

Mental Health (In)Equity and Young People



NOBEL CONFERENCE 58
SEPTEMBER 28 & 29, 2022
GUSTAVUS ADOLPHUS COLLEGE

THE
NOBEL
CONFERENCE
GUSTAVUS ADOLPHUS COLLEGE

WELCOME

NOBEL CONFERENCE 58



We know our communities, country, and world face many great challenges. At Gustavus, our aim is to equip students to address these problems and encourage them to be people of action.

Mental health is one of the great challenges facing our society and it is critical that the needs of young people be a priority for us all. I am delighted you are joining us to learn more about this important topic. May you leave better informed, inspired to share what you have heard, and empowered to care for your own mental health as well as the mental health of young people and the broader community.

Sincerely,

Rebecca M. Bergman
President,
Gustavus Adolphus College



The Nobel Prize is a positive force because it includes many strong and inspiring stories about human progress in difficult

situations, about the importance of knowledge to enable decision makers to make informed choices, about freedom of expression and the importance of the written word for a free and enlightened public, and about peaceful dialogue and conflict resolution as the basis for a free society and human rights. The Nobel Foundation is pleased that the tradition of the Nobel Conference at Gustavus Adolphus College continues because this Conference has a long history of similar values and work.

Vidar Helgesen
Executive Director, Nobel Foundation

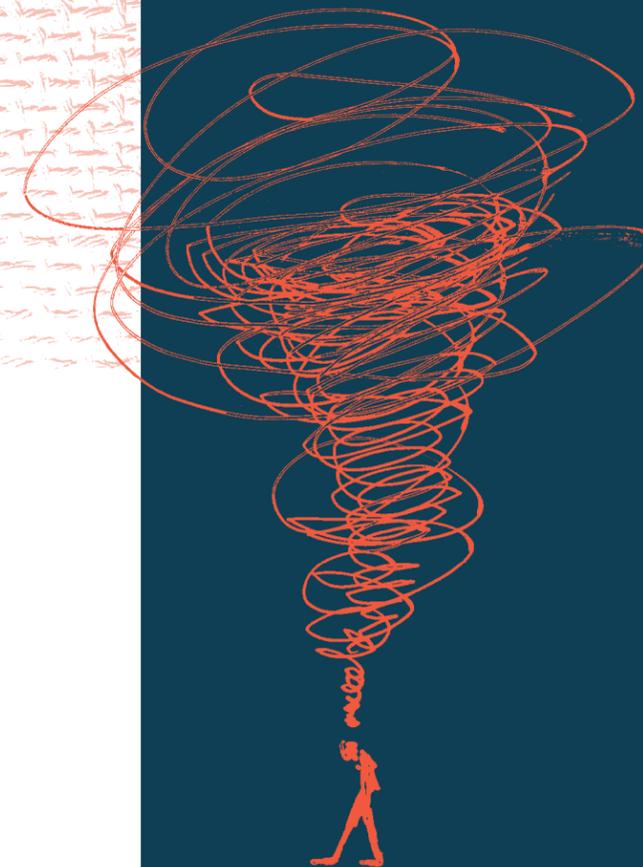
It is a great pleasure to welcome you to the first Nobel Conference we've held on the Gustavus campus since 2019. After two years of too many screens, it is good to be with you, in person, to explore the thorny difficulties that face young people, and to learn how they—and those who care about them—are tackling those difficulties.

There has never been a Nobel Conference that more directly speaks to the lives of our Gustavus students, and to the many students who join us for the conference. I hope these two days will give me new insights into how to be an effective elder in the lives of my students. May the conference leave you with both knowledge and the inspiration to put it to use in addressing this great challenge of our time.

