

## Workshop Agenda

### Healthy Minds, Healthy Lives



*All times are Eastern Standard Time (EST)*

9:00 – 9:15 am – Registration check-in/Pre-evaluation

9:15 – 9:25 am - Setting the Stage/Welcome

Speaker/Video: Lt. Governor Suzanne Crouch/Bruce Kettler  
Director of the Indiana State Department of Agricultural

9:25 – 9:35 am – FFA presentation

9:35 – 9:45 am – The Mental Health Landscape in Indiana

Presenter: Kathy Walker, HMHL Program Director

9:45 – 9:55 am – Upper Midwest Telehealth Resource Center Presentation

9:55 – 10:05 am – Purdue Farm Stress Program Video/Presentation

Presenter: Purdue Farm Stress Program Facilitator

10:05 – 12:00 noon – Question, Persuade, and Refer (QPR) training – Kathy Walker, Trained Instructor

Includes small group discussions and role playing

12:00 noon -12:35 pm - LUNCH BREAK

12:35 – 12:45 pm - Post-evaluations & Colts' video closing