephanie's major she knew she wanted to do an event for her Honors Project. Stephanie has dealt with both anxiety and depression in the past, and has also had friends who have dealt with it so she wanted to create an event that brought awareness to these hard concepts for people to grasp sometimes. Mental illness is not an avenue Stephanie had explored before, which is also part of the reason why she chose that particular topic to focus the event on. Finally, theatre has always been part of Stephanie's life so she wanted to incorporate that into the event as well. Throughout the whole planning process research done was done per the Event Management Model phase, as well as a needs assessment, feasibility study, and a SWOT Analysis in order to see all the tasks that needed to be accomplished. The planning began in September 2018, the room was booked in December 2018, the room was double checked in late September 2019, and the event was held in October 2019.

A. NEEDS ASSESSMENT

What is the event that is being developed?

The event being developed is an anxiety and depression awareness event providing students and the community with both on and off campus resources to go to.

Why hold the event?

The event is being held to raise awareness of anxiety and depression, provide college students and community members places they can go to for help, and make people aware of healthy ways to escape through various outlets like art, music, theatre, reading, learning, and amusement parks.

Who are the stakeholders for this event (internal and external)?

Stakeholders include anyone who has had an effect on the outcome of the event. The internal stakeholders involved in this event include the organizations that were present, including the BGSU Counseling Center, BGSU Student Wellness Network, NAMI Wood County, NAMI BGSU Chapter, Zepf Center, BGSU Dining, Harbor Wood County, and the Humanities Troupe. The outside vendors include Stimmel's Market in providing the bagels by donation, Aldi in being the resource for water bottles, apples, bananas, granola bars, and fruit snacks, Conference and Event Services who provided Olscamp 101 on BGSU's Campus as the facility for the event, as well as the A/V equipment, tables and chairs, and stage for the floor plan and set up, and the Honors College for providing sponsorship and printing materials for fliers. The attendees are also stakeholders in the event because they had the opportunity to learn about resources both on and off campus, see healthy alternatives for escapism, and participate in interactive activities. Finally, myself as the main event coordinator is a stakeholder, as well as the volunteers who helped set

up and tear down because they have an opportunity to gain service hours for it. The demographics of this event included college students ages 18-22, community members of any age, and professors of any age and department.

When is the event taking place?

The first This is Me: Anxiety & Depression Awareness Event event took place on Saturday, October 26th, 2019 from 11:00am-1:30pm with set up from 10:00am-11:00am and tear down from 1:30pm-2:00pm. The event being held on a Saturday morning and afternoon allowed for students to recognize the event since no other events are normally occurring at that time.

Where is the event taking place?

The event took place in Bowling Green State University's Olscamp 101. This location is beneficial to the demographic of students targeted because a majority live on campus, therefore giving an easily accessible spot to get to being in an academic space. For those living off campus, Olscamp is an easily recognizable part of BGSU with parking nearby at the Union, meaning it is simple for them as well. Within this room in Olscamp, there is easy set up for a stage, tables, chairs, and a screen with a sound system. Each of these elements were required for this event to be able to take place.

B. FEASIBILITY STUDY

Human Dimension and Time

In planning and implementing this event, Stephanie and her volunteers possessed the necessary human resources needed to construct this event. She was responsible for getting volunteers to help set up and tear down the event and finding advisors to support and mentor her throughout the event planning process. The Alpha Phi Omega fraternity provided individuals

prior to the event to help hang up posters and put fliers in classrooms, as well as individuals during the event to help set up, do testimonies, and tear down. The BGSU Counseling Center provided an individual to bring information about the Counseling Center, BGSU Student Wellness Network provided a student individual to do mindfulness activities, NAMI Wood County provided an individual to bring information about the off campus organization, NAMI BGSU Chapter provided students to promote their on campus organization, the Zepf Center provided paper fliers and brochures about information regarding their facilities and programs, BGSU Dining provided paper fliers and brochures about information regarding healthy food options and tips, Harbor Wood County provided paper fliers and brochures with information also regarding their programs, and the Humanities Troupe provided students to perform skits and do interactive activities throughout the event. Additionally, the venue provided facilities staff from Conference and Event Planning Services to set up and break down tables, chairs, and the stage for the event as well as help with the screen and sound systems onsite. Branding was done through BGSU's Campus Update, posters around campus and off campus, and social media on Facebook, Instagram, and Snapchat through Stephanie's personal accounts and the Honors Instagram on Takeover Tuesday. The outside vendors were made aware of the goals for this particular event, so they were on board throughout the entire process. Due to the event being a requirement for completion of the Honors College at BGSU, there was only the set time of the proposal of seven weeks in Fall 2018 and the implementation of the project in the first ten weeks of Fall 2019 in order for the event to be completely planned and taken place. Stephanie was the sole coordinator for the event during the entire planning process so she was aware of all aspects of the event, thus making her knowledgeable and credible to run the event.

Financial Consideration

In terms of the budget, this event was a not for profit event with no fundraising done to raise money for items at the event. An Excel Sheet on Google Sheets kept track of the amount of money spent on the event with items including healthy snacks, water, art materials, table cloths, posters, etc. There was a donation from Stimmel’s Market in Bowling Green for a dozen bagels for the healthy snack table in the center of the event. There was no set budget at the beginning of the planning process for the event, but around \$120 was spent in total for everything not including the rental fee of the room. The rental fee was \$20 per hour, resulting in a total cost of \$100 with the Honors College covering this fee.

C. SWOT ANALYSIS

<p style="text-align: center;"><u>Strengths</u></p> <ul style="list-style-type: none"> ● According to the surveys, the majority of guests learned something from the event. ● The location was easily accessible. ● Attendance was low-medium with 50 people in total. ● The event delivered what it promised through the on and off campus resources, research, and theatrical elements of bringing awareness. ● President Rodney Rogers attended the event and BG News covered it. 	<p style="text-align: center;"><u>Weaknesses</u></p> <ul style="list-style-type: none"> ● Not all the organizations were present to provide information at their tables. ● The venue was a bit bigger than anticipated so the tables were more spread out with several not having an individual present. ● The time frame of the event was too long with moments of downtime and waiting around. ● Mostly 1st year students in Education & Human Development.
<p style="text-align: center;"><u>Opportunities</u></p> <ul style="list-style-type: none"> ● According to the surveys, guests are interested in an annual event. <ul style="list-style-type: none"> ○ “Informational! I might see counseling center now” (Booth). ○ “Great event and would love to see this grow into something even bigger!” (Button). ● Advertise more in direct ways to get a higher attendance. ● Reach out to more organizations on and off campus to participate. 	<p style="text-align: center;"><u>Threats</u></p> <ul style="list-style-type: none"> ● Economic conditions were not favorable because the \$120 for the event came directly from the main coordinator’s account. ● The weather was rainy on that particular day, which could have deterred students and the community from coming out. ● Risk Management could be an issue if the donated food caused someone with an allergy to have a reaction ● Attendance was 99% students from BGSU.

D. EVENT ELEMENTS

After completion of the needs assessment, feasibility study, and SWOT analysis, Stephanie was able to clearly identify all elements for the auction (*see Appendix A*). All throughout the research phase, she learned about different elements that would contribute to the successful planning, coordinating, and completion of the awareness event.

For example, the initial concept of the event started in September 2018 in HNRS 3000 where ideas and research initially took place with the room being booked in December 2018 for the implementation of the event the next fall. Organizations on campus were contacted starting in January 2019 and off campus organizations were contacted starting in July 2019 to start getting the concept out in the open to see participation interests. Communication for this was mostly through email with a few phone calls here and there, as well as visits to the actual offices themselves. Confirmations came in September and October about two weeks and then the week of the event in order to make sure everyone was on board. The fliers, campus update, and social media postings began in September 2019 about a month before the event was to take place in order to get students aware of it happening the following month.

Additionally, since theatre was a main component of the event and the prior research, having the Humanities Troupe proved to be a successful option within the event. The skit gave a possible situation one could encounter throughout their time in college, and gave a central focus to the event when guests weren't walking around the various tables to visit organizations or research. The interactive activities they provided including stress relief breathing meditations and what would you do scenarios, which was a success according to the surveys: "I liked the acting 1 on 1. It took me out of my comfort zone and showed me how I would react in certain situations"

(Frazier). The activities on the research tables themselves also provided the guests with an interaction piece through drawing (*See Appendix A*), writing (*See Appendix A*), reading (*See Appendix A*), or listening to music. The site selection being Olscamp 101 on Bowling Green State University's campus provided a space that was able to hold all of its guests at the peak time, the tables and chairs needed, and the rest of the event set up, such as the stage and interactive space. The first part of the room was slightly bigger than expected so there was a fair amount of dead space that wasn't utilized, which would be the only issue with the space.

E. RESEARCH

a. Tri-fold Board Research

Music

Personal Connection

A major part of my life has always had music in it.

Grew up singing in the Methodist Church in both contemporary and traditional services.

Sang in school choirs throughout highschool.

Auditioned for many musicals throughout my childhood and into highschool.

Personal Connection

Listening to music helps bring a sense of calmness when I am feeling stressed.

Having a pick-me-up playlist helped pull me out of the rainy days.

Coping vs Escaping

Coping

Defined: to deal with and attempt to overcome problems and difficulties. - Merriam-Webster

Cons

Can lead to a buildup of negative thoughts that can be explosive when they reach a breaking point.

Can be hard to deal with all the thoughts by yourself.

Pros

Can actually address the problem and attempt to remedy the situation.

Usually will provide closure to the individual as they think through and process the problem at hand.

Escaping

Defined: diversion of the mind to purely imaginative activity as an escape from reality or routine. - Merriam-Webster

Cons

Doesn't directly address the problem and can cause it to manifest.

Can sometimes only be a temporary fix.

Pros

Prevents dwelling on the problem when progress isn't being made.

Puts the individual in a state of distraction which can provide a needed break.

The Three Dimensions

Self-related Thoughts: "Music helps us think about ourselves, emotions, and sentiments where music conveys feelings... music adds meaning to our lives" (Schafer et. al).

Social Relatedness: "music helps us show that we belong to a given social group, as well as feeling connected to friends" (Schafer et. al).

Mood Regulations: "music as background entertainment and diversion and as a means to get into a positive mood and regulate one's physiological arousal" (Schafer et. al).

Helpful Activity

Listen to the two types of playlists provided:

Are they calming to you?

Do you notice a change in your breathing pattern or heart rate?

Reading and Writing

Personal Experience

Reading a devotional every day at the end of my day helps me to calm down and center my thoughts.

Scripture and words of encouragement are extremely helpful as I head into getting ready for bed.

Writing a blog this summer really helped me calm down when I was feeling anxious or I when I'd overthink something late at night.

Personal Connection

Reading for fun has always been a favorite activity of mine to do.

Lets me escape to another world for a little while as I empathize with the characters and what they're going through.

Started in the library reading programs when I was little, read throughout elementary, middle, and high school, and wrote stories too.

Escaping With Imagination

Escaping through leisure reading is an essential component of its overall appeal (Begum 738).

Donoghue (1998) believes that "the purpose of reading literature is to exercise or incite one's imagination; specifically, one's ability to imagine being different" (p. 56).

Like dreaming, reading can carry us off to other worlds (Nell, 1988, p. 2).

Reading functioned as a crucial tool that some believed contributed to their ultimate survival (Intrator, 2007, p. 514).

Librarians

Most librarians would agree that imagination is a key aspect of reading in regard to reader response and reader development theories support this.

By analyzing the origins and implications of escapism, librarians can better determine the resources to aid the journey of their readers. They can link together their value of imagination with their professional aspiration of providing valuable reader services. In closely examining how and why escapist reading shapes

readers' experiences, librarians can develop better ways to conduct readers' advisory interviews to help them cope and escape (Begum 740).

Escapism Through Writing

In a study conducted by VA Boston Healthcare System, "writing about stressful or traumatic experiences provoked the participants to discuss what they had written about with others, which, in turn, strengthened their social bonds" (Davis & Nolen-Hoeksema, 2000; Ward, Lyubomirsky, Sousa, & Nolen-Hoeksema, 2003), which gave the individual a sense that they weren't alone in their situation. In the same study, it was found that rumination (aka brooding) increases the risk for depression.

If you are the type of person who broods over problems, this study found that writing can help get the thoughts out of your mind and connect with individuals going through similar issues.

Helpful Activity

Read the passage in the scripture book provided:

What did the passage mean to you?

Did it help you take a step back from whatever's on your mind?

Read the passage from Gelly May's Book, *Girlish Vigor*, provided

What was Gelly saying in this section?

Did this resonate with you at all?

How do you feel after reading this?

Write for 1 minute straight. Anything. Everything. Let those ideas flow.

After one minute, look at what you've written. How do you feel?

Did you write anything you wouldn't say out loud?

Are your ideas continuous or random?

Check out BGSU and Wood County's libraries for a good book to dive to.

Sometimes all you need is a good book to get away from school, work, and life.

Amusement Parks

Personal Connection

I've gone to places like Kings Island, Disney, and Cedar Point ever since I was little and each time I've gone they've all been an escape.

The experience they provide for families and people of all ages allow us to bond, spend time together, and escape our daily lives.

Personal Experience

Disney, in particular, was a fantastic experience because I got to feel like a kid again as I met the princesses, Peter Pan, went on rides, and just took in the whole atmosphere.

Cedar Point provides a thrilling excursion and unique impression for its guests that one can't get anywhere else.

What is an amusement park?

According to the International Association of Amusement Parks and Attractions (IAAPA), a theme park is 'an amusement park that has themed attractions, be it food, costumes, entertainment, retail stores and/or rides'(IAAPA).

According to Forrec, the theme park is a place of escape – a chance to step away from the big burdens of the everyday. (Forrec, 2015)

Escapism through immersivity

Authenticity

Staging: How is the park laid out to keep tourists engaged?

Music: absorption where music distracts the mind from the outside world, escapism where music makes us forget about reality.

Architecture: Buildings are designed to follow a theme or storyline to make tourists feel like they are actually in the story/universe.

Experiences

Activities: Dress like a princess/prince, carnival/arcade games, fireworks

Rides: Roller coasters, themed rides, boat rides, train rides, etc. Gives sensations that can't be found anywhere else.

Attractions: Meeting characters, themed restaurants, and parades

Shows: Musicals, plays, 4D movie theaters

Helpful Activity

Go to an amusement park with your family to get away from everyday troubles and worries.

Plan a trip to Cedar Point or Disney World and just soak in the immersiveness of the whole experience.

Meet your favorite character while your there, such as Charlie Brown or Princess Jasmine.

Art

Personal Connection

I've grown up doing art with my mom, dad, sister, grandparents, cousins, in school, and with friends.

Each Wednesday, I would go over to my grandma's house and just create things at her kitchen table from storybooks to little things for my Barbie dolls.

Getting to be creative and make something new out of another thing that you wouldn't expect is really refreshing and rewarding.

Allows for new perspectives to shine through in the art through the emotions.

Personal Experience

Over the past year I've discovered that I love to paint, but not so much for the product at the end as more of the process itself.

Focusing on making sure every little detail is right really takes my mind off of other aspects of my life I might have been struggling with in the moment.

I put on music, grab my paint, and just let my hands go wherever they want on the canvas to create something beautiful.

What can art mean?

Some people find it difficult to verbally express their feelings about the losses involved in chronic illness. They may lack a confidante, or may find that words do not really express the turmoil and distress involved. They may feel safer containing these 'unspeakable' feelings within artwork and expressing them symbolically or 'obliquely' (Schaverian, 1989).

Cope using art

Aldridge argues that creative activities not only facilitate self-expression, but also help to integrate different aspects of the self, enhancing a sense of coherence. This can be a much needed process following sudden changes in health, when the person attempts to integrate the familiar functioning and unfamiliar impaired aspects of self into a new acceptable self-image (Ellis-Hill et al, 2000).

Lets emotions pour out onto a paper/canvas without restriction. The individual has a blank slate that they can fill with their feelings rather than trying to find material to help them.

Art can be used to bring about a sense of joy and accomplishment or can be used as a form of symbolism to convey hidden emotions indirectly into a concrete format that can be studied and evaluated.

Helpful Activity

Take a minute and draw! Anything. Everything. Whatever you want!

How do you feel after just getting to draw anything you wanted?

What did you draw?

Does it relate to anything in your life right now?

Theatre

Personal Connection

Theatre has always been part of my life as I've grown up performing in shows at church, the children's community theatre in town, and in high school.

Acting, singing, and dancing were all creative outlets I loved doing because they're all just a lot of fun and the environment is upbeat and inclusive.

I've gone to the theatre as long as I can remember too, and seeing actors up on stage telling a story through music and words with important messages really hit home for me.

Personal Experience

I've used theatre as a way to administer my creativity to the world through acting, singing, and dancing.

Going to the theatre for me has really taken my mind off of the current situation I'm going through.

It's a two hour chance to get away from the troubles of daily life and maybe even learn a little something about myself in that time frame.

Dancing in UDA these past three years has also allowed my creative expressionism to flow and evolve.

How theater removes you from reality:

Music

absorption where music distracts the mind from the outside world, escapism where music makes us forget about reality.

Story

A story that draws in an audience member with a variety of emotions from joy to empathy and even self-reflection.