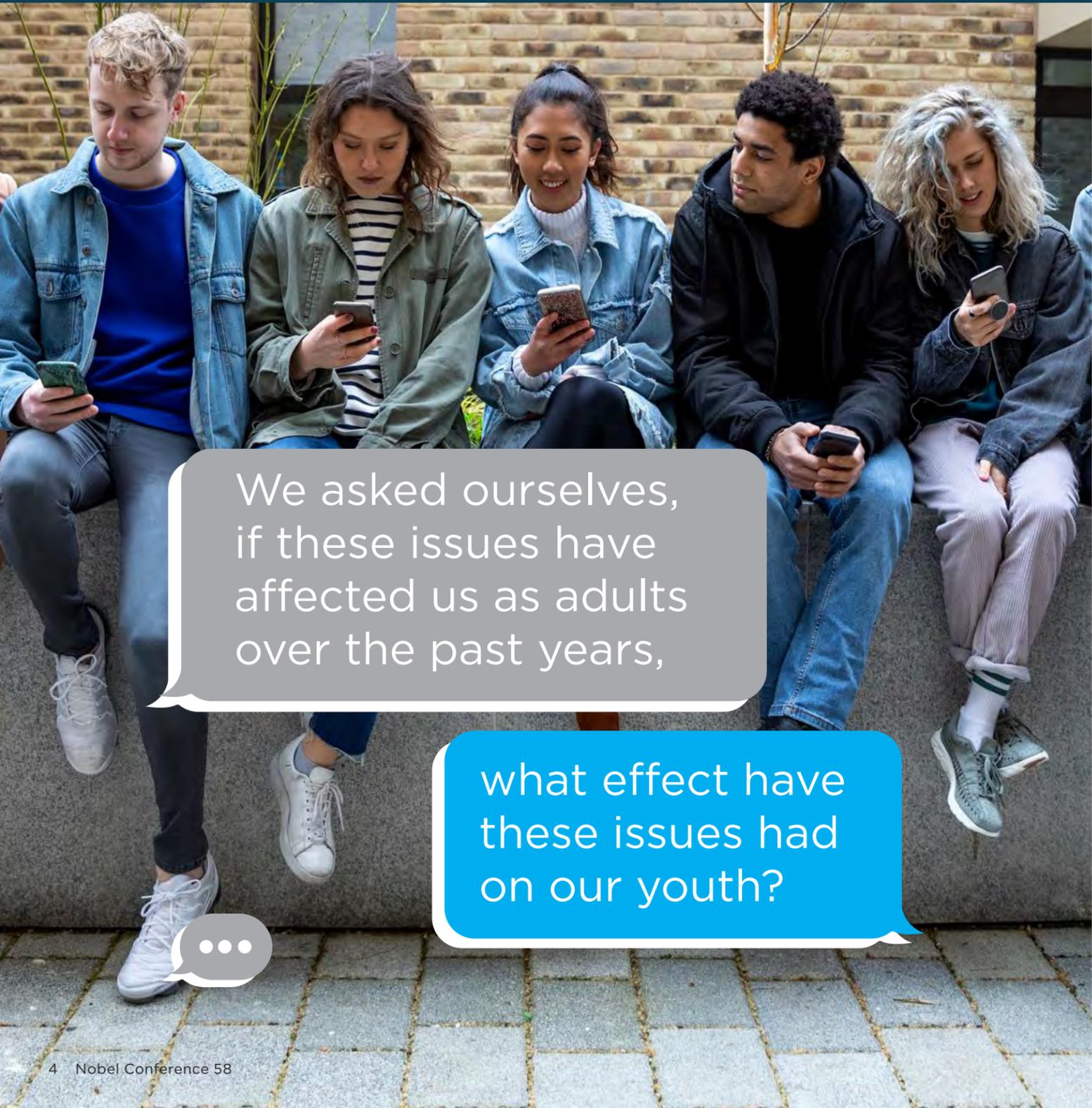
Sincerely,

Nobel Conference Director

Lisa Heldke '82
Professor, Philosophy and Gender, Women, and Sexuality Studies



Mental Health (In)Equity and Young People



We asked ourselves, if these issues have affected us as adults over the past years,

what effect have these issues had on our youth?

Welcome to Nobel 58: Mental Health (In)Equity and Young People. We are excited and honored to welcome you to this year's Nobel Conference dedicated to a topic that is timely and urgent.

Over the past two years our committee has worked diligently to craft a conference around mental health. Issues of inequity percolated in our discussions: from restrictive social frameworks around the formation of identity, to the uneven effects of the pandemic across sectors, the murder of George Floyd and heightened racism, political polarization, dependence on social media, fluctuating economic conditions, increased sense of unsafety, global migration, and frequent displays of violence and bigotry toward marginalized groups. As a committee we asked ourselves: if these issues have affected us as adults over the past years, *what effect have these issues had on our youth?* We settled on the term youth to encompass the stages of adolescence through early adulthood. Youth is a crucial period in life in which individuals, who often have little to no control over their own lives, are faced with self definition in line with the status quo. How can individuals fairly and freely define themselves if the philosophical and sociological definitions of terms to choose from are outdated, binary, constricting and stem from racist ideals? This led us to **identity**, as one of our key words for this conference around youth mental health, particularly, marginalized identities that mainstream society tends to omit. These omissions have historically led to systemic oppression which have prevented minority communities to gain equal access to resources that enable healthy lives.

In late 2021, the U.S. Surgeon General called Mental Health in Youth an emergency state. It is vitally important to reexamine what it is about our societal

frameworks that creates, perpetuates and exacerbates unhealthy psychological conditions. This path led to our second theme word: **technology**. Technological devices advance (and sell) faster than scientists have been able to study the effects they produce in young people. Several of our panelists will engage audiences in the correlations between social media and mental health issues in youth. In particular, they will address cyberbullying, use of filters as linked to anxiety and depression, microaggressions in virtual reality and a perpetuated sense of isolation. The toxicity that builds from political unrest, school violence, discrimination and bigotry, leads to **trauma**, our third and final theme word. Several of our speakers will address trauma in youth that is brought forth from migration, political exile, cultural adaptation, gender fluidity, sexual orientation, ableism, racism and/or religious intolerance.

We aim to provide our audiences (live and virtual) with a wide exposure of topics, people, and approaches that value all ways of knowing, inviting them to consider new avenues for working together to break down barriers that not only decolonize our own mental frameworks, but that in doing so, provide an open pathway for all individuals and communities to support youth as they seek and are granted equal access to mental health resources.

Sincerely,

Nobel Conference 58 Co-Chairs

Marie Walker, *Professor of Psychological Science* and
Angelique Dwyer, *Associate Professor in Modern Languages, Literature, and Cultures*

SEPTEMBER 28

wednesday

SESSION ONE

8:30 a.m. DOORS OPEN TO LUND ARENA

9:10 a.m. MUSICAL PRELUDE

Overture to Colas Breugnon
ROMA
Excerpts from Como Canons

The Gustavus Wind Orchestra
James Patrick Miller, DMA, conductor

Dmitri Kabalevsky
Valerie Coleman
Tyler Harrison

9:30 a.m. CONFERENCE OPENING

Processional
The Olympic Fanfare and Theme

Welcome

Invocation

Conference Introduction

The Gustavus Wind Orchestra
John Williams (b. 1932)

Rebecca M. Bergman
President of the College

Cyrus and Dave Brave Heart
Oglala Lakota and Hunkpati Dakota

Rev. Grady St. Dennis
Chaplain of the College

Lisa Heldke, PhD
Nobel Conference Director
Professor of Philosophy

Marie Walker, PhD
Nobel Conference 58 Co-Chair
Professor of Psychological Science

10 a.m.

FIRST LECTURE

Brendesha Tynes, PhD

A Day in the Online Lives of Black Adolescents and What It Tells Us About Mental Health Equity



Brendesha Tynes
Dean's Professor of Educational Equity and Professor of Education and Psychology, University of Southern California

Access to digital media permeates our society, perhaps particularly among young people. In one recent survey of middle and high schoolers, 95% acknowledge owning a smartphone, and being on that device much of the time. While digital media present tremendous educational and social benefits, they also bring risks and challenges, particularly for young people of color, who experience cyberbullying and other forms of victimization.

In a longitudinal study of more than 1,000 young people in grades 6-12, educational psychologist Brendesha Tynes found that 559 were cyberbullied or harassed online. Tynes's study identified a reciprocal relationship between depressive factors and cyber victimization—that is, between being victimized and experiencing symptoms of depression.

Brendesha Tynes began her research career seeking to understand the racial dynamics in unmonitored chat rooms. She has spent the intervening 20 years studying the racial landscape adolescents navigate. That experience motivated her to explore issues related to digital access and the mental health effects of racially-driven digital experiences, including viral videos depicting discrimination or brutality against people of color. Tynes is recognized as one of the first to confirm that students of color are more likely to suffer online victimization that negatively impacts academic and mental health outcomes. These negative outcomes are magnified by the adolescents' attachment to their phones, as their constant access allows them to review videos and messages that result in further damage. To mitigate these negative impacts, Tynes recommends strengthening communication between young people and caring adults, promoting empathy, identifying the adolescents' strengths, and strategizing ways to respond to these types of encounters. She is developing a theory of Black thriving that draws on Afrofuturism and developmental science to explain how to create environments for optimal learning and development.

Tynes serves as the Dean's Professor of Educational Equity and professor of education and psychology at the University of Southern California—Rossier School of Education. She holds a PhD in educational psychology from UCLA. She is currently working on a digital platform to empower people of all ages to question and combat racially insensitive messages online. Called CRITmetic, the platform equips users with critical race digital literacy skills.

