



Weekly Update

November 14, 2022

Upcoming UHPC Events

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Volleyball Game

Thursday, November 17th
7 pm

Reed Gym

ISU Women's Volleyball against the Montana Grizzlies!

Meet with Exko at 6:45 PM at Burger 208 to walk over to the game!

Craft Nights

Tuesday, November 29th

7:00-8:30 pm

ISU Craft Shop

Come and create a coil pot with UHPC and then finish your creation by glazing your pot on your own!

Winter Ball and

Fall Recognition Event

Saturday, December 3rd

7:30-10 pm

Assemble Event and Learning Center

Join us as we celebrate Honors Graduates with a Winter Dance!

Bingo

Tuesday, December 6th

7 pm

SUB Ballroom

Bring your friends to play and win prizes! Don't forget to check in with Exko in the Ballroom entryway.

Game Night

Wednesday, December 7th

6:30-8:30 pm

College Market

Take a study break and join us for a fun night of games and snacks!

THE FESTIVAL OF TREES NEEDS VOLUNTEERS!

The Festival of Trees is a tradition that transforms the Stephen's Performing Arts Center with beautifully decorated holiday trees and displays, bringing the community together. This year the coordinators of the Festival of Trees are looking for volunteers! Volunteer slots are needed for the following dates and times (This will count as your Civic Engagement). Please email Laura McRae, the volunteer coordinator, at lauramcrae@isu.edu

- Wednesday, Nov 16: 5:00 pm - 9:30 pm
- Thursday, Nov 17: 12:00 pm - 8:00 pm
- Friday, Nov 18: 12:00 pm - 8:00 pm
- Saturday, Nov 19: 9:00 am - 8:00 pm

Student Spotlights

Crystal Lovato

Crystal Lovato has her senior thesis defense for her Honor's degree will be on Nov. 17, 11:30 am, in REND 329, titled "Identifying the metal-binding determinants of phosphoglucomutase from *Streptococcus pneumoniae* D39."



Jess Chalette

Jess Chalette has their senior thesis defense for their Honor's degree on Nov. 17, 3:30 pm, in REND 313, titled "Transformational Leadership Theory and Design Thinking: A Personal Case Study Exploration of Theoretical Connections and Future Application."



ASIST Suicide Intervention Training Opportunity

Public Health AmeriCorps with Idaho State University is hosting an ASIST Training on November 17 & 18. The training is a free, two day workshop, focused on suicide intervention skills. All attendees become certified ASIST Interventionists. Attached is a flyer with additional information about the training and how to register, if you have any questions, please reach out to Laura Brenchley at irh@isu.edu.



The flyer features a green and white color scheme with geometric patterns on the sides. At the top, it includes logos for AmeriCorps Idaho, Idaho State University, and the Kasiska Division of Health Sciences. The main title is 'ASIST Learn the skills. Help save a life.' Below this, it states 'Suicide is preventable. Anyone can make a difference.' and lists three bullet points: 'Two-day workshop in suicide intervention skills', 'Learn and practice a life-saving intervention model', and 'Widely used by professionals and the general public'. Two rounded boxes contain statistics: 'ASIST changes lives' (35% more hopeful, 31% less depressed, 46% less overwhelmed) and 'ASIST works' (Knowledge about suicide, Skills to reach out, Confidence to help save a life). The event details are listed as 'Free ASIST Workshop' on 'NOVEMBER 17 & 18' from '8:00AM - 5:00PM' at 'IDAHO STATE UNIVERSITY NORTH FORK ROOM STUDENT UNION BUILDING 921 S. 8TH AVE. POCATELLO, ID 83201'. A QR code is located on the right side. At the bottom, it says 'BECOME A CERTIFIED ASIST INTERVENTIONIST' and provides registration information: 'Register with the QR code or for questions, contact Laurie Brenchley at Idaho State University at irh@isu.edu or 208.282.1366'. A small disclaimer at the very bottom states: 'This material is based upon work supported by AmeriCorps under AmeriCorps Grant No.22ACDID0020001. Opinions or points of view expressed in this document are those of the authors and do not necessarily reflect the official position of, or a position that is endorsed by, AmeriCorps or the AmeriCorps program. Administered by Serve Idaho and Sponsored by AmeriCorps. Program funding is provided in part by Serve Idaho. Hosted by the Idaho State University Kasiska Division of Health Sciences.'

AmeriCorps Idaho **Idaho State University** Kasiska Division of Health Sciences

Gem State Public Health AmeriCorps
Presents:

ASIST
Learn the skills.
Help save a life.

Suicide is preventable. Anyone can make a difference.

- Two-day workshop in suicide intervention skills
- Learn and practice a life-saving intervention model
- Widely used by professionals and the general public

ASIST changes lives
Odds of improvement after receiving an ASIST intervention (2013 study):

- * 35% more hopeful
- * 31% less depressed
- * 46% less overwhelmed

ASIST works
Studies show that ASIST participants gain:

- * Knowledge about suicide
- * Skills to reach out
- * Confidence to help save a life

Free ASIST Workshop

NOVEMBER 17 & 18
8:00AM - 5:00PM
IDAHO STATE UNIVERSITY
NORTH FORK ROOM
STUDENT UNION BUILDING
921 S. 8TH AVE.
POCATELLO, ID 83201

BECOME A CERTIFIED ASIST INTERVENTIONIST

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