Stage

Much like how architecture in an amusement park makes you feel like you are walking through the story, a theater's stage and props make an audience member feel like they are viewing the scene in its entirety.

Why is a theater different than a movie theater:

With a live-action theater, an audience member has a better opportunity to see the emotions that the actors and actresses are pouring into the story. The actors and actresses are there to tell you a story in the most immersive way imaginable by making it feel like the story is unfolding right before your eyes. With live music and actors/actresses, a live-action theater is a much more immersive experience without distracting add-ons like 3D and 4D movie theaters.

Helpful Activity

Go see a theatre production on BG's Campus, around town, in your home, or in a big city.

How does this experience make you feel?

Was there an overall message to the production?

Did the way the actors moved, sang, danced have any impact on you?

b. Honors Project Proposal

I. Research Questions

How do I plan and execute a 3-hour event that is stress-free for attendees and educates college students and members of the community on the dangers of unhealthy and sometimes abused means of escape like alcohol/drugs, gambling, overeating/poor food choices, etc., but also offers alternatives like theater, music, nutrition, etc. to support positive mental health and wellbeing?

THESIS: An event planned and executed to help college students and those in the BGSU community will bring awareness to mental illnesses through the presence of different nonprofit organizations, on campus departments, and various forms of escapism.

II. Literature Review

Many people do not exactly know what goes on in the mind of an individual with depression or anxiety, so in order to educate them about how people feel it must be defined and explained. According to the American Psychiatric Association:

Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home. (American Psychiatric Association)

Educating people on both depression and anxiety can allow people to better empathize with those struggling with it. The American Psychiatric Association defines anxiety as:

Anxiety refers to anticipation of a future concern and is more associated with muscle tension and avoidance behavior. Fear is an emotional response to an immediate threat and is more associated with a fight or flight reaction – either staying to fight or leaving to escape danger. Anxiety disorders can cause people into try to avoid situations that trigger or worsen their symptoms. Job performance, school work and personal relationships can be affected. (American Psychiatric Association)

Again, depression and anxiety may not be physically evident, but it affects millions of people world wide internally.

In order to successfully execute an event that caters to all backgrounds, several forms of learning must be incorporated into the event. In Bransford's book *How People Learn: Brain, Mind, Experience, and School*, it describes the different ideas of learning and transfer learning in that some people either memorize and forget what they have learn, thus creating a negative transfer of knowledge, or memorize and remember, thus creating a positive transfer of knowledge. However, even though some people do learn in this way later down the road it proves ineffective because students are just learning for the test and eventually the knowledge leaves them as a result:

Measures of transfer play an important role in assessing the quality of people's learning experiences. Different kinds of learning experiences can look equivalent when tests of learning focus solely on remembering (e.g., on the ability to repeat previously taught facts or procedures), but they can look quite different when tests of transfer are used. Some kinds of learning experiences result in effective memory but poor transfer; others produce effective memory plus positive transfer. (Bransford 51)

In creating an event that has a more positive transfer of learning Bransford says that in a study they found four things required for a successful transfer:

Initial learning is necessary for transfer, and a considerable amount is known about the kinds of learning experiences that support transfer. Knowledge that is overly contextualized can reduce transfer; abstract representations of knowledge can help promote transfer. Transfer is best viewed as an active, dynamic process rather than a passive end-product of a particular set of learning experiences. All new learning involves transfer based on previous learning, and this fact has important implications for the design of instruction that helps students learn. (Bransford 53)

The event will be successful in the end if this transfer of learning can truly be accomplished in the ways that Bransford describes. Providing different resources and stations that cater to everyone's needs is a crucial part of the process. In the end, the goal is to implement an event

that allows people from all backgrounds to feel welcomed and personally impacted from this event and creating the atmosphere catering to all needs will help with that.

Escapism is anything from listening to music, reading a book, or visiting an amusement park. People use escapism as a method to cope with their constant depression or anxiety because they are in their “happy place.” Mike Metzger, a consistent visitor a Cedar Point Amusement Park in Sandusky, Ohio says, “I come to Cedar Point because it’s my happy place. I enjoy riding rides and spending time with my Lisabear” (Metzger 2018). All people cope in different ways, but not everyone understands how people need to cope because they are not standing in their shoes. Merriam-Webster Dictionary defines escapism as, “habitual diversion of the mind to purely imaginative activity or entertainment as an escape from reality or routine” (“Escapism”).

Although many forms of escapism can be helpful when people are dealing with depression and anxiety, there are ways that may cause help in the short run that may turn negative in the long run either a person’s physical or mental health. An example of this would be sleeping, which, at first glance, can be a healthy form of escapism in order to help a person function in their daily lives, but if it is used too much, it can be extremely unhealthy. Disclaimers of this that could potentially be triggering for someone who does currently use a particular form of escapism will be provided prior to the event. Escapism can be used in any means from sports, corporate work, drugs and alcohol, gambling, music, theatre, learning, to simply being alone. If used incorrectly, escapism can be the downfall of a person in the end, thus creating an even bigger issue. In *The American Journal on Addictions* it says, “Adverse life events have been associated with gambling and substance use as they can serve as forms of escapism. Involvement in gambling and substance use can also place individuals in adversely stressful situations” (Lee

et. al. 516). Gambling, as an example, can either be used in a beneficial way to get rid of the direct woes and worries of their life or can be harmful in providing more stress from losing money and contributing to an even more negative demeanor as a result. An additional example includes alcohol as a means of escapism, “The hypothesis that alcohol misuse results from drinking for the relief of tension is based on two assumptions: that people drink to relieve tension and that alcohol provides that relief. Escapist drinking is thus learned, intentional behavior” (Sadava, Thistle, and Forsyt 726). Social media, such as Facebook, described in Young’s “Passive Facebook Use” can be another form of escapism that people can use in a negative way (Young).

Themes that are incorporated into events are extremely important as they set the tone from the start. When people see the invitation, they know from the start at least part of what the event itself will entail. The theme of an event also determines how one is to escape and put their worries of the world behind. In *Event Management: An International Approach*, Nicole Ferdinand and Paul J. Kitchin describe how escapism and theme correlate:

The uniqueness, originality, and authenticity of a theme adds value to the ‘wow’ factor, but also presents a means of escapism to an imaginary or dream like world. The notion of escapism is well developed in the context of travel and tourism, whereby tourism frees the tourist from his/her daily alienated life (qtd. in Cohen, 1979; Cohen and Taylor, 1976; Wearing 2002). Thus, event themes are articulated to represent a form of temporary escapism, they are beyond the reality of the everyday and produce a new experience from a previous or similar event. (Ferdinand and Kitchin 71)

Escapism in the theme from the beginning gives people an idea of what they will be attending, which is why strategic ideas behind the theme is crucial when creating an event.

There are many steps to make an event successful, including everything from the venue, the food and beverage, to budgeting. Everything must be planned out far enough in advance so that all aspects of the event are in the fullest capacity they can be.

Success in event planning requires a coordinated action plan so that every detail is addressed. Primary consideration for this action plan should focus on the overall goal of the event. Additional factors to consider include budget allowances, food and beverage arrangements, date and time, location, promotional activities, and entertainment or guest speakers. Event planners must always consider the potential for problems and develop alternate solutions prior to the event. The final step in event planning is to provide a means for evaluation of the event for future planning and improvement. (Holley 1-2)

There must be factors considered for all parts of the event from anything that can go wrong to everything that can go exactly according to the plan. Another important factor in event planning includes the evaluation at the end in which I am able to see all of the strengths and weaknesses of the event, as well as how it went.

Adding nonprofit organizations creates a sense of community, and it is even more beneficial since it brings awareness to what their organization stands for. Some nonprofit organizations in the Bowling Green and Toledo area include, NAMI, Harbor Wood County, and the Zepf Center. “NAMI Wood County is a leading self help organization offering events, free educational classes, support groups, and other programs addressing mental health for Bowling Green, Ohio and all surrounding Wood County communities. NAMI Wood County is a tax-exempt, non-profit organization and is an affiliate of the National Alliance on Mental Illness” (NAMI). “Harbor Wood County - Behavioral Connections of Wood County, Inc. is a not for profit comprehensive behavioral health care agency supporting Wood County Residents who are coping with a variety of challenges including mental health, substance use, and family issues” (Harbor Wood County). “The Zepf Center is a local non-profit that provides behavioral health

and vocational services to youth and adults with severe and persistent mental illness in Lucas County. Services include child & adolescent psychiatric, medical, residential, and therapy services, as well as career development” (Zepf). Incorporating a few or all of these nonprofit organizations into the event as sponsors or presenters creates a sense of community that ultimately wants to go towards the same goal of education on mental illnesses.

There are several different means of escape, including theatrical performances, music, learning, and amusement parks. People need to escape in their everyday lives from homework, school, and work. People who are suffering from mental illnesses need different forms of escape in order to center themselves. In a study conducted on why people are motivated to go to the theatre, “Escapism was the next most significant motivator” (Walmsley 343). Additionally, several participants described what theatre was as an escape:

Many participants spontaneously mentioned a desire to escape from the everyday and experience something new. One respondent even suggested that this was the whole point: “[Theatre is] *all about leaving your existence at the door and engaging in a new, novel experience*”... Another confessed: “*It’s a relief to be taken out of the reality of life for a while*”... Men tended to discuss escapism more positively, in terms of fantasy and illusion. A retired school teacher... said he liked to “*enter into a make-believe world*. (Walmsley 343)

Theatre provides escape for people as they step into a different reality just for a little bit of time in order to stop the worries and anxieties of their daily lives.

III. Proposed “Activity”

The idea I wish to tackle for my Honors Project is an event that brings awareness to mental illness through incorporating various stations and activities that provide people with an understanding of how those living with a mental illness function, how they use different methods of escapism through music, theatre, learning, etc. to cope, and what they can do to ultimately make the lives of those living with a mental illness easier. The basis behind this project is a

combination of all of my passions in life, including planning events and making people happy with a lasting impact, mental illnesses like depression and anxiety because I have suffered myself from them, and theatre as it has been part of my entire life. An interdisciplinary approach is used within this project due to the approach of planning an event for people to attend in order to learn from a different perspective about a topic that not everyone is always fully aware of.

IV. Methodology

I will answer this question by researching what makes a successful event, the information behind mental illness and how people struggle with it, as well as coping mechanisms and anything comforting to those with a mental illness. I will approach these questions through research, surveys, and interviews that contribute to why and how people deal with mental illnesses. Additionally, I will go about creating this event by renting a space for the event, contacting vendors and nonprofits, as well as creating different stations with different forms of learning and escaping. A challenge I may need to overcome are being able to create a safe space that is ideal for as many people as possible. Another challenge I may need to overcome is being able to have people of all learning types be able to understand the implications of mental illness and how people escape. The limitations of the study may include being able to specifically target those with a mental illness since it can be harder to recognize on the surface. Another limitation could be I am not able to reach everyone in the specific way they learn. I plan to create an event in a location on campus that targets college students in order to help those suffering from mental illness. The Bowling Green State University Counseling Center and the Falcon Health Center will both be resources found at the event as well.

V. Expected Results and/or Potential Conclusions

This project is vital to my discipline because it is creating an event that is supposed to appeal to as many people as possible. The goal of the event is to educate people on mental illnesses in order to bring awareness to them. People also need to know how those suffering from mental illness cope through different forms of escapism. The results of the event should be found through a possible survey allowing people to answer how they learned about mental illnesses and the methods for escapism and coping. The data will be analyzed after the event itself to measure the success of the event. A scale of the successfulness of the event will be implemented beforehand through other forms of research in order to align the results accordingly. Another result of the event includes making an impact on those attending the event so that they understand how mental illnesses. There should hopefully be a stronger sense of community throughout the college community because students should be able to recognize the signs of mental illnesses and how students wish to escape from it. The different locations, such as the Counseling Center, will be available for students to see that they are a resource for students to use as students may not have known as much about it as before. Additionally, it is important because it is including a topic that not everyone really considers on a regular basis. People don't always understand mental illnesses so bringing it up in an event will hopefully allow people to give more attention to it.

VI. Appendix for Section III Part E

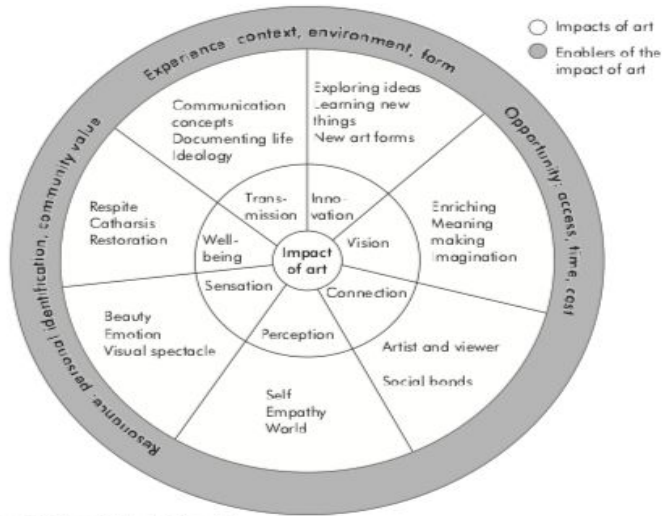
TABLE 1 Needs, motivations and drivers matrix

Visitors' needs & motives	Drivers & type of engagement	Maslow's hierarchy of human needs
Escapism Contemplation Stimulate creativity Aesthetic pleasure Awe and wonder	Spiritual	Self-actualisation Aesthetic
Being moved Personal relevance Experience the past Nostalgia Sense of cultural identity	Emotional	Cognitive / Esteem
Academic interest Hobby interest Self-improvement Stimulate children	Intellectual	Social
Social interaction Entertainment Seeing & doing Inclusion & welcome Access, comfort, warmth & welcome	Social	Safety, Physiology

Adapted from Morris Hargrave's McIntyre (2007, p. 28)

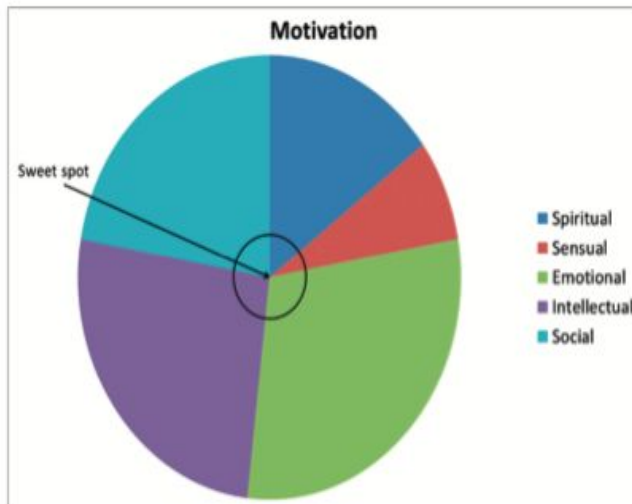
Appendix A: This table represents what people are trying to gain from attending theatrical events, thus allowing the event to know how to get people to attend by providing these motives in the marketing, invitations, etc.

FIGURE 1 Circumplex of preliminary impacts and enablers of the impact of art



Source: White and Hede [2008, p. 27]

FIGURE 2 Example of an audience motivation chart



Appendix D: This table represents the five types of motivations and breaks it down even more into the reasons under each major category. This will help in addressing each category of what will make people attend this event.

Appendix B: This figure represents the impact of art in relation to theatre. The results of the figure will allow the research of why people will attend for the arts aspect of the event.

Appendix C: This chart represents the audience motivations and how much each one is needed with the sweet spot of covering them all is in the middle. The sweet spots is what the event will need to hit in order to be successful.

TABLE 3 Needs, motivations and drivers matrix for theatre audiences

Audiences' needs & motivations	Driver & type of engagement
Feeling part of a special community of interest Ritual Escapism & immersion Being ethically challenged Reflection Access to creative people & process Aesthetic pleasure & development Passing on a legacy to children/grandchildren Quality me-time	Spiritual
Tingle-down-the-spine moments Having a visceral response Feeling the chemistry and buzz	Sensual
Empathy Getting an emotional hit Being moved Being drawn in and engaged Mimesis & personal relevance Exploring human relationships Nostalgia Exploring or celebrating cultural identity Storytelling	Emotional
Developing world view Being intellectually challenged Self-improvement Learning about history or current issues Stimulating others	Intellectual
Enhanced socialisation Quality time with family and friends Partaking in a live experience Entertainment; a "good night out" Dinner with a show Comfortable seating & good sight lines Good customer service & venue facilities	Social

Section 4 Design:

When planning the design for This is Me: Anxiety and Depression Awareness Event, Stephanie considered the types of people that would be attending the event and how they would be feeling if interested in coming. The reason the event was picked for its specific date was because it would be centered around midterm time, which is typically stressful for college students, as well as many weeks into the semester when first year students could be missing home since the reality of being away from familiar family and friends has set in. The overall design concept - black, white, grey, and pale yellow with the theme song “This is Me” from *The Greatest Showman* and the holding hands depicted on the poster - were all in hopes that people would realize that they are not alone in their anxiety and depression and it’s perfectly fine that they even have it at all. The event was a place to get help and understand that there is hope for everyone, and it does get better. The event was planned for a Saturday morning and afternoon in Olscamp 101 to make it an easy time of day and easily accessible location for attendees from on campus and off campus to get there. The event occurred on Saturday, October 26th from 11:00AM until around 1:30PM.