Her Lecture

Despite early scholarship suggesting the internet could erase race and corresponding social ills, two decades of research show online race-related experiences have increased in importance. Several studies have documented how young people express their racial identities, maintain friendships, find romantic partners, support and advocate for ingroup members, and learn about outgroup members' cultures in online spaces. Research has also shown that young people have frequent experiences with online racial discrimination and traumatic events online—including images or videos of racial terror in the form of police racial violence. These experiences are associated with depressive and PTSD symptoms, trauma symptoms of discrimination, anxiety, and suicide ideation. Given adolescents' "almost constant" use of the internet and a rise in exposure to racist material online, the USC Center for Empowered Learning and Development with Technology conducted the first nationally representative daily diary study of adolescents' race-related online experiences. The study assessed whether algorithmic and filter bias, online racial discrimination, traumatic events online and positive racial socialization messages are associated with next day anxiety and depressive symptoms. This presentation will outline the study's findings, focusing specifically on Black participants ages 11-19. Tynes will also discuss the design of digital tools that can be used to enhance adolescents' racial coping skills in the face of demeaning messages about one's racial-ethnic group.

Introduction

Amy Vizenor, PhD
Associate Professor of Education

10:30 a.m.

SECOND LECTURE

Priscilla Lui, PhD

Scientific Understanding of Racism and Discrimination

Experiences: A Path Toward Mental Health Equity



Priscilla Lui
Associate Professor of
Psychology, Southern
Methodist University

Young people are exhibiting symptoms of depression at alarmingly high rates, and responding to them with maladaptive coping mechanisms such as substance abuse and misuse. According to the World Health Organization, adolescents from minoritized racial, ethnic, or sexual backgrounds and members of other marginalized groups are at greater risk of mental health conditions, in part because of the ways they may internalize or externalize symptoms. The more risk factors the youth have, the greater potential impact on their mental health. To provide effective interventions and care to address this significant mental health problem, it is important that mental health workers understand the roles played by cultural values in mental health.

Priscilla Lui studies the role of cultural values in mental health by researching “acculturation orientation” (the ways in which a member of a minoritized group maintains their culture of origin and participates in mainstream culture) and the impact it has on behaviors and adjustment outcomes (positive and negative indications about whether an individual is adjusting to their context). In particular, she has examined the use of alcohol in 18-to-22-year-olds. Adolescents and young adults are highly susceptible to stress, due to the developmental changes that occur during these periods; their ability to make decisions is heavily influenced by their cognitive, emotional, and social development. Findings from Lui’s research suggest that being immersed in one’s ethnic society can have a protective role for one’s mental health; fewer negative personal and social alcohol-related consequences are experienced by young adults who are more enculturated with their ethnic heritage and more acculturated with the new culture.

Priscilla Lui is an Associate Professor of Psychology at Southern Methodist University. She serves as the principal investigator of the Acculturation, Diversity, and Psychopathology Team (ADAPT) at Southern Methodist University, leading research that aims to inform and influence clinical interventions for culturally diverse populations. Lui received her PhD in clinical psychology from Purdue University.

Her Lecture

Systemic racism, and direct and indirect experiences with racial discrimination have been theorized and shown to drive health disparities. These social disadvantages are markers for mental health outcomes among people of color, including psychological distress and maladaptive alcohol and drug use. Emerging research has focused on how, for whom, and in what contexts discrimination-related experiences affect mental health. For example, do blatant discrimination and minor, everyday discrimination (sometimes, “microaggressions”) affect people’s psychological experiences differently? With the advancement of virtual reality technologies, psychological science on discrimination can leverage this tool to understand the effects of racial discrimination—and the pathways by which it affects mental health outcomes—in real time. Priscilla Lui will discuss how racial discrimination is linked to alcohol craving and drinking outcomes among young adults of color, and share findings from studies across methodological innovations. She also will discuss what people of color and allies can do to reduce the negative impact of racial discrimination, and how virtual reality technologies may be used in such contexts.

Introduction

Heidi Meyer, PhD

Associate Professor of Nursing

11 a.m.

BREAK

11:15 a.m.

PANEL DISCUSSION AND AUDIENCE Q&A

Digital technology and youth mental health: addressing racism in and with technology.

12 p.m.

LUNCH AND LEARN

Explore smaller format, more interactive learning opportunities during this two hour lunch break.

Lunch Options

See information on page 27.

Learning Lab and Mental Health Fair

Head to the Lund Forum (basketball court), to learn more about this year’s topic in a series of self-guided activities. There, you’ll also be able to learn about a number of professional organizations in the area that offer a variety of services that address mental health. Organizations represented include: Counseling Services of Southern Minnesota, Go Therapy, Group Therapy Central, Gustavus Counseling Center, In Focus Psychotherapy, Journeys Toward Healing Counseling Center, Lutheran Social Services, Minnesota Mental Health Services, Nicollet County Health and Human Services, and Prairie Care.

Workshops and Activities

Sessions will be offered at noon and repeated at 1 p.m.

No ticket required. These events will not be livestreamed.

Presenter bios may be found linked to the schedule page at gustavus.edu/nobelconference.

1. Craving: What the Virtual World is Doing to Us & What We Can Do About It

Location: Jackson Campus Center, Heritage Banquet Room

Americans average 12 hours of digital electronic media per day. This “virtual world” of stimulation shuts users out of their natural, physical environment with a simple con: what you want is what you get. Algorithms use our behavioral data to reflexively predict what we will want, to hook us into an endless cycle of craving. What can Transactional Analysis and Zen Buddhism tell us about our relationship with the virtual world? This presentation will teach you how to better understand yourself and the virtual world as well as what you can do about it.

Presenter: Andrew Archer

2. Mental Health and the Visual Language

Location: Nobel Hall of Science, Room 1413

Kristen Lowe, Department of Art and Art History, Gustavus will present artworks on the subject of mental health made by students in her Day Course. Each semester students collaborate to generate topics (“Days”) which serve as the conceptual launching pad for visual art projects they initiate during the semester. The individual student begins by creating artworks out of personal experiences and preferences. Students learn to identify how personal viewpoints are situated in the large political, social, religious and ethical contexts.

Presenter: Kristen Lowe

Workshops and Activities continued on next page

3. The Other Opponent: Mental Health and Sports for Young People

Location: Fine Arts Building/Nobel Hall of Science, Anderson Theatre

Intensive training, teamwork and leadership through the highs and lows of competition function to bring adolescents together across cultural and linguistic boundaries. However, the function of sports in young people's lives isn't always positive. Although sport participation has the capacity to support young people as they navigate school, social relationships, and individual identity development, it also has also been shown to be associated with marked negative outcomes related to mood disorders, disordered eating, and decreased self-esteem. Further, the nuanced experiences of athlete mental health have been shown to differ based on individual identities, sport type, and systems of oppression that function in and through athletic institutions. Despite these negative outcomes, research has also identified factors that can be implemented to positively support athletes and their mental health and prevent negative outcomes for young athletes. During this workshop, panelists will discuss the modern and nuanced athletic experience, as well as specific and evidenced-based ways that the sport community can better support young athletes' mental health.

Facilitator: Emily Odermatt '18

Presenters: Kari Eckheart, Brenden Huber, and Rachele Sherden

4. The Pandemic and Kids' Mental Health—Building Resilience During and Beyond the Pandemic

Location: Nobel Hall of Science, Wallenberg Auditorium

The pandemic has taken a toll on the mental health of millions of children. We can't always predict which kids will struggle long term. So it's important to create opportunities for kids to talk about their pandemic—good and bad. Talking allows the opportunity to strengthen kids' ability to cope with future adversity. In this interactive, multimedia session, Jeanne Blake, will share excerpts of Blake Works' online program "The Pandemic and Kids' Mental Health," which features children, parents and mental health experts. You'll gain insight into how family communication has the potential to help children grow up emotionally connected and healthy.

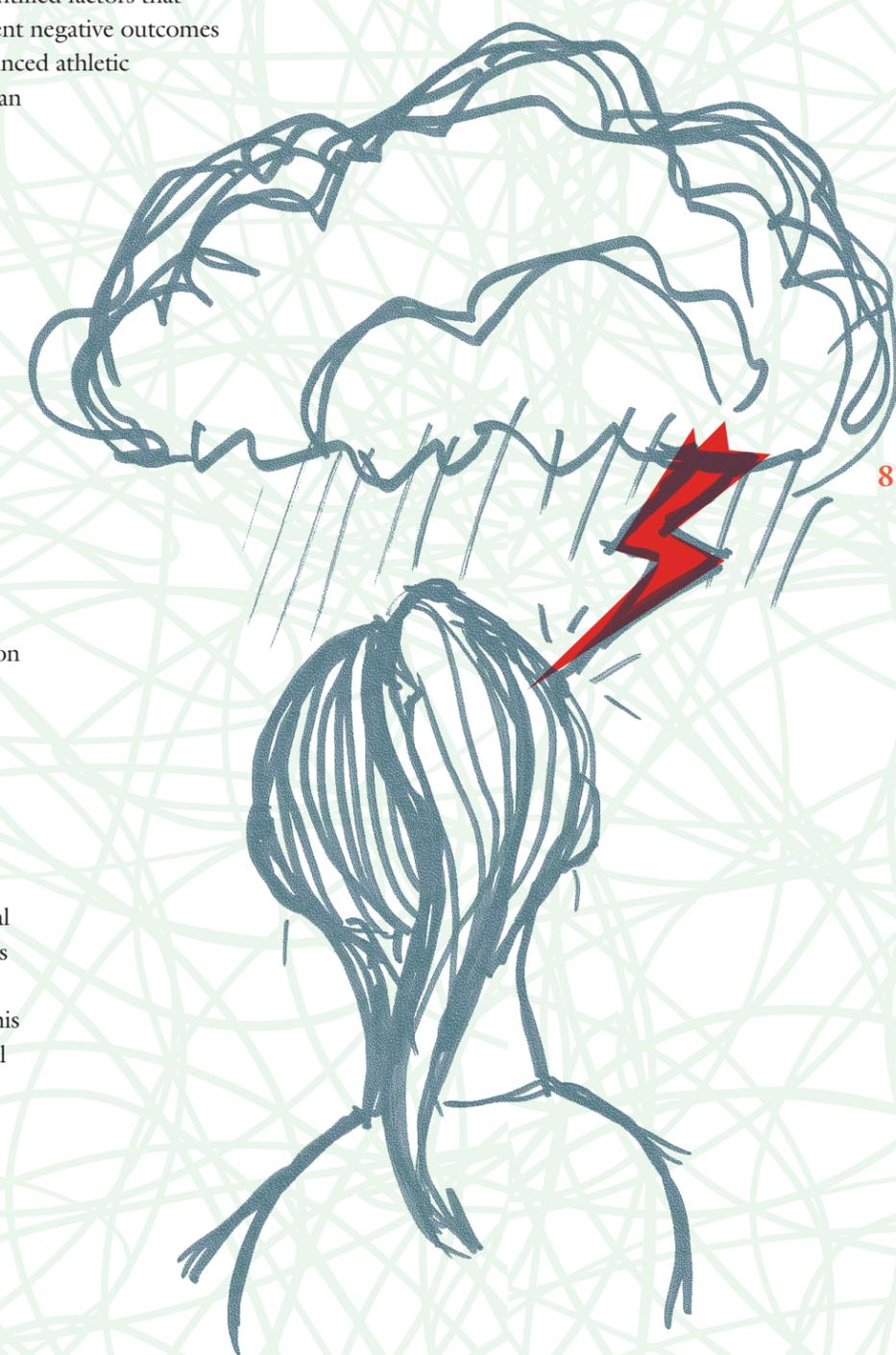
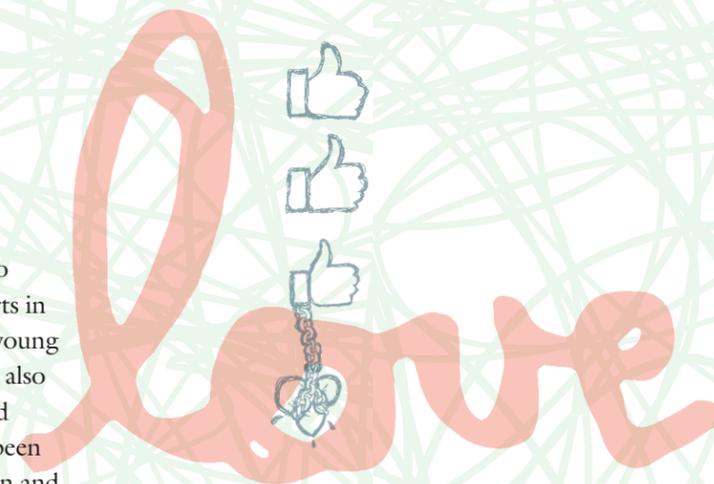
Presenter: Jeanne Blake

5. Yoga

Location: Lund Center Gymnastics Studio

"Our issues are in our tissues" is a common yoga adage, meaning that our emotional patterns live in our bodies. In fact, research on preventative health practices indicates that yoga reduces stress, anxiety, and depression. In this practice we will cultivate mindfulness of the body and breath to release tension and create a sense of calm. This class is designed to be practiced in everyday clothing. Mats are provided. All physical abilities welcome.