The theme of the event came through the concept of escapism and was based off of the initial design of the poster made in September. The event needed to have a welcoming theme to it giving prospective attendees the idea that they are not going through anxiety or depression alone. The holding hands image on the poster promotes this idea that there’s always going to be help available to each individual no matter what, but sometimes it just takes a little tug to help take someone in the right direction. The black, white, grey, and contrast of the pale yellow showcase the gloominess one may feel while in the midst of their anxiety or depression, but the

pale yellow represents the light at the end of the tunnel or the help one may need. The event itself had black table cloths to match the theme with posters showcasing the similar colors on the poster, but there wasn't much decor other than that. The goal of the event was to create a calming, welcoming space where individuals could explore the various avenues to get help with anxiety or depression both on and off campus, as well as learn something new about healthy ways to escape or cope.

The food for the event included bagels donated by Stimmel's Market, granola bars, apples, bananas, and water bottles bought from Aldi's. The donation request had to initially be approved by BGSU Conference and Event Services, but because of the nature of the event the donation request form was waived. Additionally, the requirement to use BGSU Catering within a BGSU facility was waived for this one time occurrence because of the minimal amount of food and individuals present. The breakdown for the food and how much spent can be found in *Appendix H*. Any attendees and organization representatives present had access to healthy snacks, which was an additional way to promote healthy escapism options for anxiety or depression rather than junk food.

The main consideration for the floor and design plan of the event were the attendees and organizations present for the event. The five tri folds for the escapism board were purchased throughout the months of August and September in order to begin working on them in a timely manner until the actual event. The posters were designed and purchased on Friday, October 18th. The table cloths, napkins, water bottles, granola bars, fruit snacks, and pens were purchased Wednesday, October 23rd from Walmart, Aldi, and the Dollar Tree. The bagels that were donated from Stimmel's market and fruit were picked up on Friday, October 25th. The drawing

pad, colored pencils, and notebooks were purchased the day of the event - Saturday, October 26th. On the day of the event, Saturday, October 26th, guests would arrive through one of the main doors of Olscamp Hall and proceed into Olscamp 101 through one of the two main doors as well because of the sign placed out front in order to let them know this was where the event was taking place. Inside the room, there were eight rectangle tables set up in four columns and two rows with the on and off campus organizations occupying each one - Zepf Center, Student Wellness Network, Harbor Wood County, BGSU Dining, NAMI BGSU Chapter, NAMI Wood County, and the BGSU Counseling Center - all with black table cloths and printed information provided by Stephanie or the organization. In the center of the room going horizontally were two rectangle tables with black table cloths where the water bottles, fruit, fruit snacks, bagels, and granola bars were placed. Along the outside of the room in the back half were six more rectangle tables that had "I escape through..." with the respective activities and the Humanities Troupe information all having black table cloths as well. The following subjects were addressed in the "I escape through..." tri folds: Music, Art, Reading and Writing, Amusement Parks, and Theatre. Each had information and activities the guests could do, such as drawing or listening to a brief music excerpt. In the middle of the back half of the room there were four circle tables placed with black tables for guests to sit at, snack, and process any information they had just read. In the right back corner of the room was a little stage for the Humanities Troupe to perform their skits and testimonies as well. Next to the stage on the left was a microphone and microphone stand for announcements when needed. In the middle of the room in the back was a giant projector screen and laptop where an image of "This is Me" was seen, as well as calming music for the guests to listen to. In the back left portion of the room was a free space for the Humanities Troupe to use

for Interactive Activities, such as stress relief tips, breathing exercises, and “What could you do?” situations. The event started at 11:00AM, but the first announcement and welcome made by Heather Jordan and Stephanie Cotrone wasn’t until 11:20AM with the first skit being at 12:00PM.

The guests could walk around to the various tables to learn about the organization or information that was there. Individuals could also sit and watch the skit at 12:00PM and 1:00PM, listen to a testimony at 12:30PM and 1:30PM, or participate in the Interactive Activities at 12:15PM and 1:15PM. Announcements were made throughout the event to let the guests know what was going on, such as the skit being performed or the Interactive Activities starting. There was music in the background that was calming in order to keep the event not totally silent, but still make it a more relaxed environment. Snacks were available throughout the entire event as well for guests to munch on. The activities at the tables were a “free for all” and also occurred throughout the entirety of the event. Once the last skit happened at 1:00PM, the event started to wind down officially and guests began leaving. The organizations were cleaned up and left by 1:30PM, while the rest of cleanup lasted until about 2:00PM.

Section 5: Planning

Planning for Organizational Framework:

Risk Management: Three risk management concerns that Stephanie had to deal with were figuring out the food situation, the weather, and any equipment issues that might cause an individual to get hurt.

The food situation was a risk management concern because since there was no formal contract being the nature of the situation of the event the liability would have been skewed. The

food present had to be low risk food items - bagels, fruit snacks, granola bars, fruit, and water bottles - but there still could have been an issue. The ingredients in any of the food items could have been a problem if a guest or participant had a food allergy and still ate the food. Since there wasn't a contract involved, there might have been some discrepancy as to who was to blame for the issue. If something had happened, Amy Davis, the event coordinator for this particular event said to contact her immediately for action. 911 would have been called immediately as well if it had involved the food.

Another risk was the weather being that the event occurred in northwest Ohio the weather can change very drastically without even a notice. Prior to the event, Stephanie kept an eye on the radar to see what the situation would look like for the event. The day of the event the rain held off to get the supplies into Olscamp, but it did begin to rain once the event started. This might have also deterred guests from attending the event, especially if the individual had to walk a long distance. Individuals attending could have slipped and fell on the way to the event, inside the event facility, or on the stage if they were in the Humanities Troupe. If this had happened, then Amy Davis would have been called, as well as 911.

The final risk was the equipment used within this event, including the stage, chairs, and tables. Usage of this equipment could have resulted in a hurt extremity or body part if the individual using it was not careful. There was the risk of slipping on stage and getting hit with a table or chair if they needed to be moved around. If this had happened, Amy Davis would have also been called as would 911.

There is also an on call individual for all BGSU Conference and Event Services sponsored events, which would have been utilized as well had the need been there

Stephanie used an organizational chart as a guideline to know the schedule, when things needed to get done, and who to contact when needed. There wasn't a particular budget put in place at the beginning, but the excel document was utilized closer to the event to see how much was being spent overall. The timeline for the event written in HNRS 3000 and the Schedule of Services written a few weeks prior to the event were both critical to see what needed to be done when, as well as how much time should be spent on each aspect. A "to do" list was utilized throughout the fall semester weekly to understand everything that needed to happen. The vendors included: Zepf Center, Student Wellness Network, Harbor Wood County, BGSU Dining, NAMI BGSU Chapter, NAMI Wood County, and the BGSU Counseling Center.

Vendor Agreements & Emails:

See Appendix B

Discuss the process for planning the event based upon the organizational framework. Discuss any risk management issues and develop a risk management plan. Discuss how you utilized the following items and put the actual documents in the appendix; organizational chart, budget and chart of accounts, timeline (critical path) and list of vendors with rationale (reason for hiring/contracting their services).

Section 6: Coordination

Production Schedule:

9:45AM	Stephanie & Andrew arrive at Olscamp
10:00AM	Volunteers begin arriving Molly, Collin
10:05AM	Stephanie assign tasks <u>Andrew</u> - Put up big posters <u>Stephanie</u> - Distribute Trifolds/Org Surveys/Act. <u>Molly/Collin</u> - Food/Water Prep <u>All</u> - Tablecloths <u>Andrew</u> - Registration Table setup
10:10AM	Begin setting up

10:30AM	Organizations start arriving <u>Stephanie</u> - check in organizations: NAMI NAMI BGSU Student Chapter Student Wellness Network Counseling Center
10:45AM	Audio sound check
10:55AM	Guests start arriving
11:00AM	Event begins - Fair open On Campus Org Tables Off Campus Org Tables Stephanie's Research Healthy Snack
11:15AM	Stephanie, Heather to stage
11:20AM	Introduce Stephanie - Heather Welcome - Stephanie
11:30AM	Humanities Troupe arrives
11:40AM	Explanation to Humanities Troupe Stephanie
11:50AM	Humanities Troupe to stage
11:55AM	First Performance announcement Stephanie
12:00PM	First Performance Humanities Troupe
12:15PM	Interactive Activities Set I Starts Humanities Troupe
12:25PM	Testimonies Set I announcement Stephanie
12:30PM	Testimonies Set I Becca
12:45PM	Testimonies Set I Ends
12:50PM	Interactive Activities Set I Ends Humanities Troupe to stage
12:55PM	Second Performance announcement Stephanie
1:00PM	Second Performance Humanities Troupe
1:15PM	Interactive Activities Set II Starts Humanities Troupe
1:25PM	Organizations begin packing up Interactive Activities Set II Ends
1:30PM	Interactive Activities Set II End Event ends
1:35PM	Humanities Troupe Leaves Organizations leave

2:00PM Tear down begins
 Tear down ends

Site Plan/Floor Plan:

See Appendix E

Section 7: Evaluation

Overall, the process of planning the event went really well over the past year. I feel that I have executed what I wanted to in a timely manner, even if it all wasn't perfect the entire time. There were a few speed bumps along the way that I wasn't expecting, such as not hearing from organizations until two weeks before the event and an organization losing all the information we had planned a month before. There were several times throughout the planning process that I would email, visit, or call an organization and they wouldn't get back to me until much later, whether that be a few days, weeks, or even months. Of course, this makes planning frustrating, but persistence was key here to make sure to contact them until they got back to me. There were a few organizations that I had emailed or called several months before, but they never got back to me at all. Luckily, at After Burn by NAMI Wood County I was able to meet a representative by chance at their table to see if they would be able to come to my event. Unfortunately, they were unable to attend, but all three organizations that weren't able to have a physical representation there at least provided some printed handouts instead. I had also met with the Humanities Troupe director in early September to figure out exactly what we wanted the skit to entail, how many actors, etc. I sent out confirmation emails to all of the organizations participating around two weeks before to make sure that they were actually planning to be there, but the director emailed me back to say that he had lost the piece of paper he had taken all the notes down on. Normally, I

would have taken a picture of something like this just to make sure nothing would happen to it, but I hadn't in this case. This meant that I had to find time to go back in and talk about everything once again - how the event would be run, the content for the skits, etc. In the event industry, things can go wrong and will go wrong all the time so this was just one of those roadblocks. Luckily, we were able to get everything together in around the same time frame as the first time, and I think it turned out better in the end with the content and specific skits we came up with.

Additionally, the actual event also really well in my opinion from setting up to tearing down. The feeling I got from those who attended and had a table were really positive and attendees were able to successfully learn about the various resources both on and off campus, as well as learn about ways that they or their family or friends can cope or escape anxiety and depression. If I were to change anything for next time I would make the event two hours instead of three since it started winding down around 1 o'clock, start the skits and activities a little sooner rather than later to get people more engaged earlier on, and find a slightly smaller location for the event unless it were to get bigger with more participation because there was a lot of dead space in Olscamp 101. The first two hours had the majority of people attend the event with the highest amount being around the time of the first skit at noon until around 12:20PM. People began to filter out just before the second skit and the last of them left once the second skit had finished around 1:10PM. If the event was two hours instead of three, then this would have been the perfect amount of time for browsing the tables, seeing a skit, and participating in an Interactive Activity. Keeping the event to two hours and a half hours instead of three as the event was happening definitely was the right way to go because of the natural flow of the event. There

were no more attendees present after 1:30PM so it made sense to begin cleaning up at that point and allow the organizations to go home early. Next, starting the skits earlier around 11:30AM or 11:45AM would have been better because it would have provided more of a central focus earlier on in the event rather than just waiting around for an hour like several attendees did. If the activities had started earlier, then there could have been a possibility of more participation as well. The final thing I would change for next time would be the space unless the event got bigger next year. There were fifty attendees overall, but not all of them were there at the same time so a smaller space could have been more beneficial so everything wasn't as spread out. Since there were only eight organizations present with five having a representative or two, I think the smaller space would have been better for this as well since there was a lot of dead space in the room. If more organizations would have been present, then the space would have been good because it would have been more crowded. Some additional considerations would have been to promote it more to the Bowling Green community through the newspaper, schools, and local businesses other than just Grounds for Thought and Ben's. and I would have done more fundraising for the event to handle all the costs I had to pay for out of pocket with the food and decor. Also, a majority of the attendees were first year education majors because it was a way to gain extra credit or hours in their professional development category of their Intro to Ed. classes so figuring out a way to promote it to a wider audience would be beneficial for next time.

Finally, post the event I've felt really proud of all the work I've done and everything I accomplished. The comments left on the surveys were positive (*see Appendix I*), what people have mentioned to me after the event have all been really uplifting, an article was published in BG News about my event (*see Appendix G*) - even in the physical newspaper, and President

Rodney Rogers was able to come (see *Appendix C*). According to the survey data taken: Of the 50 people who attended and the 27 who filled out a survey, the results concluded that most students at least learned something from the event and that the majority thought it would be beneficial for this event to occur annually. Of the 8 organizations that participated and the 5 that had a representative who filled out a survey, the results concluded that most of the organizations felt like they were a beneficial resource to the students at the event (see *Appendix I* for the rest). These are some of the comments that were received from the organization surveys and attendee surveys:

- “Stephanie, congratulations on a successful event! I think this was a great opportunity for the community in many ways! This event could be beneficial to grow and implement in the future.” - Kelsey Dietrich, Student Wellness Network
- “I liked the acting 1 on 1. It took me out of my comfort zone and showed me how I would react in certain situations.” - Danielle Frazier, Biology Pre-Med
- “Excellent - Bringing awareness to a reality we all experience!” - Linda Cotrone, Education
- “Informational! I might see counseling center now.” - Katie Booth, Forensic Biology
- “It was a well planned and beneficial event that can be beneficial and helpful for all college students.” - Anonymous, Inclusive Early Childhood
- “Great event and would love to see this grow into something even bigger!” - Suzanne Button, Design & Tech Theatre

While at the event, I had an individual come up to me and say she really appreciated that I put on this event and she really enjoyed the reading and writing tri fold board, as well as the activities because that is something she does on a regular basis to help calm down. Since the event, I’ve had several people say how well the event was put on and how everything came together. In the BG News and BG Falcon Media, an article was published about the whole event and I got to do an interview for it the next day as well. The link to the article can be found here: <https://www.bgfalconmedia.com/campus/this-is-me-student-stephanie-cotrone-combines-skills-p>

[assions-to/article_6501579e-faae-11e9-b99f-8bd761eace97.html?fbclid=IwAR2PiCEDSYAjiFeFMafSri91V7i23Ce5HxyS6lLrbMkSVfdV9Krx-Yz00Ig](https://www.facebook.com/assions-to/article_6501579e-faae-11e9-b99f-8bd761eace97.html?fbclid=IwAR2PiCEDSYAjiFeFMafSri91V7i23Ce5HxyS6lLrbMkSVfdV9Krx-Yz00Ig). Rodney Rogers also was able to attend the event, and photos of this can be shown both in the physical news article, as well as in *Appendix C* with me giving him the overview of the event. It was a really big deal to have the President there because I know how busy his schedule is, especially on a Saturday, and the fact that he was able to take time out to come to my Honors Project event was absolutely incredible.

Section 8: GAP Analysis

After executing an event as well as reviewing it, there was room for improvement found in various areas of the event planning process prior to the event which could greatly affect the outcome of the event had certain processes been carried out differently.

- I. Time Management: Even though the whole planning process was over the course of a year, time could have been more effectively utilized over the spring and summer.
 - A. Organizations off campus could have been contacted sooner than July, August, or September depending in order to ensure their physical participation at the event.
 - B. More research could have also been done and completed over the summer, along with the completion of the tri fold boards so the weekend prior Stephanie wouldn't have had to do them all at once.
- II. Promotion of Event: Promotion could have also been started a lot sooner so a wider audience could have been reached by the time of the event.
 - A. Starting promotion at the end of the spring semester and into the summer, as well as right at the beginning of the school year rather than just a month prior would have allowed more people to see it in the end.

- B. Widening the audience and placing posters or promotional materials in the Bowling Green community - schools, local shops, etc. could have also made the attendance higher.
 - C. Setting up talks with various organizations on campus to go and speak at also would have been beneficial to get the word out more.
- III. Communication: More effective communication between Stephanie and the organizations could have made the event more successful.
- A. The hesitancy with calling a company on the phone that Stephanie had was a reason the various organizations weren't contacted as soon as they could have been so overcoming the fear of talking on the phone is critical.
 - B. Sending out more emails with updates throughout the process to both advisers and the organizations might have put everyone on the same page as to what needs to get done.