Presenter: Kelly Karstad



6. Rejoice in Reiki

Location: Nobel Hall of Science, Room 1412

Reiki—Rei: means universe, Ki: means life force energy. Reiki is defined as an innate healing energy that rejuvenates tranquility for the mind, body, and soul. This session will be a time to listen and learn more. Participants will not be receiving reiki during the session.

Presenters: Dee Langon and Jeana Thomas

7. Youth, Trauma, and Marginalized Identities from the Practitioner Perspective

Location: Johnson Student Union, Cec Eckhoff Alumni Hall

Therapists are on the front lines of aiding individuals with a variety of mental health disorders, including but not limited to depression, anxiety, personality disorders, substance use disorders, and trauma. In this era of the internet and social media we have psychoeducation and mental health resources at our fingertips, but how often do we get to hear first-hand experiences from professionals who work in our communities? Come learn about trauma, trauma informed care, and the impact of trauma from therapists who work closely with clients who identify as BIPOC and LGBTQ+.

Facilitators: Amy Garibay and Demi Jones

Presenters: Tiana Fitzsimmons, Karen Hernandez, Jennifer Hooyman, and Laura Schultz

8. Fostering Resilience through Music Creativity

Location: Jackson Campus Center, St. Peter Banquet Room

With rapidly growing complexities and prevalence of trauma in the lives of youth, it is important to understand how to connect with them on a meaningful level that is non-threatening and supportive. This workshop will give an overview of how music is an important and transformational tool for working with youth who have experienced trauma, and it will deliver a practical and differentiated approach to using music creativity for healing and resilience.

Presenter: Daniel Roeder '03

Sacred Space

Take a moment to decompress in the beauty of Christ Chapel. Rest in silence or engage the many interactive stations meant to guide you in connecting body, mind, and spirit. These are self-guided and participatory activities. Please note: stations are not tied to any particular religious tradition. All are welcome to participate in ways they may find meaningful and restorative.

SESSION TWO

1:45 p.m.

MUSICAL PRELUDE

The Gustavus Wind Symphony

Heidi Johanna Miller, DMA, conductor

Fanfare - HAYABUSA

Satoshi Yagisawa

(not) Alone

Randall D. Standridge

The composer dedicates this piece to all who live with mental health conditions.

Night on Fire

John Mackey

2 p.m.

THIRD LECTURE

Meryl Alper, PhD

Supporting Mental Health Among Autistic Youth in the Digital Age



Meryl Alper
Associate Professor of
Communication Studies,
Northeastern University

The impact of technology on young people's mental health is complex. While devices, apps, and tools facilitate connection and identity experimentation, they can also exacerbate psychological, social, biological, and behavioral issues. The World Health Organization identifies media influence as a factor for the one in seven 10-to-19-year-olds with mental health conditions. Additionally, grouping all young people together as being equally adept with technology obscures the reality that social conditions, shaped by systems of discrimination and oppression, determine much of our ability to interact with media and technology.

Analyses of technology's effects on children's mental health often fail to take an intersectional perspective that addresses the ways in which aspects of identity like gender, ability, race, ethnicity, and socioeconomic class work together to uphold these systems. Meryl Alper's work focuses explicitly on intersectionality as it affects technology use among young people with disabilities. In a forthcoming book, Alper explores how youth on the autism spectrum interact with technology in their daily lives. She draws on interviews with kids and their families to argue that experiences are less defined by their diagnosis and more affected by ways their disability intersects with these other aspects of identity.

Alper has quickly established herself as a preeminent scholar in fields of communication studies, sociology, and disability studies, with three books published or forthcoming since earning her doctorate in 2015, all with MIT Press: *Digital Youth with Disabilities*; *Giving Voice: Mobile Communication, Disability, and Inequality*; and *Kids Across the Spectrums: Growing Up Autistic in the Digital Age*. Her books have been awarded honors from the Association of American Publishers and the American Sociological Association. She translates her work as a public intellectual through public commentary on technology and disability in news outlets like *The New York Times* and *EdTech Magazine* and has served as a researcher, consultant, and invited speaker with Sesame Workshop, PBS KIDS, Nickelodeon, Disney, and Microsoft Research.

Alper is Associate Professor of Communication Studies at Northeastern University, where she is a faculty scholar with the Northeastern University Institute for Health Equity and Social Justice Research. She holds a PhD in communication from the University of Southern California.

Her Lecture

With more possibilities than ever for media and technology use any time and anywhere, young people's online and offline worlds are shaping one another in complex ways, both for better and for worse. This is especially true among children and adolescents on the autism spectrum, who may discover unique opportunities for socializing, communicating, and expressing themselves through new media, and may also encounter specific threats to their safety and privacy borne of the internet and mobile devices. These challenges can be compounded by heightened risks of anxiety, depression, eating disorders, and other co-occurring mental health conditions among autistic people. This talk focuses on the prospects of digital media such as social media apps, gaming websites, and online video for positively and negatively affecting the mental wellbeing of autistic youth, with a particular emphasis on their identity, emotional, and social development. It draws on

ethnographic research that centers their personal experiences and stories. Supporting mental health among young people on the autism spectrum requires parents, educators, clinicians, technologists, media makers, and government officials to look beyond a purely medical model of disability that focuses exclusively on one's degree of support needs, and understand how additional factors—such as class, gender, sexuality, and racial/ethnic background—also intersect with the different forms of security and insecurity that autistic youth may feel while growing up in the digital age and in a post-COVID era.

Introduction

Sarah Wolter, PhD

Assistant Professor of Communication Studies

2:30 p.m.

PANEL DISCUSSION AND AUDIENCE Q&A

Digital technology and youth mental health: opportunities and obstacles for young people on the autism spectrum.

4 p.m.

GUSTAVUS STUDENT EXCLUSIVE—MEET THE SPEAKERS

Location: Beck Hall First Floor

Gustavus students are invited to join one of four small group discussions, each featuring one or two of the presenters. These are an opportunity to explore presenters' work more deeply, or to ask questions about their academic biographies: How did they become interested in their field? What was the path they took to be the researchers they have become? What are the questions they still haven't been able to answer in their research? What are the particular challenges they have faced in achieving their success?

Small Group Options: Priscilla Lui and Brendesha Tynes; G. Nic Rider and Joseph P. Gone; Meryl Alper and Manuela Barreto; and Daniel Eisenberg

“BASED ON YOUR RESEARCH, WHAT ADVICE WOULD YOU GIVE YOUR YOUNG ADULT SELF?”



Priscilla Lui: “Embrace the unknowns, be open to challenges, and be vulnerable to failures.”