Section 9: Personal Essay

Throughout my time in high school I always enjoyed planning events for my friends and putting a creative spin on different projects I undertook. I enjoyed being very detail-oriented and loved making people happy, so I decided to take on the event planning route as a career path. My first step in this direction was through the Career Tech Program my high school offers in part with a community college that gives eleventh and twelfth grade students a chance to participate in a part of the career field they wish to go into. I was part of the Culinary Arts and Restaurant Management Program at Centerville High School in which I was able to help with the hospitality part of the program in planning banquets, cafes, and other events, such as weddings or

graduation parties. I also learned the kitchen side of the event industry, which gave me a great perspective on what goes on in the back of the house.

I am currently continuing my education at Bowling Green State University where I am studying Tourism, Hospitality, and Event Management in order to further my knowledge of my future career in the event planning industry. In late February 2018, I was appointed Banquet Chair for Alpha Phi Omega - a coed service - fraternity, where I planned and coordinated the end of the year banquet for the entire group in mid-April. This opportunity was my first high stake event where multiple different layers of people and vendors would be impacted in some way, whether through attendance or supplying food, the venue, etc. Additionally, in Alpha Phi Omega I have held a Historian position - where I kept track of history within the chapter - in Fall 2018 and Fellowship Chair - where I planned events for the whole semester for the fraternity to attend - in Fall 2019.

In the research part of the development process I learned that it is critical to have all parts of background known in order to create the event to the fullest potential. The design part of the development process gave me an idea of all creative parts of the event, such as the colors and image I wanted to portray for the event. The planning part of the development process allowed me to learn all the in's and out's of the details going into the event, including having a backup plan for risk management and a well thought out budget that includes all elements of the event. In coordination, I learned that having a detailed schedule of services is critical to both the event timeline of the planning process as well as the actual event in order for it to succeed. Additionally, knowing exactly where furniture, such as tables and chairs, are going to go gives way to a very knowledgeable event. Finally, in the evaluation part of the event management

process, I learned that it is crucial to look back on everything within the event in order to see where mistakes could be improved for the future, as well as how to measure the success of the event itself.

I will become a better professional because of this event due to the fact that it gave me different ways of looking at the event, as well as the need to be detailed in every aspect of the event. Knowing the event inside out is important when continuing in my professional event planning career. I could improve in the areas of communicating more directly with the organizations involved with the event, and in this particular event it was the various mental health organizations. Due to my more reserved nature I had the hesitancy of actually calling the organizations and opted for visiting them in person or emailing, which is something I would like to work on.

In terms of my future education plans, I hope to obtain the necessary event planning certificates to make me the most universal event planner I can be. I will continue the next three years at Bowling Green State University in the Tourism, Hospitality, and Event Management Program with a minor in Arts Management. I would also like to possibly attend grad school at Bowling Green State University and participate in the Leisure Studies program. There are several event planning courses to take online through different institutes, so that is also an option as well. As a long-term plan, I would like to live and work at a corporate or bigger event planning company in Chicago, New York City, or Disney World in Florida as an event planner. I will be participating in the Disney College Program in Spring 2020 from January to July as my final internship in my major where I will be a Front Desk Representative in a hotel or resort.

Appendix A: Event Element Plan & Timeline

Invitations & Posters
Come up with date for program
Design poster
Print posters using Honors College printers
Put posters up around campus
Post on social media
Print mini flyers using Honors College and TRC printers
Design posters for schedule and activities in TRC
Print posters for schedule and activities in TRC
Pick up posters for schedule and activities in TRC
Printed Materials
Create tri fold pictures, research, and day of documents - schedule of services, org check in
Print out all of the above
Create tri fold boards about Escapism pictured in <i>Appendix C</i>
Put up tri fold boards and printed materials in the event space

Venue/Decor
Set date and confirm location
Visit site
Create floor plan - tables, chairs, stage, A/V
Finalize and communicate set up to Conference & Event Services
Confirm set up
Buy black tablecloths for organization tables and research stations
Buy art supplies, writing supplies, and pens for stations
Set up and move tables, chairs, etc. accordingly to fit the space
Place tablecloths on tables depending on location
Set up activities on the resarch tables
Food & Beverage
Confirm with Conference and Event Services
Confirm with Stimmel's Market

Pick up granola bars, water bottles, fruit snacks, fruit, and bagels from Stimmel's

Event Tasks

Write out event tasks for each member and volunteers

Miscellaneous

Post on social media

Timeline

Week of	Goal of Meeting/No Meeting	Assignment to be Completed
SPRING 2019	INFORMAL PROJECT	
January 28th	Goals for this semester	Contact different nonprofits Contact different BGSU departments Start coming up with different stations
February 18th	Check up/3 out of 6 or so stations	Food for event Possible sponsors Station work
March 11th	Check up/Progress on contacts/3 out of 6 or so stations	Finalize location Finalize sponsors, nonprofits, etc. Station work
April 1st	Check up	Station work
April 22nd	Check up/Progress on contacts	Station work
May 13th	Final Check up before the	Continue working on it over

	summer	the summer for finalizations
FALL 2019	PROJECT IMPLEMENTATION	
August 26th	Goals for semester (G/H)	Stations/Research
September 2nd	Check up (H)	Stations/Research
September 9th	Check up (G)	Stations/Research Research finished this week!
September 16th	Check up (H)	Stations/Research Double Check nonprofits/location/etc
September 23rd	Check up (G)	Event Prep
September 30th	Check up (H)	Event Prep
October 7th	Check up (G)	Start on Summary Event Prep
October 14th	Check up with everyone (H/G)	Summary Event Prep
October 21st	Final Thoughts before event	EVENT

October 28th	Check up/Debrief (H/G)	Summary/Data/Defense
November 4th	Check up/Finish data (H/G)	Finish Summary/Defense
November 11th	Defense	Finish Summary
November 18th	Final Meetings (H/G)	Submit to ScholarWorks

Appendix B: Letters and Emails

Wellness Presentation Request ☰

Wellness Presentation Request Form

Question	Answer
Select a Presentation	Stress Survival
Describe your Audience	Station
Estimate Audience Size	100
Class / Organization	Honors Project Event
Contact Person	Stephanie Cotrone
Contact Phone	(937) 607-3609
Contact E-Mail	skcotro@bgsu.edu
Presentation Location	Oiscamp 101
First Choice	10-26-2019
Start	11:00am
End	2:00pm
Second Choice	11-02-2019
Start	11:00am
End	2:00pm
Additional Comments	The event is focused on bringing awareness to mental health, such as anxiety and depression, with stations people can move around to showing many different forms of escapism that are healthier, resources, tips, and maybe some not so great forms of escapism too. I may want several of your presentations at various tables at the event rather than just one.



Jordyn V Dwyer
Wed 12/5/2018 1:23 PM
Stephanie Kay Cotrone



Hello Stephanie,

Thank you for requesting the Peer Educators!

Looking ahead to next fall, we would be fine for either of the dates and times you have listed as preferred. If you could let us know when you know which date you are going with, and a number of specific activities that you would like presented, that would be much appreciated.

If it would be helpful to meet in person or over the phone to discuss planning and event ideas, let me know. I am more than happy to be available in that capacity.

Looking forward to working with you and the Honors College on this event!

Jordyn

Jordyn V. Dwyer
Pronouns: they/them/their and she/her/hers
Wellness Connection Graduate Assistant | 214 Student Recreation Center
Supervisor Liaison and Interview Coordinator | College Student Personnel
Interview Days Team
Bowling Green State University | Bowling Green, OH
w: 419-372-2712 | e: jvdwyer@bgsu.edu

Counseling Center Program Request



-----Original Message-----

From: skcotro@bgsu.edu <skcotro@bgsu.edu>
Sent: Monday, December 03, 2018 7:27 PM
To: Stefani Lyn Hathaway <shathaw@bgsu.edu>; Bryce Kamron Davis <bryced@bgsu.edu>
Subject: Counseling Center Program Request

mailTo: shathaw@bgsu.edu; bryced@bgsu.edu
mailSubject: Counseling Center Program Request
suppressEmptyFields: true
Typeofassistanceyouareseeking: Request speaker or facilitator
program-topic: Counseling and Mental Health Services/Resources
program-for: Class
class-organization-hall-name: Honors Project Event
estimated-number-of-participants: 100
what-would-you-like-the-participants-to-get-from-this-program: Resources that are available to them here at BGSU's campus and some signs of being able to recognize if a friend may need help getting to the counselor on their own.
first-choice-date: 10/26/2019
program-start-time: 11:00 AM
program-end-time: 2:00 PM
location: Olscamp 101
contact-person: Stephanie Cotrone
contact-phone-number: 9376073609
mailFrom: skcotro@bgsu.edu
additional-comments: There will be different stations at the event giving various forms of escapism, resources, and information, so I was hoping for the Counseling Center to have a table there with their materials and a representative to be informative for those who stop by.



Bryce Kamron Davis
 Tue 12/4/2018 11:24 AM
 Stephanie Kay Cotrone



Hi Stephanie,

My name is Bryce Davis and I am the programming assistant for the Counseling Center. I'm contacting you to let you know that we have received your request for tabling with Counseling Center resources and are in the process of identifying appropriate staff for your event. I wanted to confirm the date you requested. On the form I received it stated the date you are interested in is 10/26/2019, 11AM-2PM. Thank you for your time, I look forward to hearing from you soon.

Thank You,

Bryce K. Davis, B.A.
 Pronouns: He, Him, His
 B.A. - Psychology and Sociology (BGSU)
 M.A. - Clinical Mental Health Counseling (Expected 2020)
 Community Intervention Assistant Counseling Center BGSU

Resource Fair for Honors College



Amanda Lynn Schaad
 Mon 7/15/2019 3:53 PM
 Stephanie Kay Cotrone; Jaime Furda



Hi Stephanie,

As we discussed today, we have confirmed that Jaime Furda will be staffing the table for you on October 26th from 11-2 on CC Resources. Please feel free to contact her with any additional details as needed. Warmly,

Schaad

Amanda Schaad, PsyD
Licensed Psychologist and ResLife Liaison, Counseling Center
Pronouns: She/Her/Hers ([What is this?](#))

"A social justice-informed counselor seeks to transform the world, not just understand the world"- Vera and Speight

Counseling Center
Bowling Green State University
104 College Park Office Building
Bowling Green, OH 43403
Phone: [419-372-2081](tel:419-372-2081)
Fax: [419-372-9535](tel:419-372-9535)
Roll Along!

CC couch logo - lg orange



Fair on October 26



Faith Ann DeNardo
Tue 8/6/2019 3:01 PM
Stephanie Kay Cotrone



Hi Stephanie,

I hope this email finds you well. During our campus mental health campaign meeting, Christina Healy from Falcon Health mentioned that you were doing a mental health fair for your honors project. I wanted to let you know that Recreation and Wellness, Dining Services, Human Resources, and Falcon Health partner every year on our Health Fair and Farmer's Market and was wondering if there was a way to partner with us on the health fair? In other words, you could combine your event with our larger event to make sure mental health is well-represented at the fair.

If this is not an option for you, perhaps we could at least advertise your event at ours so folks know there is another opportunity to get more information on the topic.

I am happy to talk more about this with you but thought I would reach out if there is an opportunity to collaborate, we can. 😊

Thank you!

Faith

Faith DeNardo, Ph.D., CHES
Director, Wellness Connection
Title IX Deputy Coordinator
Co-Director, Center for Violence Prevention and Education
Pronouns: she/her/hers
Recreation and Wellness
111 Student Recreation Center
Bowling Green State University
Bowling Green, OH 43403

Contact Us Form - Stephanie Cotrone



-----Original Message-----

From: Zepf Center [<mailto:noreply@zepfcenter.org>]

Sent: Monday, August 26, 2019 9:42 PM

To: Contact <contact@zepfcenter.org>; Miranda Batianis <mbatianis@zepfcenter.org>;

Peter Areddy <pareddy@zepfcenter.org>

Subject: Contact Us Form - Stephanie Cotrone

Caution: This email originated from outside Zepf Center.

Name : Stephanie Cotrone
E-Mail : skcotro@bgsu.edu
Daytime Phone : 9376073609
type of contact : Intake
Comments : Hello!

My name is Stephanie Cotrone, and I am a third year studying Tourism, Hospitality, Event Management. About a month ago I went to NAMI to ask if you would be able to have a table at my event for my Honors Project in the fall, but since I didn't hear a response I figure I'd try again now that the school year has started.

This fall I will be putting on an event bringing awareness to mental illnesses like anxiety and depression on Saturday, October 26th from 11am-2pm in Olscamp 101. I would like to request the NAMI to have a table at the event with a representative to talk about your services. I know BGSU has a chapter so if that is something that can be connected - great - if not, no worries!

Please let me know at your earliest convenience, and I look forward to hearing from you soon!

Honors Project (10/26)



Stephanie Kay Cotrone

Mon 8/26/2019 9:20 PM

Michael Bruce Ellison



Hello!

My name is Stephanie Cotrone, and I am a third year studying Tourism, Hospitality, Event Management. About a month ago I sent an email with a request for the Humanities Troupe to be part of my Honors Project, but since I didn't hear a response I figure I'd try again now that the school year has started. Here is what I sent originally with the same request in mind:

This fall I will be putting on an event bringing awareness to mental illnesses like anxiety and depression on Saturday, October 26th from 11am-2pm in Olscamp 101. I would like to request the Humanities Troupe to have a table and to perform a small skit either several times or once throughout the event depending on how long it is. The Counseling Center said you work with them a lot and would have a skit that should work well.

If I need to meet with someone, I can do that, just let me know what steps to book are required next. I can also do email as well.

Let me know if you have any questions or need anything clarified!

I look forward to hearing from you!

Thanks,

Stephanie Cotrone

Third Year | Tourism, Hospitality, and Event Management

Honors College - Clerical Assistant | Student Tour Guide

[EXTERNAL] RE: Honors Project Event (10/26)



Jessica Schmitt <jessicas@namiwoodcounty.org>

Fri 8/30/2019 9:56 AM

Stephanie Kay Cotrone; 'Tom Davis' <TomD@namiwoodcounty.org>



OK. Thank you for the information. I have it on the calendar to make sure someone attends.

Thanks,

Jessica

...

Thank you!

Thanks!

Great thanks!

Are the suggestions above helpful? Yes No



Confirmation Message <no-reply@wufoo.com>

Thu 10/3/2019 12:46 PM

Stephanie Kay Cotrone



Campus Update Submission

Full Name *	Stephanie Cotrone
Email *	skcotro@bgsu.edu
Audience *	All
Sponsoring Organization or University Affiliation *	BGSU Honors College
Date to Post *	Thursday, October 24, 2019
Short, descriptive title for this message: *	This is Me: Anxiety & Depression Awareness Event
Date of Event	Saturday, October 26, 2019
Time of Event	11:00:00 AM
Type in the information as you would like it to appear in Campus Update (cannot exceed 1,000 characters) *	
<p>Oiscamp 101 This Saturday! College and life are stressful, but they don't have to be. We've all been in that place where it feels like life is caving in and there's nowhere else to turn, but it does get better. This event brings awareness to mental illnesses common on college campuses and in the community. There will be engaging and interactive activities to learn about anxiety & depression, and healthy ways to cope through music, art, theatre, amusement parks, learning, reading, and more. Performances by the Humanities Troupe and testimonies by current students who have had experience dealing with mental illness before or who have seen a friend go through it throughout the event as well. The following orgs will be there to gain insight on mental illnesses and where to go to get help: NAMI, testimonies, BG Counseling Center, BG Health & Wellness, Falcon Health Center, Zepf Center, student research, Humanities Troupe, BGSU Honors College, Harbor Wood County & BG Dining Services.</p>	

Hi Stephanie,
I regret that I am not able to pull together any clinical staff on this day to have a vendor table at your event. The event, however, sounds wonderful and much needed. I have a student at BGSU so I'll tell her to stop by to visit that day! Would it be possible for me to send you some flyers that outline our services in Wood County for you to put on a table at the event? If so, please provide the address that I can mail them.

Thank you for reaching out to Robin and wishing you a successful event!

Kelly Schroder
Marketing Manager
Harbor

6629 West Central Avenue
Toledo, OH 43617
567-455-5361 | www.harbor.org



Stephanie Kay Cotrone

Hello! Thank you so much for getting back to me! No worries on not bein...



Mon 10/7/2019 5:46 PM



Kelly Schroder <kschroder@Harbor.org>

Mon 10/7/2019 3:43 PM

Stephanie Kay Cotrone ✕



Hi Stephanie,
Robin Brock passed along your flyer for the This Is Me event on 10/26. I've searched my emails and phone messages and cannot find a reference to this particular event-- but regardless, am sorry you have not heard back from us. I will see if I can pull together some clinical representation from Wood County to set up a booth for this event. Do you have a deadline that you will need to know? Is there a cost associated with having a vendor table? Is there any further information that I need to know?

Thank you for reaching out to us.

This is Me - Anxiety & Depression Awareness Event

📎 1 ▾ 🗄



Paige Alise Wagner ▾

That would be great!

I live right on E Wooster, so just let me know when you have it all together, and I can come pick it up!

If there's anything about healthy eating within any of your information or anything that pertains to anxiety and depression and food as a means to cope, that'd be great!