Brendesha Tynes: “Be mindful about your social media use. Remember what people post is often a carefully curated image that may be far from their reality.”



G. Nic Rider: “Pursue your dream of research in gender and sexual health. Despite the discouragements and adversities, you will do change-making work.”



Joseph P. Gone: “Academic learning should complement traditional knowledge, not supplant it.”



Meryl Alper: “You can learn something new from everyone you meet if you ask good questions, listen closely, and respond thoughtfully.”



Manuela Barreto: “Not fitting in is at least as much about you as about those around you, so do not blame yourself and keep looking.”



Daniel Eisenberg: “There is a lot we can each do to support mental health for ourselves and the people around us.”

ART AND MUSIC AT NOBEL CONFERENCE

4-6 p.m.

Hillstrom Museum of Art Nobel Conference Reception FOCUS IN/ON: George Ault's *Lower Broadway* and His Traumatic Career

Location: Hillstrom Museum of Art, C. Charles Jackson Campus Center
Open to the public free of charge, no ticket required.

Lower Broadway, a 1921 drawing by American artist George Ault (1891-1948) in the Hillstrom Museum of Art, is considered in FOCUS IN/ON, a Museum program in which a single work from the Hillstrom Collection is analyzed in depth in a collaboration between Museum Director Donald Myers and a colleague from the Gustavus faculty. An exhibition essay by Myers and co-chair of this year's conference, Marie Walker, explores the artist, his career, and mental health issues that plagued him throughout his life. Many of his works involve solitary, melancholy, nocturnal scenes. Ault's creativity overlaps with his tendency toward depression and alcoholism. In conjunction with the FOCUS IN/ON project on George Ault, the Museum also presents a trio of focused exhibits lent by the Vilcek Foundation in New York City, of works by prominent American artists who were all in some way connected with Ault: *Ralston Crawford: Torn Signs*; *Oscar Bluemner's Sonnet Series*; and *Stuart Davies in Black and White*.

5-6:30 p.m.

Schaefer Art Gallery Reception Are you ok? I am not. And that's ok - An Interactive Exhibition

Location: Schaefer Art Gallery, Schaefer Fine Arts building on the south end of campus
Open to the public free of charge, no ticket required.

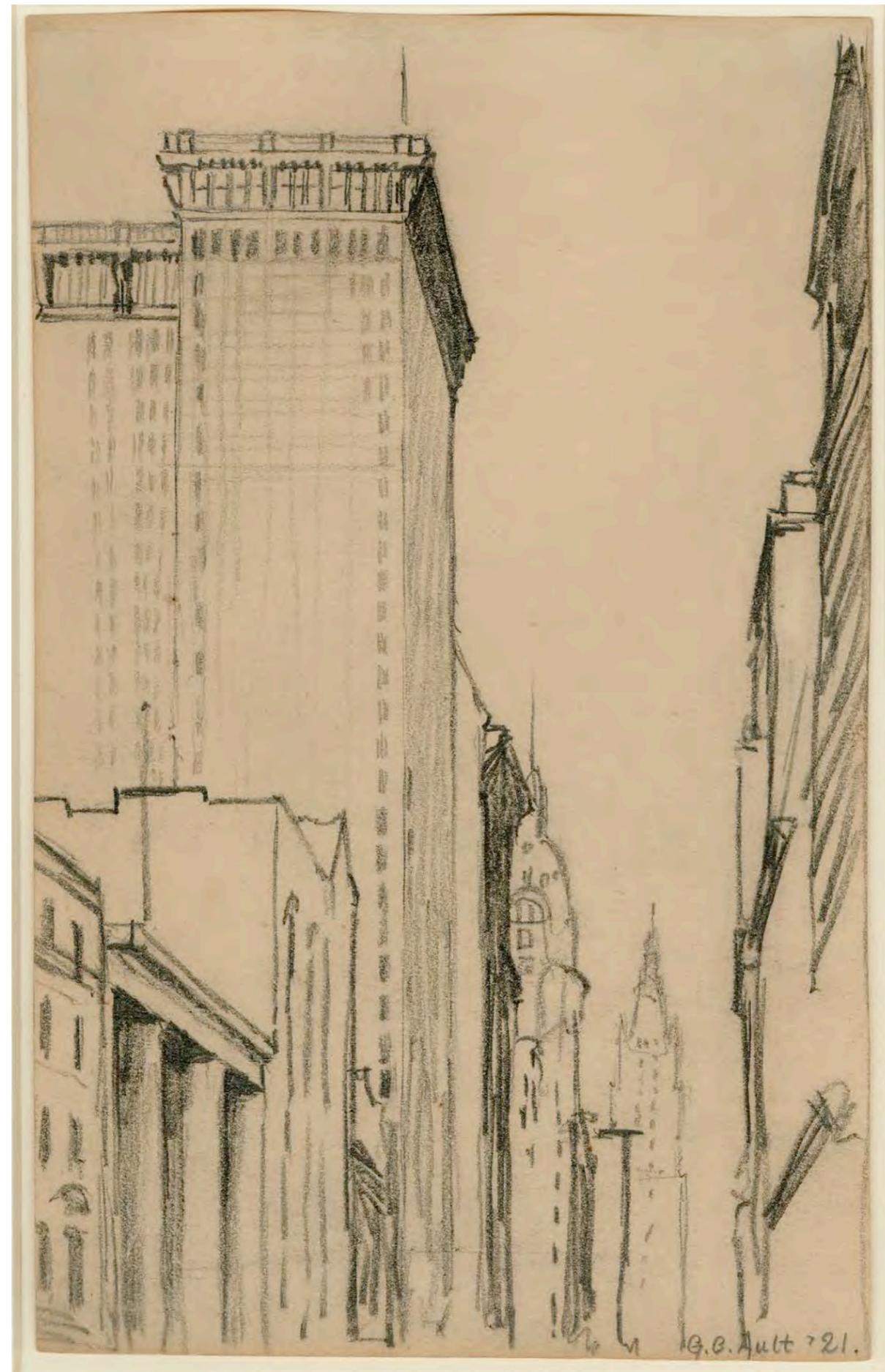
During spring 2022, art and art history faculty member Colleen Stockmann led a cohort of students enrolled in the course "Critical Issues in Art" in an examination of how arts institutions address and inform social issues, including mental health. In an application of their research and inquiry, the students curated an exhibition of a series of immersive experiences that address mental health topics, as well as tactics for wellbeing. In creative conjunction with Nobel Conference 58, the Schaefer Art Gallery has created a selected number of these experiences with which viewers can engage. The exhibition includes immersive stations and installations designed to engage a viewer's multiple senses, and to address a range of topics concerning creative expression, wellbeing, and self-reflection.

7 p.m.

Resonance: Songs, Dances, and Poems Exploring Mental Health (In)Equity and Young People.

Location: Bjorling Recital Hall
Open to the public free of charge, no ticket required.
The concert will be live streamed at gustavus.edu/nobelconference.

A special alchemy occurs when words are transformed into a poem, a song or a dance. Something essential is distilled and has the potential to communicate complex feelings for which words alone are inadequate. This is the power of the arts—the ability to speak from heart to heart without intermediary. Join us for a special evening in which Gustavus student dancers, poets and musicians will explore the themes of "Mental Health (In)Equity and Young People."



George Ault (1891-1948), *Lower Broadway*, 1921, pencil on paper, 9 x 5 3/4 inches, Hillstrom Museum of Art purchase with endowment acquisition funds



SEPTEMBER 29 thursday

SESSION THREE

8:30 a.m. **DOORS OPEN TO LUND ARENA**

9:15 a.m. **MUSICAL PRELUDE**

The Gustavus Symphony Orchestra
Justin Knoepfel, DMA, conductor

Carmen Suite No. 1

- I. Prélude
- Ia. Aragonaise
- II. Intermezzo
- III. Séguédille
- IV. Les Dragons d'Alcala
- V. Les Toréadors

Georges Bizet

9:30 a.m. **FOURTH LECTURE**

Manuela Barreto, PhD

It Takes a Village to Make Someone Lonely



Manuela Barreto
Professor of Social and Organizational Psychology, University of Exeter

In 2018, 55,000 people completed an online survey, called the “Loneliness Experiment.” It was the largest study of loneliness to date. Among its findings, young people (16 to 24) reported feeling lonely at the highest rates of any age group. Forty percent of people in that age bracket described themselves as often or very often lonely, compared with just 27 percent of people over 75 (the group often believed to experience the most loneliness).

Manuela Barreto, a social psychologist, was a co-investigator of the Loneliness Experiment, which was a collaboration among the BBC, the Wellcome Collection, and researchers at three British universities. Building on the findings of the Loneliness Experiment, Barreto has gone on to work on a Europe-wide project to research and help to ease high-school-aged youth loneliness in concert with teachers from Portugal, Lithuania, Poland, Turkey, and the UK. The project, funded by a grant from Erasmus+ (the EU funding program for education, training, youth and sport) aims to develop interventions to mitigate loneliness in this age group.

In her research, Barreto investigates mental health holistically, examining the intersections among many social determinants of wellbeing. Her research through the Loneliness Beacon on the identity and wellbeing of transgender and gender non-conforming individuals illustrates this well. Coupled with her work on loneliness, this research emphasizes the important issue of identity construction. In the midst of a pandemic during which many of us are spending much time online, we can lose our sense of self as well as our sense of others. Barreto’s research explores this disconnection while also aiming to examine the coping mechanisms that come with building community.

Manuela Barreto is head of the Psychology Department at the University of Exeter, UK, where she is also an academic at the Wellcome Centre for Cultures and Environments of Health. Born and raised in Portugal, she studied for her PhD in Amsterdam and now works in the UK, bringing her extensive intercultural experience to bear on a variety of issues pertaining to mental health.

10 a.m.

FIFTH LECTURE

G. Nic Rider, PhD

Radical Healing and Inclusive Change-Making: Centering Transgender and Gender Diverse Communities



G. Nic Rider
Assistant Professor and Transgender Health Service Program Coordinator, Institute for Sexual and Gender Health; Director, National Center for Gender Spectrum Health, Department of Family Medicine and Community Health, University of Minnesota Medical School

Transgender and gender nonconforming (TGNC) people—those whose experiences of their gender do not match the gender they were assigned at birth—face substantial health disparities when compared to their cisgender counterparts (persons whose gender experience corresponds to their assigned gender). TGNC adolescents are significantly affected by mental health disparities and, in addition, have difficulty accessing and receiving health care. Research in this field is often hampered by its reliance on small, non-representative samples of adults. By examining the mental and physical health of youth across perceived gender expressions within the TGNC sample, health care providers could better screen for health risks and identify barriers to care for TGNC youth, while also promoting and bolstering wellness within the community.

Rider’s scholarly work focuses on health disparities, minority stressors, and care utilization among lesbian, gay, bisexual, trans, and queer (LGBTQ) individuals, and documents the critical need for affirmative, culturally sensitive, high-quality prevention, and intervention strategies for this underserved community.

G. Nic Rider is Assistant Professor, Institute for Sexual and Gender Health, Director, National Center for Gender Spectrum Health, Department of Family Medicine and Community Health, University of Minnesota Medical School. They are also a licensed psychologist and serve as the UMN Transgender Health Services Coordinator. Their clinical training includes psychotherapy and assessment experiences in a university counseling center, hospital settings, private practice, community clinic, residential treatment, and juvenile justice settings. Rider received a PhD in counseling psychology from Howard University in Washington, D.C. They were also the first Randi and Fred Ettner Postdoctoral Fellow in Transgender Health at the Program in Human Sexuality, University of Minnesota Medical School and received the UMN Outstanding Postdoctoral Scholar Award in 2018.

Their Lecture

Transgender and gender diverse (TGD) adolescents and adults contend with social-structural factors based on their intersecting identities and social positions. These factors affect their everyday lives and are associated with health disparities and unmet needs. The strengths of TGD individuals, however, are often overlooked and underappreciated, but are necessary to promote resilience and radical healing. This talk will describe radical healing for TGD communities, including collective actions. It incorporates the results of qualitative research to center and uplift the voices of TGD individuals using their own words.

Introduction

Darsa Donelan, PhD

Senior Continuing Assistant Professor of Physics

10:45 a.m. BREAK

11 a.m. PANEL DISCUSSION AND AUDIENCE Q&A

Gender identity and social connectedness in post-pandemic youth: the role of community.

12 p.m. LUNCH AND LEARN

Explore smaller format, more interactive learning opportunities during this two hour lunch break.

Lunch Options

See information on page 27.

Learning Lab and Mental Health Fair

Head to the Lund Forum (basketball court), to learn more about this year's topic in a series of self-guided activities. There, you'll also be able to learn about a number of professional organizations in the area that offer a variety of services that address mental health. Organizations represented include: Counseling Services of Southern Minnesota, Go Therapy, Group Therapy Central, Gustavus Counseling Center, In Focus Psychotherapy, Journeys Toward Healing Counseling Center, Lutheran Social Services, Minnesota Mental Health Services, Nicollet County Health and Human Services, Prairie Care, Washburn Center.

Workshops and Activities

Sessions will be offered at noon and repeated at 1 p.m.

No ticket required. These events will not be livestreamed.