Stephanie

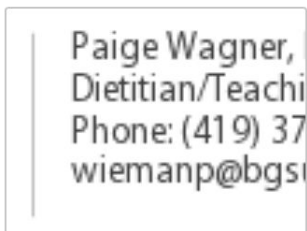
Get [Outlook for iOS](#)



Paige Alise Wagner

Fri 10/11/2019 9:04 AM

Stephanie Kay Cotrone ▾



Hi Stephanie,

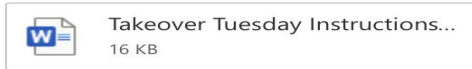
We will unfortunately not be able to have anyone at this event. I can provide you with informational flyers if you would like.

Paige Wagner, RDN, LD
Campus Dietitian/Teaching Kitchen Coordinator
Office: 419-372-0548
Cell: 419-721-4118
wiemanp@bgsu.edu

Takeover Tuesday



Maya Noelle Reineck
Mon 10/14/2019 7:07 PM
Stephanie Kay Cotrone



Hi Stephanie!

Here are instructions for your takeover tomorrow. Let me know if you have any questions!

Thanks,

Maya Reineck

Bowling Green State University

College of EDHD | Tourism, Hospitality, & Event Management

Honors Undergraduate Intern | Honors Ambassador

Dance Marathon | Steering Entertainment Chair

Kappa Kappa Gamma Fraternity

reinecm@bgsu.edu | 419.921.4792

Got it, thanks!

Thank you!

Got it!

Are the suggestions above helpful? Yes No

Reservation 185554 for This is Me: Anxiety and Depression Awareness Event beginning 10/26/2019



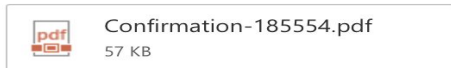
Stephanie Kay Cotrone
Get Outlook for iOS

Tue 10/15/2019 5:19 PM

You forwarded this message on Tue 10/15/2019 5:19 PM



amydavi@bgsu.edu
Tue 10/15/2019 3:25 PM
Stephanie Kay Cotrone



Stephanie,
Confirmation attached and link to diagram is below. Please let me know if there are additional updates or changes.

<https://diagram.socialtables.com/diagram/c65f1746-46a2-4c58-9cfa-a6559e51fb3a>

Thanks,
Amy

Reservation No: 185554
Organization: HONORS STUDENT ASSOCIATION (HSA)

Summary of Bookings

Date	Start	End	Building	Room	Status
10/26/2019 Sat	11:00 AM	2:00 PM	OLSC	OLSC101	Tentative - Details Pending



Faith Ann DeNardo
Mon 10/7/2019 11:41 AM
Stephanie Kay Cotrone



Hi Stephanie,

Will you be having some handouts at our Health Fair tomorrow between 11 and 2 in the Ballroom? I know we had discussed that possibility before and perhaps you being there to promote it. Just let me know if this is still something you were interested in. Also, we can provide some information for your health fair on the 26th, I am not sure we will have someone that can attend in person. When would you like to have our information?

Faith

Faith DeNardo, Ph.D., CHES
Director, Wellness Connection
Title IX Deputy Coordinator
Co-Director, Center for Violence Prevention and Education
Pronouns: she/her/hers
Recreation and Wellness
111 Student Recreation Center
Bowling Green State University
Bowling Green, OH 43403
419-372-9351
faithy@bgsu.edu



Jaime Furda
Mon 10/7/2019 12:36 PM
Stephanie Kay Cotrone



Hi, Stephanie.

My name is Jaime Furda, and I'll be representing the Counseling Center at this event. Could you give me a bit more information about what you're looking for in terms of the presentation you mentioned?

Thanks!
Jaime

Jaime E. Furda, M.Ed., LPCC-S
Professional Clinical Counselor
Liaison to the College of Arts & Sciences
Pronouns: she, her, hers

Counseling Center
Bowling Green State University
104 College Park
Bowling Green, OH 43403
Office: (419) 372-2081
Fax: (419) 372-9535



Jordyn V Dwyer

Mon 10/7/2019 2:50 PM

Stephanie Kay Cotrone



Hi Stephanie,

The peer eds will be at the event on 10/26 to do stress and mindfulness related activities!

Warm regards,
Jordyn

Jordyn V. Dwyer (pronouns: they/them/theirs)
[Wellness Connection](#) Graduate Assistant | 214 Student Recreation Center
University Conduct Committee 2019-20
College Student Personnel Class of 2020
Bowling Green State University | Bowling Green, OH
w: 419-372-2712 | e: jydwyer@bgsu.edu



Erin Whitton <ewhitton@zefpcenter.org>

Tue 10/8/2019 9:47 AM

Stephanie Kay Cotrone



Good Morning Stephanie,

Thanks for the email and requesting us to attend. I apologize for the misunderstanding with communication, but unfortunately Zepf will not be able to attend. I am happy to send you some brochures about our programs, but we will not be able to attend. I wish you tons of success with this program.

Thanks,

Erin

Erin Whitton

Director of Health, Wellness and Prevention





Abigail Season Warschauer

Tue 10/15/2019 8:20 PM

Stephanie Kay Cotrone; Jessica Schmitt <jessicas@namiwoodcounty.org> +7 others



We will be there! Thank you!

Get [Outlook for iOS](#)



Amy Lyn Davis

Mon 10/21/2019 4:39 PM

Stephanie Kay Cotrone; Kate Zenone; Patrick Anthony Nelson; Jeffrey Roland Smith



Stephanie,

As a follow-up to Kate's email and in response to your email about the donated food form and signature needed for approval, I wanted to additionally reach out and let you know that because BGSU Dining has granted a one-time exception to the food policy and is allowing certain low-risk food items to be brought in to the event, and we know from experience that product Simmel's would donate aligns with the policy, we are not requiring the vendor signature on the form and consider the donation as approved.

Please keep in mind that as the facility manager, we are still responsible for ensuring the safety of all guests to the event and need to remind you that **any and all food provided must be low-risk**. If you have any questions, please don't hesitate to ask.

Thanks for working through this process with us!

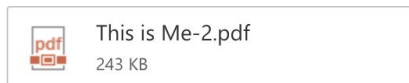
Amy



Laurel Zawodny

Fri 10/25/2019 2:31 PM

Stephanie Kay Cotrone; Raymond William Braun



Stephanie,

The President thanks you for the kind invitation. He has several commitments on Saturday, but hopes to stop by your event.

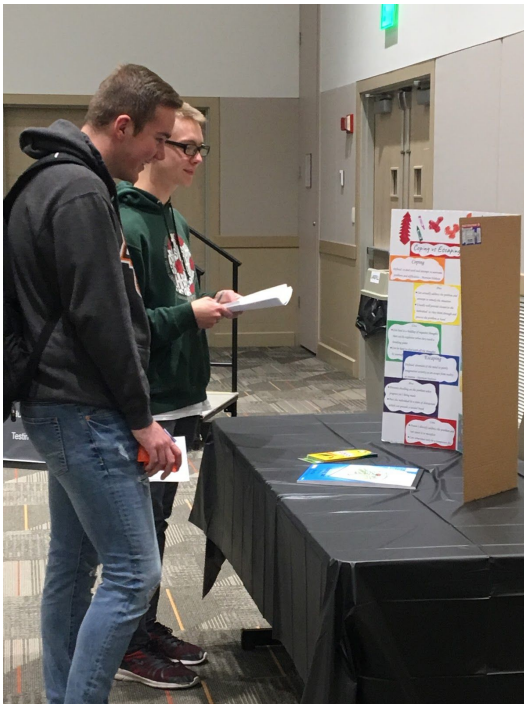
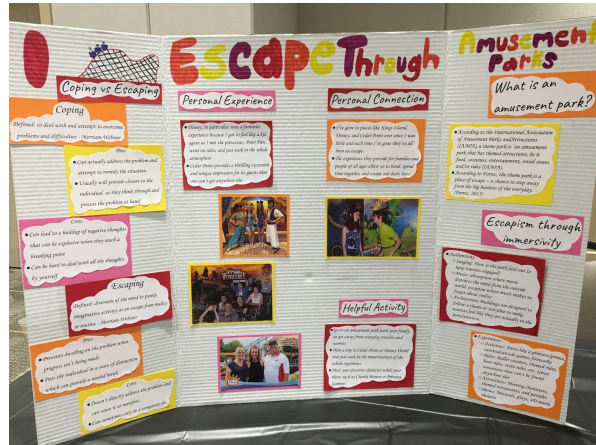
Thank you,
Laurel

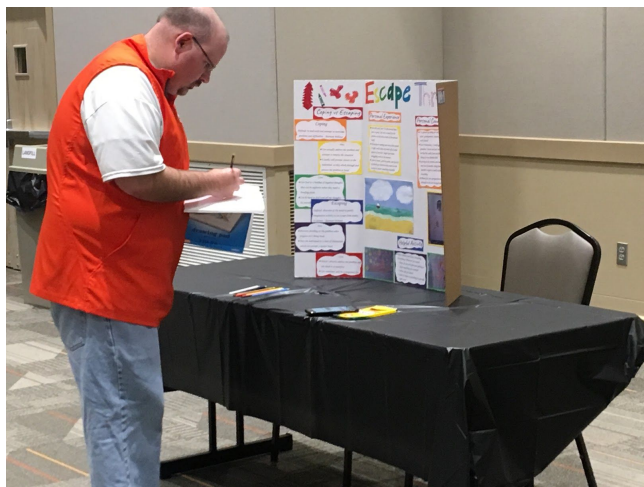
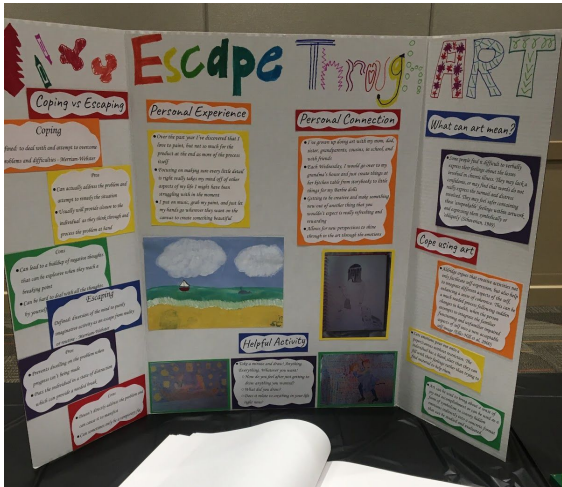
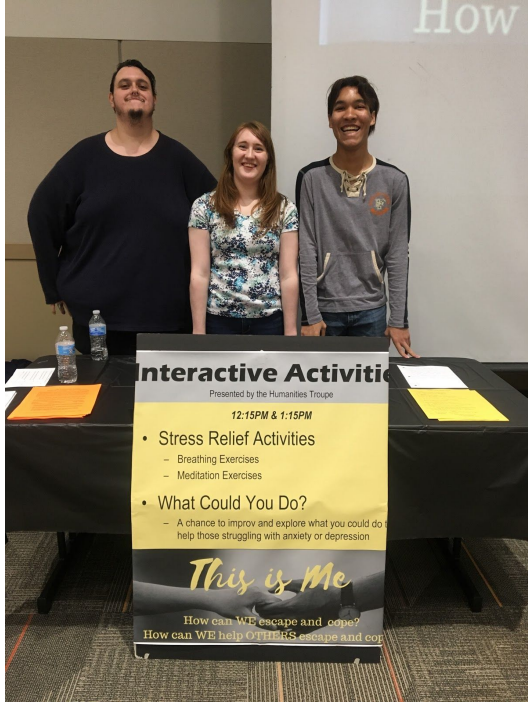


Laurel Zawodny '95
Executive Assistant to the President
Office of the President
Bowling Green State University
220 McFall Center
Bowling Green, OH 43403
Office: 419-372-2226

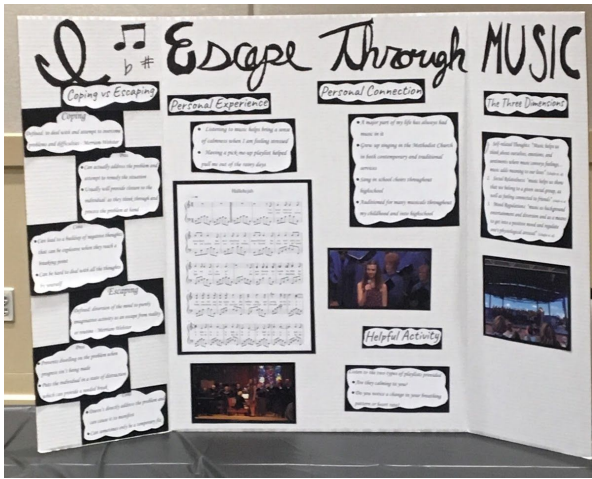


Appendix C: Photos from Event





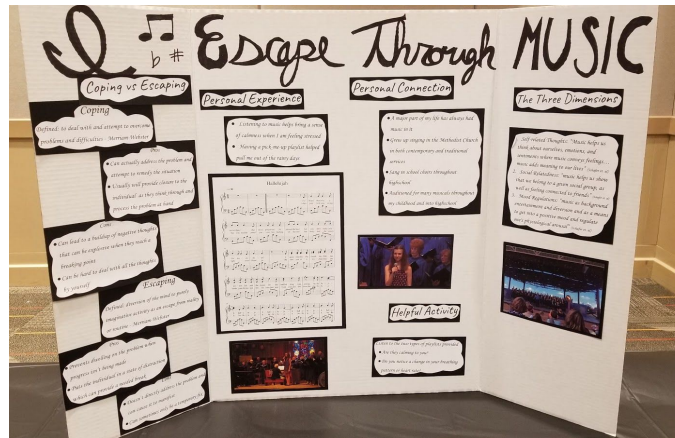
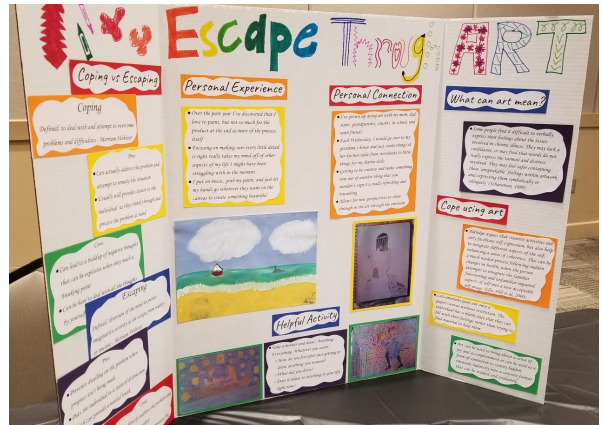
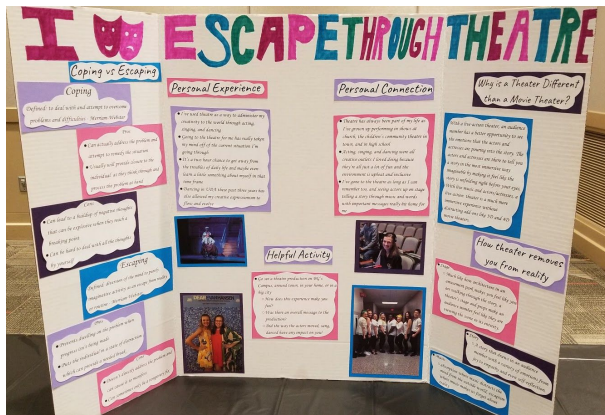
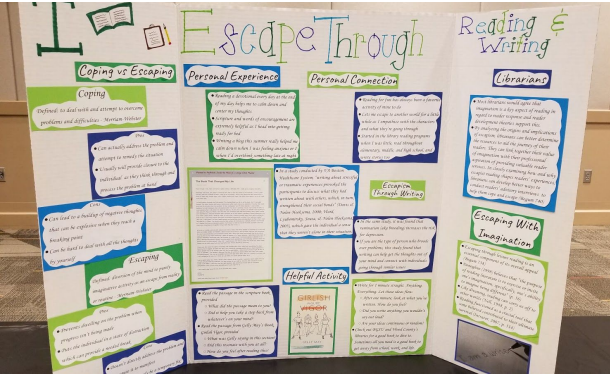
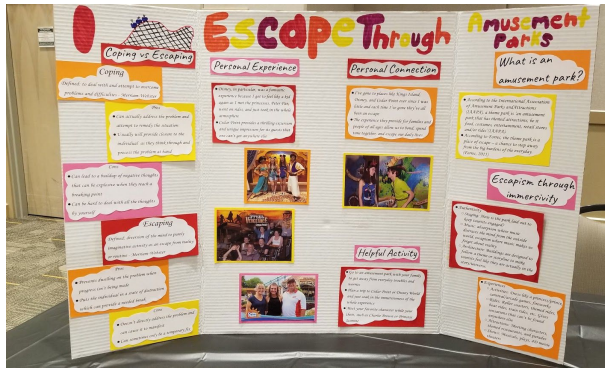




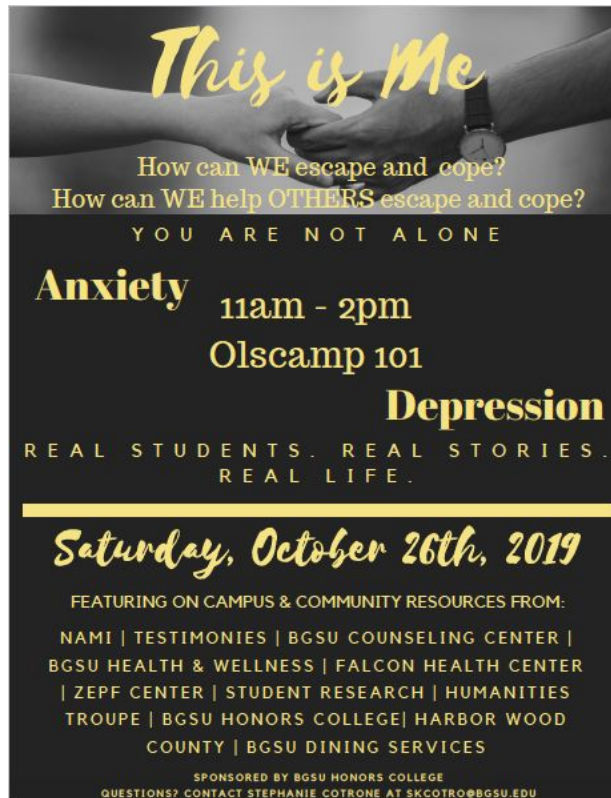








Appendix D: Invitation & Poster Samples



Community Engagement Update
October 24, 2019

Around the CPI

- Center for Public Impact Announced as New Co-Sponsor for L.I.F.T. 2019 Conference
- Grab Your Spot on a bGAB Trip
- Help Make T-Shirt Bags for BGSU Ending Hunger
- We Offer Community Service Consultations

Upcoming Opportunities

- Volunteer with St. Mark's Community Dinners
- Volunteer with the Boy Scouts' Halloween Party
- Community Garden Work Day
- Volunteers Needed for Project HOPE Trick or Treat on Horseback
- Participate in the BG Community Holiday Parade
- Volunteer with Downtown BG S.I.D.
- This is Me: Anxiety & Depression Awareness Event
- Call for Poster Submissions for Undergraduate Symposium on Diversity
- Nominations Open for 2020 Latino/a/x Issues Conference Awards
- Apply for CURS Winter & Spring Grants
- Public Service Career Fair
- Employment with The Community Learning Centers

Follow Us on Social Media!

Want to keep up with all the latest community engagement news? Check us out online!

- Facebook
- Twitter
- Instagram
- Website

Quote of the Week

"When the whole world is silent, even one voice becomes powerful."
MALALA YOUSAFZAI

VOLUNTEERS NEEDED!



This is Me: Anxiety & Depression Awareness Event

Saturday, October 26th
11 am - 2 pm
Olscamp 101

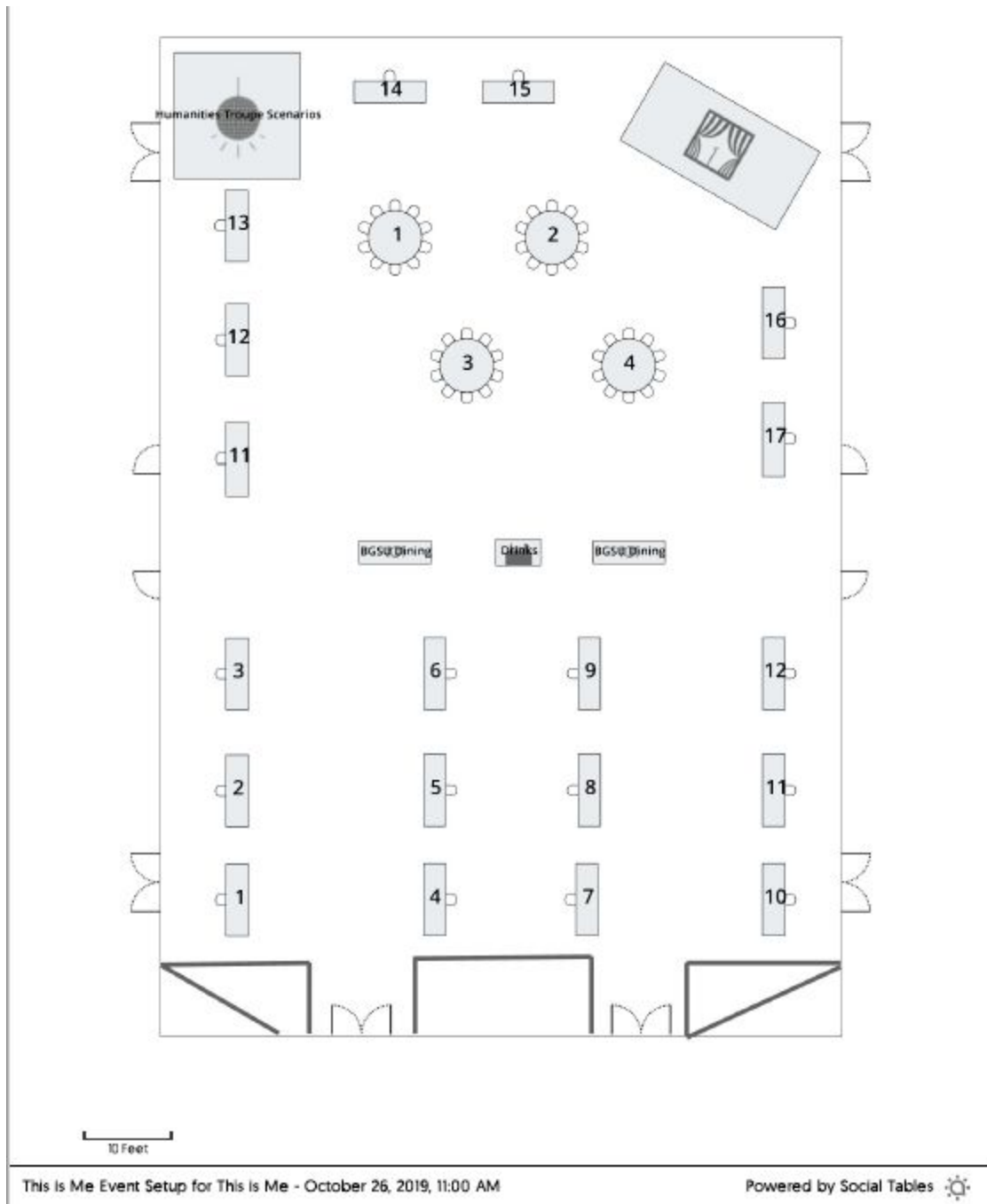
Join this event for engaging and interactive activities to learn about anxiety & depression, and healthy ways to cope.

This includes...
Performances by the Humanities Troupe
Testimonies by current students who have had experience dealing with mental illness
Organizations such as: NAMI, BG Counseling Center, BG Health & Wellness, Falcon Health Center, Zepf Center, Student research, BGSU Honors College, Harbor Wood County, and BG Dining Services.

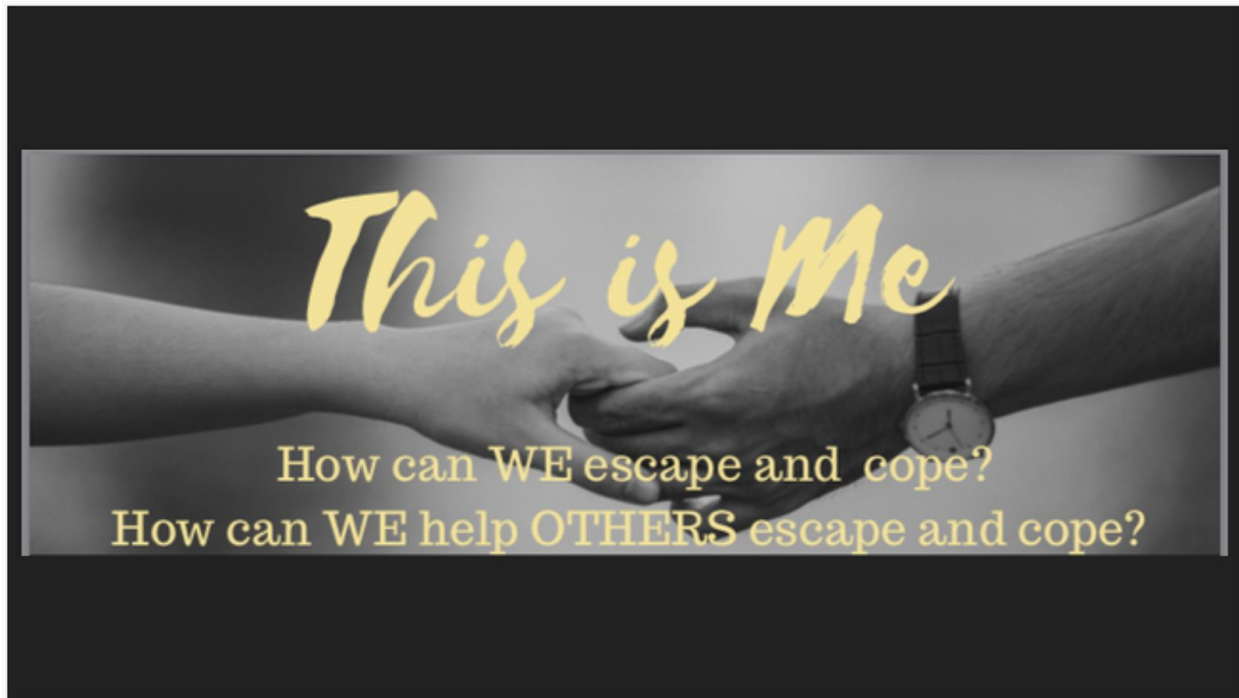
Volunteer opportunities & spots for testimonies are available!

Click [here](#) for more information or contact Stephanie Cotrone at skcotro@bgsu.edu

Appendix E: Site Plan and Floor Plan



Appendix F: Slides and/or Video



Appendix G: Area Release of the Event

BGSU. CAMPUSUPDATE

Friday, Oct. 4, 2019

All

1. **Bad Genetics Presents: Rookie Mistake Chad**
2. **Bowling Green Water Treatment Plant Tours**
3. **Free Coffee Talk - The Whole Health Approach**
4. **Intramural registration opens Monday!**
5. **2019 Insurance and Risk Management Symposium**
6. **2019 Saddleire Lecture: Dr. Kevin Kruger**
7. **Masculinities and Manhood Keynote Address**
8. **Tap into your inner potential on 10/16/19**
9. **This is Me: Anxiety & Depression Awareness Event**

9. This is Me: Anxiety & Depression Awareness Event

Mark your calendars! College and life are stressful, but they don't have to be. We've all been in that place where it feels like life is caving in and there's nowhere else to turn, but it does get better. This event brings awareness to mental illnesses common on college campuses and in the community. There will be engaging and interactive activities to learn about anxiety & depression, and healthy ways to cope through music, art, theatre, amusement parks, learning, reading, and more. Performances by the Humanities Troupe and testimonies by current students who have had experience dealing with mental illness before or who have seen a friend go through it throughout the event as well. The following orgs will be there to gain insight on mental illnesses and where to go to get help: NAMI, testimonies, BG Counseling Center, BG Health & Wellness, Falcon Health Center, Zepf Center, student research, Humanities Troupe, BGSU Honors College, Harbor Wood County & BG Dining Services.

October 26
101 Olscamp
11:00 a.m.

[Top](#)

https://www.bgfalconmedia.com/campus/this-is-me-student-stephanie-cotrone-combines-skills-passions-to/article_6501579e-faae-11e9-b99f-8bd761eace97.html?fbclid=IwAR2PiCEDSYAjiFeFMafSri91V7i23Ce5HxyS6lLrbMkSVfdV9Krx-Yz00Ig

BG Falcon Media content any way you want it!

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‘This is Me’: Student Stephanie Cotrone combines skills, passions to create mental health event

Marianne Vanderbeke | Reporter Oct 29, 2019 Updated Nov 4, 2019 0



PREV



Stephanie Cotrone and President Rodney Rogers at her talk on mental health.

Photo by Marianne Vanderbeke

This is Me: Anxiety & Depression Awareness Event offered an opportunity for students, faculty and community members to explore options for living with mental illness.

Stephanie Cotrone, a BGSU junior tourism, hospitality and event management major, combined her expertise at event planning with her passion for mental health awareness on Saturday. She said she hoped the event helped people not only learn something but have fun doing it.

Tickets: \$45
Tickets available at the Marathon Center for the Performing Arts
MCPATickets.org
419-423-2787
200 W Main Cross St, Findlay, OH
CONCERT to BENEFIT:
University of Findlay's UFTV (Student-Run TV Station)

NEWSLETTER

Headlines

Get this weeks top news delivered straight to your inbox twice a week by signing up for our email newsletter. You don't need an account to sign up!

Enter email address

Appendix H - Money Spent on the Event

Money Spent on Event					
Date	Item	Location	# of Items	Each	Total
7/30/19	Trifold	Dollar Tree	6	\$1.00	\$6.00
10/18/19	Posters	BGSU TRC	2	\$15.00	\$30.00
10/18/19	Posters	BGSU TRC	1	\$10.00	\$10.00
10/23/19	Baskets for Fruit	Dollar Tree	3	\$1.00	\$3.00
10/23/19	Foam Boards	Dollar Tree	4	\$1.00	\$1.00
10/23/19	Table Cloths - Rec	Walmart	21	\$0.83	\$17.43
10/23/19	Table Cloths - Round	Walmart	4	\$0.97	\$3.88
10/23/19	Napkins	Walmart	3	\$0.97	\$2.91
10/23/19	Granola Bars	Aldi	80	\$0.17	\$13.60
10/23/19	Fruit Snacks	Aldi	24	\$0.17	\$4.08
10/23/19	Water Bottles	Aldi	72	\$0.10	\$7.20
10/23/19	Pens	Dollar Tree	20	\$1.00	\$2.00
10/25/19	Bagels	Stimmel's	12	\$0.00	\$0.00
10/18/19	Starbucks Giftcards - HLC	Honor College	4	\$40.00	\$0.00
10/26/19	Room Rental - HLC	Honor College	5 hrs	\$100.00	\$0.00
10/1-26/19	Printing	BGSU	?	\$0.05	?
10/25/19	Apples	Aldi	36	\$0.12	\$4.32
10/25/19	Bananas	Aldi	20	\$0.14	\$2.80
				FINAL TOTAL	\$108.22
	BOLD = HLC or Donation				

Bowen-Thompson Student Union Business Services
 Room 231
 Bowling Green State University
 Bowling Green OH 43403-0141
 419-372-7941 / 419-372-7940 FAX

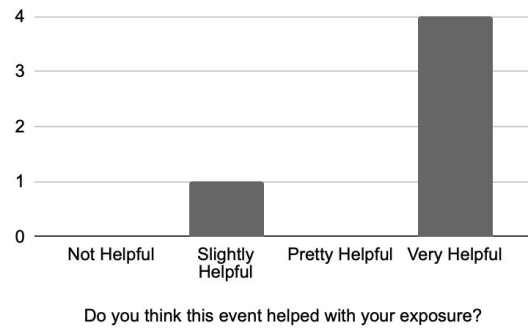
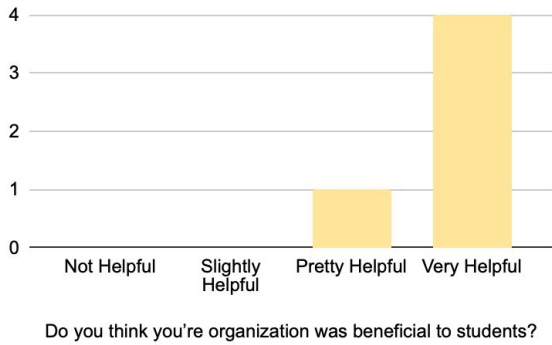
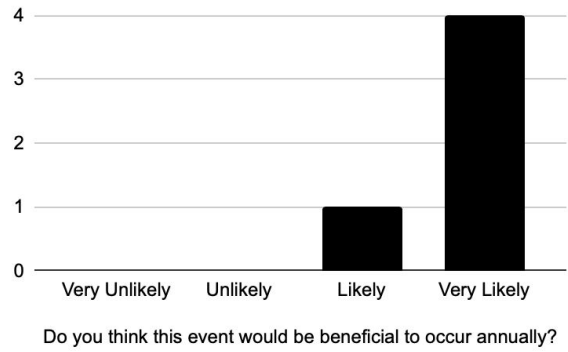
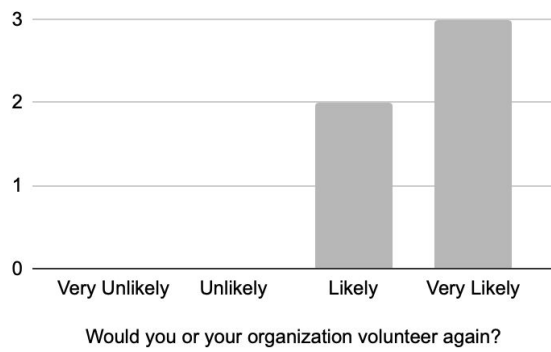
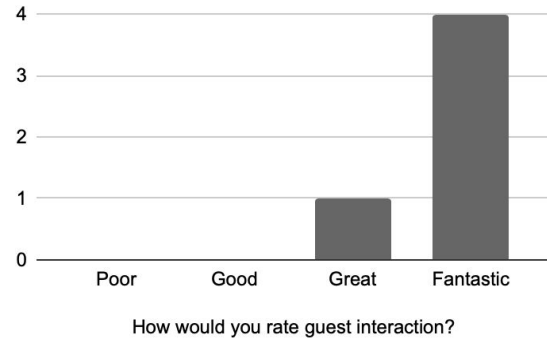
Invoice

Organization	Invoice Number: UNI20739
Stephanie Cotrone	Invoice Date: 11/5/2019
HONORS STUDENT ASSOCIATION (HSA)	Due Date: 11/5/2019
Mailbox 95, 424 Union	Event Name: This is Me: Anxiety and Depression Awareness Event
	Reservation No.: 185554
	Budget Code (F/D/F) 10000 100900 1030

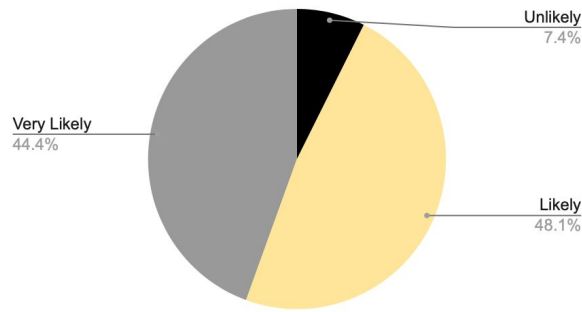
Bookings / Details	Quantity	Price	Amount
Saturday, October 26, 2019			
11:00 AM - 2:00 PM This is Me: Anxiety and Depression Awareness Event (Confirmed) Olscamp Hall 101			
Reserved: 9:00 AM - 4:00 PM			
Room Charge: (7 hours @ \$135.00/hr)	1	\$945.00	\$945.00
Less 100% Discount			-\$945.00
Audio-Visual Equipment:			
10:00 AM - 3:00 PM A/V Equipment			
Microphone: Wireless Handheld 101A Olscamp	1	\$26.00	\$26.00
Less 100% Discount			-\$26.00
Computer: PC Laptop	1	\$40.00	\$40.00
Less 100% Discount			-\$40.00
<i>Includes VGA Cable & Ethernet connection</i>			
<i>MUSIC ONLY</i>			
Audio-Visual Staff:			
10:15 AM - 10:30 AM A/V Staff			
Event Support Svcs/Utilities:			
10:00 AM - 3:00 PM Client Time			
ESS/U(5 hours @ \$20.00/hr)	1	\$100.00	\$100.00
Catering:			
10:00 AM - 3:00 PM Event with Food			
		Audio-Visual Equipment	\$0.00
		Event Support Svcs/Utilities	\$100.00
		Room Charge	\$0.00
		Subtotal	\$100.00
		Grand Total	\$100.00

Appendix I - Survey Data

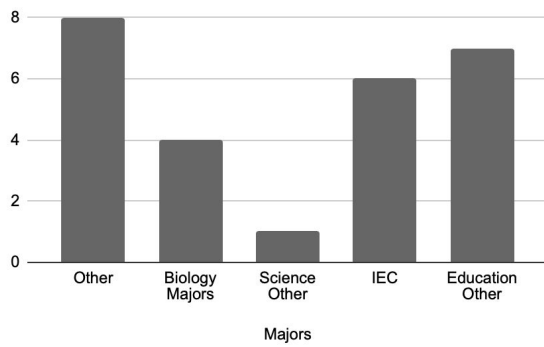
Organization Responses



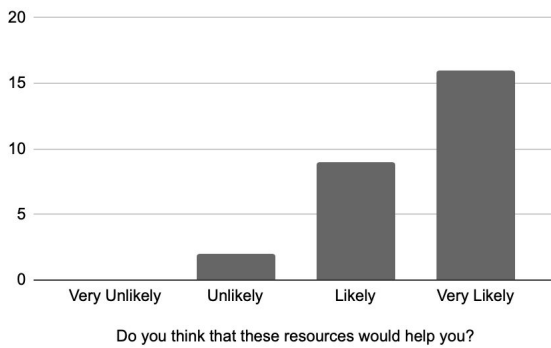
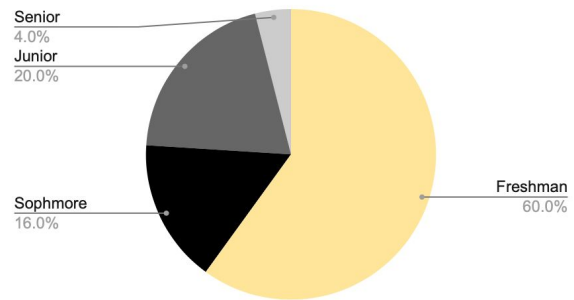
Would you want this event to be held annually?



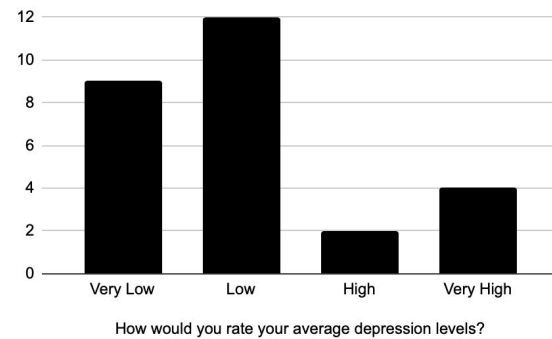
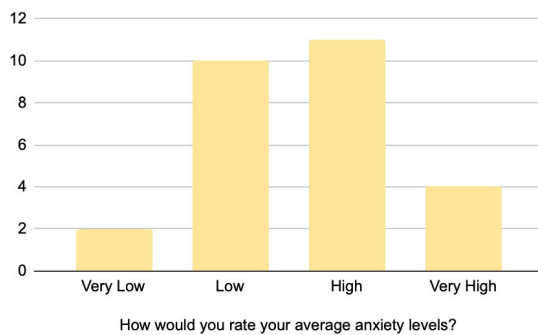
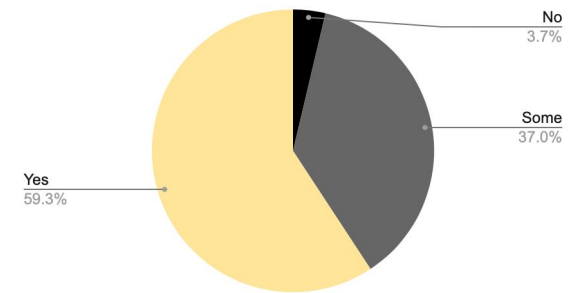
Attendee Responses

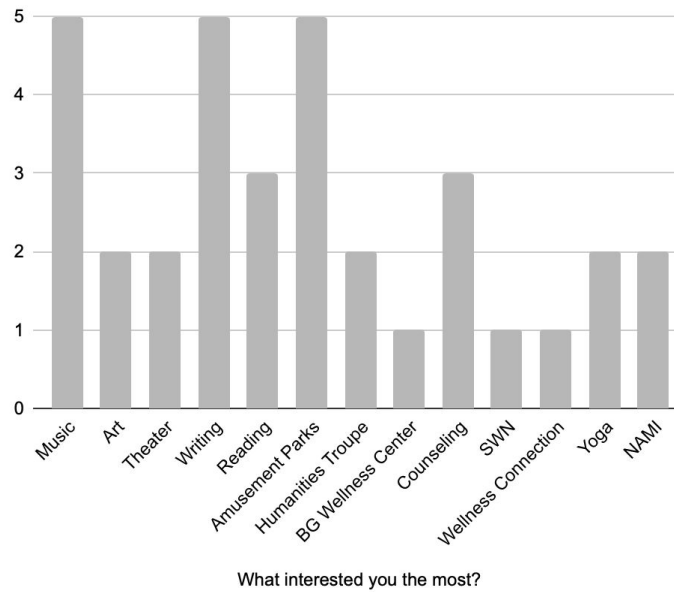


What grade were the students?



Did you learn something from the event?






Attendee Comments
Good job! Your hard work paid off :)
Good job!
I liked the acting 1 on 1. It took me out of my comfort zone and showed me how I would react in certain situations.
Excellent - Bringing awareness to a reality we all experience!
Great event!
Loved it!
I feel this can be expanded to more organizations that can help with coping. Also, the skit didn't really describe depression/anxiety...
Seems like a good Honors Project Stephanie!
More could be added to the research section!
Great job! :)
Thanks for your hard work!
Yay Stephanie! Thank you! :)
Informational! I might see counseling center now.
Great event and would love to see this grow into something even bigger!
This was a great event and I like all the resources that are here to help students who are struggling with anxiety and depression. Great job!
Thank you for putting this event on.

It was a well planned and beneficial event that can be beneficial and helpful for all college students.
This was a very informative event!
Great research!
This was really cool, and I would love for this to be publicized more.
Organization Comments
Thank you for allowing us to participate!
You did an excellent job - you should be proud! :)
We were very welcome, and it was a wonderfully organized event. Thank you! :)
Stephanie, congratulations on a successful event! I think this was a great opportunity for the community in many ways! This event could be beneficial to grow and implement in the future. Good luck with the completion of your Honors Project! :)

Appendix J - Volunteer Sign Ups

https://docs.google.com/forms/d/e/1FAIpQLScaJXyjqLIDD6yVtptN3QBXXKeh4qMsMG0_GOs4gjcFMJg5Y7g/viewform



Stephanie's Honors Project Help

Hello! If you've stumbled upon this form that means you're interested in helping me for my Honors Project Event! Thank you so much in advance!! I really appreciate it! There are many parts that will go into this event so any help would be appreciated. Sign up for whatever you can help with, and again, I appreciate you SO MUCH!

Stephanie

Questions?
(937) 607-3609
*** Required**

Event Bringing Awareness to Mental Illnesses Like Anxiety and Depression (10/26/19) 11am-2pm in Olscamp 101

This event will have multiple tables set up in Olscamp displaying options for students to utilize both on and off campus if they're struggling with anxiety or depression. Students need to know they're not alone and adjusting to college life can be really hard so I hope to be that bright light with this event that gives them hope and another option to continue. There will also be methods of escapism students can learn about for how to cope healthily.

Last Name *

Your answer _____

First Name *

Your answer _____

Phone Number *

Appendix K - Humanities Troupe Scripts

Welcome to This Is ME!

The Humanities Troupe wants to give you the opportunity to take some of the ideas you are being exposed to today and put them in action.

Your friend is in trouble, so you go to see them.

What do you notice that gives you cause for concern?

What could you SAY and/or DO and/or SUGGEST to help your friend deal with the stress?

After you have helped “your friend” out, the actor will share with you a quick little practical tool for relieving stress.

Wishing you a stress-free rest of the semester!

The Humanities Troupe from the Department of Theatre and Film

To schedule an event or join us as an actor,

contact Dr. Michael Ellison at ellison@bgsu.edu

THIS IS ME! Anxiety? Depression? You are not Alone.

Saturday, October 26th

Olscamp 101 11:00 – 2:00

3 Actors needed – this will allow time for breaks (1 at a time)

Actors will arrive at 11:30

Set flyers on table and display materials for The Humanities Troupe (if there are any).

You won't start until 12 with the scenes below on the small stage.

You will be done by 2:05 at the latest (if there is still a good crowd). If the crowd has really dispersed and you are not busy, you might be done as soon as 1:35.

PAY: \$20/hour or \$50 each

The following scenes will be presented back to back to back TWICE on the stage set up in Olscamp: at 12 noon and at 1:00.

PART 1: BEHAVIOR THAT CRIES FOR HELP:

Recognizing When Someone Needs Help

Setting: *Dorm Room, JAIME enters gathering things for a class and putting them in her backpack. SAM is asleep at her desk.*

JAIME

SAM! Hey sleeping beauty... Isn't it time to get up? Your alarm has been going off for a good ten minutes! You fell asleep at your desk again?

SAM

(groggily, not waking up)

NO...Don't Wanna.

JAIME

Don't you have class in 20 minutes?

SAM

Leave... 'lone...

(Pulls hoodie over her head)

JAIME

It's 1:40 in the afternoon.

(No answer)

How many times have you skipped already?

(No answer)

Fine. Will I see you in lit class later?

(No answer)

Whatever. Bye, Sam!

JAIME Grabs backpack and leaves SAM asleep.

END SCENE 1.1

ACT I, SCENE 2: GRADES

The scene changes to a classroom. SAM changes the position of her chair to suggest that the setting has changed. JAIME brings on a desk to suggest a classroom setting. The PROFESSOR stands in front of the classroom. JAIME and SAM in a classroom, just as class ends.

PROFESSOR

All right, please remember to do your reading for Monday. Have a safe weekend!

(Waits until JAIME and SAM are almost packed up to go)

Sam, can I talk to you for a minute?

SAM

Uh... sure...? Jaime, I'll be right there.

JAIME waits near the door, pretending not to hear the following conversation.

Will this take long? I am kind of in a hurry.

PROFESSOR

I'll get right to it, then. Your grades are falling...I know you can do the work, you're smart and you started the semester really well...

SAM

I know, I just, lately I've gotten a bit behind.

PROFESSOR

Is everything all right?

SAM

Yeah! I'm almost caught up. Thanks though!

PROFESSOR

This next project is a huge part of your grade...

SAM

I know!

PROFESSOR

And I am just concerned that...

SAM

I'm all set, really! Have a great weekend!

PROFESSOR looks concerned, then exits.

JAIME approaches SAM. .

END SCENE 1.2

ACT I, SCENE 3: TAKE ME OUT TONIGHT

JAIME and SAM after class.

JAIME

You know, you *have* been a bit slack lately...

SAM

You too, really Jaime?

JAIME

Remember when you used to tell me I had to go to class? What's up?

SAM

Nothing. I just don't want to, yunno?

JAIME

I'm just worried about you. You haven't been eating much lately and it seems like...

SAM

What are you? My mother? I'm FINE. I just ... whatever.

JAIME

Really, you're not fine, Sam. You haven't been for awhile now and I am really worried about you. Why don't we find a corner at Starbuck's and we can sit and you can tell me what's going on – so we can figure this out together – ok?

SAM

(slowly, tentatively) Okay.

PART 2: FRIEND-LY INTERVENTION: Talking To Someone Who Needs Help

(At Starbuck's)

SAM

It seems like you have been having a tough semester.

JAIME

Uh – yeah. I really have been.

SAM

And you haven't let me in at all. Do you realize that?

SAM

Yeah, I know – sorry – It's just that . . . I . . . It just feels like my life is falling apart.

JAIME

That sounds heavy-duty. Do you want to tell me about it?

SAM

No . . . I . . . well . . . yeah . . . maybe. I don't know. I have no idea what I need right now.

JAIME

Hey, that's okay. You don't have to talk about it if you don't want to.

SAM

Thanks, but I think I need to. It's eating me up inside.

JAIME

So?

SAM (says nothing)

JAIME

When did it start?

SAM

Well, things have been building up for awhile now. The math class I'm taking is harder than I expected and philosophy is so much reading I feel like I am drowning.

JAIME

You know, there is still plenty of time to drop the philosophy class if you need to.

SAM

Just admit I'm a failure and run away?

JAIME

No, that is not what I meant. Dropping a class, if you are feeling overwhelmed, is not any kind of admission of failure. It's taking care of yourself.

SAM

Yeah, right.

JAIME

Just so you know it's an option. You could even talk to your philosophy teacher about it.

SAM (stays silent)

JAIME

Anyway . . . have you thought about getting a math tutor?

SAM

It's not just classes. There's a lot of other stuff going on.

JAIME

Yeah? Like what?

SAM

Like – I've been feeling really homesick lately. This semester the distance has really been taking its toll on my relationship with Robin.

JAIME

Long distance relationships are hard.

SAM

Tell me about it . . . and . . . well . . . two and a half weeks ago we broke up.

JAIME

Oh! . . . Wow!

SAM

Yeah! They said they just couldn't deal with the distance anymore. Robin has already started dating someone else. It was a hell of a phone call.

JAIME

That's harsh.

SAM

And – I don't know. I just feel worthless, you know? We've been together since freshman year of high school. So, it just feels like the world is caving in.

JAIME

I hear ya. That's a lot.

SAM

So, I haven't felt like eating and just getting out of my room feels like a chore.

JAIME

I figured something was wrong. I'm sorry I didn't say anything sooner. It just seemed like you wanted to be left alone. Sorry.

SAM

Thanks, but that's not on you. I have wanted to be left alone – but I have also felt incredibly lonely. Aaaggghhh! Life sucks. Thanks for listening, Jaime. You're a good friend.

JAIME

Hey, I am here for you.

(an awkward pause here. Jaime is not quite sure how to approach this next idea)

Sam, have you thought about going to the counseling center?

SAM

What? Just admit I'm crazy and move on? THAT'S your solution?

JAIME

That is not what I am saying and you know it. You are not crazy. You just need help – we all do - sometimes.

SAM

Well, sure, that is why I finally decided to tell you what's been going on. That's what friends are for, right?

JAIME

Sure, and I am glad you are finally telling me what you are going through. I am happy to listen. But . . .

SAM

But? It's too much, right?

JAIME

No, it's not that. I just think you need to talk with someone who has more experience than I do. You can always talk to me – tell me anything. But I don't know how to help you through this – except to care, and I do care about you. I care enough to want to get you help.

SAM

I appreciate that, Jaime. But I don't have any money. I can't afford a counselor.

JAIME

But it doesn't cost anything. Well, actually, I read that it is included in our student fees. So it is already paid for,

SAM

My older brother saw a counselor in high school and it didn't do him any good at all.

JAIME

But – hey – everyone is different. You are not your brother. And counselors are different, too. It is a matter of finding one you connect with. It can't hurt to give it a try, can it?

SAM

I don't know. The idea of going to a counselor scares me. Baring my soul to some stranger. Why isn't talking with you enough?

JAIME

Because we are good friends, I can't be objective about your situation – and, I am not trained to know what resources might help you best. Can we please just go to the Counseling Center and check it out?

SAM

We? You'll go with me?

JAIME

Of course! You can't get rid of me.

SAM

(smiles) I'm glad to hear that.

JAIME

So? We are off to the Counseling Center?

SAM

Okay.

JAIME

Great! Finish our coffee? Or take with?

SAM

I think we better go right now – before I chicken out.

JAIME

Right now it is! Off we go.

SAM

Jaime . . . Thanks for being such a good friend.

JAIME

You got it. My friendship. Always.

When you are not involved in the scenes above you will be working with INTERACTIVE ACTIVITIES

These are One on One or One Actor with very small group.

INTERACTIVE ACTIVITIES #1

Stress Relief Activities

Leading individuals or small groups in ONE to TWO minutes of –

Breathing Exercises

Meditation

Exercise

INTERACTIVE ACTIVITIES #2

Strategies for Coping: What Could You Do?

One Actor will greet people and hand them a small sheet of paper, then direct them to one of the other actors.

The sheet of paper will say:

“Your friend is in trouble, so you go to see them.

What do you notice that gives you cause for concern?

What could you SAY and/or DO and/or SUGGEST

to help your friend deal with the stress?”

Then they are directed to another actor who shares one of the following stories with them:

[NOTE: Actors may choose to learn only one of these speeches below, OR may choose to learn more. Either way is fine.]

Actor 4 [TONI]: [Depressed and suicidal. Speaks at a slower pace – incomplete sentences, trailing off.] 1:11

I can't believe I am SO tired. **[Actor 3 starts]** It just seems like everything keeps going wrong for me. There's the stuff with Jessica and the accident. AND it looks like the layoff is going to go through. It's all too much. Maybe coming to college wasn't such a good idea Hell, I can barely get out of bed, let alone get to class. I am so tired of . . . I am SO TIRED (deep breath) And I just feel so alone!

Actor 3 [JESSE]: [Overwhelmed and over involved student. Not managing all of the demands well.] :55

Well, I've really done it this time. What made me think I could possibly join a fraternity/sorority, and two other clubs, have a part time job and carry 18 credits? Am I crazy? College is full of opportunities and I have to jump at them – right? Well I am jumping all right. Okay – if I pull a couple of all nighters I can catch up in my history and psych classes. Then I have the meetings tomorrow with Brady, then with Katie, then I have to meet with my science project group. UGH (deep breath) And I just feel so alone.

Actor 2 [SKYLER]: [Not eating or taking care of self very well. Demands piling up. Stomach in knots.] :48

Pressure – it just all seems like pressure. College is a lot different than high school. I don't know what I was expecting, but it sure wasn't this. Who knew the classes would be so much harder? I think about going to class and it makes me sick to my stomach. All I feel is pressure to prove I'm attractive, or smart or who knows what? And the migraines have gotten worse. (deep breath) And I just feel so alone!

Actor 1 [SAM]: [Going home every weekend. Stresses of the commuter.] :44

Back and forth, back and forth– I don't know how much longer I can keep this up. I know I need to be home every weekend. The four hour drive is necessary – okay, I get that. I feel like I am living a double life – I can't really commit to anything at school except getting through my classes, because I have all of these commitments at home. Back and forth, back and forth - (deep breath) And I just feel so alone!

Section 11: Affirmation

“I affirm that the information presented in this portfolio represents Stephanie Cotrone’s original work, except where the items belonged to the event (such as Olscamp 101, chairs, projector, photos taken by BG News, etc.) Any use of other people's property was indicated by attribution.”

A handwritten signature in cursive script, reading "Stephanie Cotrone", is written over a horizontal line.

11-8-19

Section 12: Bibliography

Bransford, John, and National Research Council (U.S.). *How People Learn : Brain, Mind, Experience, and School*. Vol. Expanded ed, National Academies Press, 2000.

This source gives multiple different ways in which people learn in order to cater to a wide variety of needs. The source includes how learning actually changes the physical structure of the brain, how existing knowledge affects what people notice and how they learn, what the thought processes of experts tell us about how to teach, the amazing learning potential of infants, the relationship of classroom learning and everyday settings of community and workplace, learning needs and opportunities for teachers, and a realistic look at the role of technology in education. “This book offers exciting new research about the mind and the brain that provides answers to these and other questions. New evidence from many branches of science has significantly added to our understanding of what it means to know, from the neural processes that occur during learning to the influence of culture on what people see and absorb” (Bransford). This source will be beneficial to the project and proposal because it will give background as to how people learn and absorb information in order to allow as many people as possible to get something out of the event.

Counseling Center. “Counseling Center.” *Bowling Green State University*, BGSU, 2018, www.bgsu.edu/counseling-center.html.

This website provides information on how students can take care of themselves if they are in need of help while on the Bowling Green State University campus. There are different websites available for the highlighted topic they are focused on in order to bring a wide variety of options to the student on Bowling Green’s campus. The mission statement the Counseling Center lives by is: “The Counseling Center staff strives to promote the psychological wellbeing of students from diverse backgrounds; to foster their development, learning, and academic success; and to provide appropriate intervention when students are experiencing serious mental health concerns” (Counseling Center). Additionally, the website provides basic definitions, such as counseling or the eligibility so all students have an understanding of what they are agreeing to be part of. This website will be useful in the project because it provides the contact information for the Counseling Center, which will be a resource used within the event, as well as information that can be provided beforehand.

“Escapism.” *Merriam-Webster*, Merriam-Webster, www.merriam-webster.com/dictionary/escapism.

This website includes the definition of the word “escapism” and different examples of how the word can be used. There are also a variety of different perspectives of the word, such as the medical perspective or the English Language Learners definition in order to cater to the needs of all types of people who need to understand the word and what it stands for. The website as a whole defines all the words in the English language in order for people to have an understanding of what certain words mean. This is so if there is a dispute, then the people can

simply come back to the website to settle the true meaning of the word. This website will be useful in the project because it will have both simple and complex uses of the different words needed for the proposal and project that can be understood by all. The use of the website will allow the word to become universal in the understanding of all learning types.

Falcon Health Center. "NUTRITION COUNSELING." *Falcon Health Center*, Wood County Hospital, 2018, falconhealth.org/services/nutrition-counseling/.

This website describes how students at Bowling Green State University can get nutrition counseling if they feel they are a delegate that needs help with "diabetes, eating disorders, high cholesterol and weight reduction" (Falcon Health Center). It gives students different options they can partake in if they are feeling that they are not good enough in their own body. There are different options for students to utilize the wellness connection or plans to help them if they are in need of maintaining weight. There are also therapy sessions offered and the instructions to be able to start on that path. Additionally, there are other resources for students to take advantage of through the Falcon Health Center as well. The website will be utilized in the project because it will provide information that can be used at the event for students if their form of escapism is through eating or something of that nature.

Ferdinand, Nicole, and Paul Kitchin. *Events Management: an International Approach*. SAGE, 2017.

This book contains different methods in creating the perfect event on the international level that makes it more accessible to everyone rather than a smaller scale audience. The first part demonstrates how to approach the international events with the changing world and the environment of these events. The second part describes events in practice through event design, event project management, building an events team, event marketing, financing events, risk management, and event evaluation. The third part of the book describes the different contemporary issues today in events, therefore being able to understand all perspectives through sustainability and the event industry, ambush marketing and if it's innovative or immoral, the role of events in the hospitality sector, and the development of the corporate events sector. The final part describes several case studies in the international event field. This book will be beneficial in the proposal and project because it gives different strategies for planning events on a larger, international scale. With the large scale event in mind, the event will be able to prosper as a result.

"Harbor Wood County." Edited by Harbor Wood County, *Harbor Contact - Harbor Corporation*,

Harbor Behavioral Health, 2018, www.harbor.org/harbor-wood-county.html.

This website provides different services for people in the community to utilize if they are struggling with a mental illness through Outpatient Mental Health Counseling, Psychiatric Services, Pharmacological Management, Case Management, Chemical Dependency, Medication Assisted Treatment, Residential Treatment & Services, Court Ordered Treatment, Community Support and Crisis Resources, and Prevention Education ("Harbor Wood County"). There are

resources available for people from a younger age to adult age. The nonprofit also has walk-in appointments that people can use in time of crisis, which is convenient for those who may have binding schedules and cannot visit all of the time. This website will be beneficial in the proposal and project because it is an additional resource for students and the community to use if they need help in helping them overcome their mental illness. Additionally, the website will provide information on how people can take care of themselves.

Holley, Katherine E. "An Analysis of Successful Event Planning." *Texas Tech University*, Texas Tech University, 2001, pp. 1–31.

This source describes how to successfully plan an event in all different aspects, including "general objectives, budgets, catering, consideration of date, site selection, promotional considerations, considerations of activities, planning for problems, and evaluating the event" (Holley iii). Each of these categories describes how the plan for the perfect event comes about, which includes budgeting through the goals set for the event and catering that goes along for the theme. The date is crucial because it sets the availability for people, as well as the external events that are occurring at the same time. Location of the event is important as well because it gives people an idea of how far they have to travel as well as what the event tone will be and the space they have to work with. Promoting the event is necessary in order to tailor it to the people someone wants to have go to their event. Additionally, planning for problems is an excellent strategy in event planning to account for all issues that may occur. Finally, evaluating the event is important because it allows for growth and understanding. This source will be beneficial for the proposal and project because it will provide a basis of how to plan the perfect event for the situation.

Lee, Grace P., et al. "Association between Adverse Life Events and Addictive Behaviors among Male and Female Adolescents." *American Journal on Addictions*, vol. 21, no. 6, Nov. 2012, pp. 516–523. *EBSCOhost*, doi:10.1111/j.1521-0391.2012.00285.x.

This article describes how different life events that provide negative memories can cause people to go to a place of things, such as gambling or alcoholism rather than positive forms of escapism. "Adverse life events have been associated with gambling and substance use as they can serve as forms of escapism. Involvement in gambling and substance use can also place individuals in adversely stressful situations" (Lee, Grace P., et al. 1). The study found how there was at least one addictive behavior for each sex, meaning that it is inevitable no matter what the situation. This will be beneficial in my proposal and project to be able to inform people about how escapism, while positive a lot of the time, can also have negative aspects to it as well. The different findings will be included in one of the stations within the event so people can distinguish how and why these are negative forms of escapism.

Sadava, S. W., et al. "Stress, Escapism and Patterns of Alcohol and Drug Use." *Journal Of Studies On Alcohol*, vol. 39, no. 5, May 1978, pp. 725–736. *EBSCOhost*, ezproxy.bgsu.edu:8080/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=cmedm&AN=566828&site=ehost-live&scope=site.

This source researches how drinking relieves tension and that alcohol then provides that relief, thus creating escapist drinking as intentional behavior. Depression can also be described in the behaviors of alcoholism as well. The source also describes how people are feeling helpless and that the response to this stress is rooted in drinking alcohol. In the study they found that drinking may decrease the anxiety of those under stress, but the awareness of drinking then causes an increased anxiety. “Stress-related misuse of alcohol or drugs appears to be impulsive and may reflect conflict, learned helplessness, or an attempt to reduce cognitive dissonance” (Sadava et. al. 725). This source will be beneficial for the project and proposal because it gives information on how alcoholism is a negative form of escape. People will be able to be educated about it using this information in order to show the opposite side of the spectrum.

Walmsley, Ben. “Why People Go to the Theatre: A Qualitative Study of Audience Motivation.” *Journal of Customer Behaviour*, vol. 10, no. 4, Winter 2011, pp. 335–351. EBSCOhost, ezproxy.bgsu.edu:8080/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=bth&AN=70203451&site=ehost-live&scope=site.

This source describes different reasons why people attend theatrical productions through motivations and, “The research finds that the key motivating factor for participants was the pursuit of emotional experiences and impact” (Walmsley). These findings conclude that people want the emotional connection and impact of a performance to move them in such a way that they weren’t coming into the production. The paper also describes how theatre can be complicated in that it involves everything from pastime, various art fields, leisure time, education, entertainment, and many others. There are so many different complex reasons as to the motivations behind why people go to the theatre, so some parts still remain unclear. This source will be beneficial to the project and proposal because it incorporates diagrams, charts, and information as to why people are motivated to attend theatrical related events, which is something that is planned to be part of the event.

“Welcome.” Edited by Name Wood County, *National Alliance on Mental Illness*, Name Wood County, 2018, www.namiwoodcounty.org/.

This website provides students and the community with different programs, resources, and CIT training to use if they are suffering from a mental illness. Additionally “NAMI Wood County is a leading self help organization offering events, free educational classes, support groups, and other programs addressing mental health for Bowling Green, Ohio and all surrounding Wood County communities” (“Welcome”). It stresses how it is not just about the symptoms people have, but there are several systems involving different private and public institutions that contribute to the several pieces to the puzzle. The website will be beneficial in the project and proposal because it gives information about the warning signs, the different conditions of mental health, as well as the idea that people are not alone. These resources will be mentioned in the event itself and the

proposal of what people can do to get help. There is research that will be appropriate for the proposal's background.

“What Are Anxiety Disorders?” Edited by American Psychiatric Association, *Warning Signs of Mental Illness*, American Psychiatric Association,

www.psychiatry.org/patients-families/anxiety-disorders/what-are-anxiety-disorders.

This website is a basis for lots of research dedicated to different psychological issues people deal with and how they can get help, the definitions of what they are, as well as how people can help them. This part of the website specifically describes what anxiety disorders are, which is the “anticipation of a future concern and is more associated with muscle tension and avoidance behavior” (“What Are Anxiety Disorders?”). The website also describes how people are diagnosed with anxiety disorders and the statistics that go along with it. There are treatment methods, such as “talk therapy” or medications one can take to alleviate the stresses and make it easier for the individual. The source will be beneficial to the project and proposal because it gives a clear and concise definition to be used throughout the course of the project so all parties involved know how to address it within the event.

“What Is Depression?” Edited by American Psychiatric Association, *Warning Signs of Mental Illness*, American Psychiatric Association, 2018,

www.psychiatry.org/patients-families/depression/what-is-depression.

This website is a basis for lots of research dedicated to different psychological issues people deal with and how they can get help, the definitions of what they are, as well as how people can help them. This part of the website specifically deals with depression, its definition, the symptoms, risk factors like genetics or personality, and the treatments. Depression is defined as through this website as, “Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act” (“What is Depression?”). The treatments for this type of mental illness include medication, psychotherapy, and Electroconvulsive Therapy. Some common symptoms include feeling sad, change in appetite, or thinking suicidal thoughts. This source will be beneficial in the project and proposal also so that the same cohesive definitions and understanding of the mental illness will be utilized correctly throughout the process of the event.

Young, Nicola L., et al. “Passive Facebook Use, Facebook Addiction, and Associations with Escapism: An Experimental Vignette Study.” *Computers in Human Behavior*, vol. 71, June 2017, pp. 24–31. *EBSCOhost*, doi:10.1016/j.chb.2017.01.039.

This source depicts a study done in how people are using Facebook in an addictive, passive way as a form of unhealthy escapism. The study found that, “Participants reported that they spent an average of 8.22 h per week on Facebook” (Young et al. 1). These findings indicated that escapism does not motivated Passive Facebook use as a result. The study also notes that escapism can be defined in multiple different ways, so their definition of it is as follows: “a behavior that enabled distraction from problems” (Young et. al 1). This source will be beneficial in the project and proposal because it shows another form of possible negative escapism that is addictive and causes people to not be as

interactive with others as they could be. The source will also be useful in the proposal and project because it is informative as a portion of how much time people spend on their computers or phones as part of the escapism.

“Zepf Center.” Edited by Zepf Center, *Zepf Center*, Zepf Center, 2018, www.zepfcenter.org/.

This source is a nonprofit organization that provides various resources for those with a mental illness to use, such as Diagnostic Assessment Services, Adult Behavioral Health Counseling and Therapy Services, Pharmacological Management Services, The Community Psychiatric Supportive Treatment Program, Crisis Intervention Services, Recreation Therapy, and Integrated Care. Each of these resources are helpful for those going through a time of extreme to less extreme mental illness. “The Zepf Center is a local non-profit that provides behavioral health and vocational services to youth and adults with severe and persistent mental illness in Lucas County” (“Zepf Center”). This source will be beneficial to the project and proposal because it is a resource for people to use if they need help, and will be provided at the event to help with questions people may have about their services. The source will also be beneficial to the project because it gives a local option for people to go to if needed.