Presenter bios may be found linked to the schedule page at gustavus.edu/nobelconference.

1. Helping Children Navigate Early Childhood Trauma Through Developmental Repair

Location: Jackson Campus Center, Heritage Banquet Room

Early relationships set the template for how children make sense of the world and support identity development. For most, these attachments set kids up for a healthy future. But when there is a disruption or trauma, children need their caregivers to provide the scaffolding necessary to support development. Developmental Repair is a model of intervention that teaches young children to utilize adult relationships to meet social and emotional needs.

Presenter: Lauren W. Nietz

2. Introductory Workshop to MEISA: Movement-Exploration-Imagination-Sensation-Awareness

Location: Lund Center Gymnastics Studio

MEISA is a developing somatic and contemplative practice evolving out of a questing need to know, move and live more deeply in the authenticity of the body. It is a directed and sustained movement practice aimed at cultivating mobility, sensory connection, physical expression, creativity, and a deepening of embodied experience and knowing. This will be an active workshop of doing this gentle physical practice. All physical abilities welcome. No need to wear anything special.

Presenter: Melissa C. Rolnick

IDENTITY



3. Gender, Race, and Identity: An Intersectional Approach to the Patient Experience

Location: Nobel Hall of Science Room 1413

This session will review core principles in applying a diversity, equity, and inclusion lens to enhance patient care, with a focus on child and adolescent populations and their families.

Presenter: Dr. Asfia Qadir

4. The Medicine Wheel: An Indigenous Tool for Everyone

Location: Nobel Hall of Science, Wallenberg Auditorium

Using personal storytelling, presenter Sabrina Mercedes will walk through the teachings of the medicine wheel. Participants will see how this tool might be applied in both a personal and professional setting. Gentle body movement and awareness will be integrated. All physical abilities welcome. No need to wear anything special.

Presenter: Sabrina Mercedes.

5. Movement & Meditation Self-Care for a Busy World

Location: Johnson Student Union, Cec Eckhoff Alumni Hall

Ironically, Western culture encourages both mental busyness (hyper-activity) and physical idleness (sitting at a desk all day). This psychological and physical detachment may create burnout, feelings of overwhelm, worry, loneliness, sadness, and disconnection from others. This workshop will explore caring for ourselves by incorporating holistic ways to calm our minds and move our bodies. This presentation will be interactive as we will take the time to meditate, move, and be mindful. All physical abilities welcome. No need to wear anything special.

Presenter: Lindsay Archer

6. Acupuncture and Chinese Medicine

Location: Nobel Hall of Science Room 2300

Can an ancient medicine influence modern health? Come learn about acupuncture and Chinese medicine with Dr. Cami Malinski-Gillett as she dives into how traditional medicines can be a profound co-treatment for pain, emotions, and mental health. This session will be a time for listening and learning. No acupuncture or other practices will be administered.

Presenter: Dr. Cami Malinski-Gillett

Workshops and Activities continued on next page

intersectionality

7. Rejoice in Reiki

Location: Nobel Hall of Science, Room 1412

Reiki—Rei: means universe, Ki: means life force energy. Reiki is defined as an innate healing energy that rejuvenates tranquility for the mind, body, and soul. This session will be a time to listen and learn more. Participants will not be receiving reiki during the session.

Presenters: Dee Langon and Jeana Thomas

8. 12 pm. Part 1: Body Reclamation

Location: Fine Arts Building/Nobel Hall of Science, Anderson Theatre

Join DejaJoelle in gathering three embodied practices to communicate with, offer rest to, and reclaim your body.

1 p.m. Part 2: The Garden

The Garden is a multi-layered tool that can help you and others to locate yourself on a daily basis. This resource helps you to recognize when you may need to take intentional care of yourself or help another.

Presenter: DejaJoelle

Sacred Space

Take a moment to decompress in the beauty of Christ Chapel. Rest in silence or engage the many interactive stations meant to guide you in connecting body, mind, and spirit. These are self-guided and participatory activities. Please note: stations are not tied to any particular religious tradition. All are welcome to participate in ways they may find meaningful and restorative.

Aequa (Equality Rings, Bird Sing)

Gustavus graduate Steve Heitzeg was commissioned to compose four pieces for the Christ Chapel carillon bells that will play daily at 12:20 p.m. throughout the academic year. The theme of these compositions is the seasons of the year and utilizes the sounds of birds and bells. The first composition “Aequa (Equality Rings, Birds Sing)” is dedicated to Lisa Heldke, Director of the Nobel Conference. It will premiere during the conference.

SESSION FOUR

1:45 p.m.

MUSICAL PRELUDE

Who’s Sorry Now

Spirit Song

Lil’ Green Nut

Gustavus Jazz Ensemble

Dave Stamps, DMA, director

Sammy Nestico

Ellen Rowe

Drew Zaremba

2 p.m.

SIXTH LECTURE

Daniel Eisenberg, PhD

Investing in Youth Mental Health at a Population Scale

During the pandemic, it has not been difficult to identify new, pressing challenges faced by young people—challenges that can have a significant impact on their mental health. Likewise, we can quite readily identify the impacts of new technologies on young persons’ mental health. However, while both the pandemic and the explosion of digital technologies present new obstacles, mental health needs are not new; they are a universal challenge that cuts across time and place. Furthermore, while identity can contribute significantly to individuals’ likelihood of encountering mental health challenges, humans across almost every context share some basic mental health factors.

Economist Daniel Eisenberg conducts research into how to invest effectively and efficiently in interventions to improve the mental health of young people, particularly college students, at the institutional level. Much of his work examines inequities in access to services and investigates potential interventions that can reduce those inequities. His forthcoming co-authored book, *Investing in Children’s Mental Health*, uses an economic analysis to examine which programs and services for young people can most effectively mitigate a range of later risks for health and mental health conditions. He identifies the cultivation of a nurturing environment—including family, neighborhood, school—as an important support for young people’s mental health, one that threads through most all communities.

Eisenberg is the principal investigator on the national “Healthy Minds Study,” a survey study of college student mental health that has been used by more than 450 colleges and universities. The study identifies areas of concern for a given institution, and facilitates the development, testing, and dissemination of innovative programs and interventions for its student population. He is also part of a study, funded by the National Institutes of Mental Health (NIMH), on “Harnessing Mobile Technology to Reduce Mental Health Disorders in College Populations.”

Daniel Eisenberg is Professor in the Department of Health Policy and Management, Fielding School of Public Health, UCLA. He holds a PhD in economics from Stanford University.

His Lecture

In the area of youth mental health, the needs and opportunities for improvement are seemingly infinite, and yet the time and resources available to address youth mental health are typically inadequate. So, as a society, what do we prioritize and where do we start? Daniel Eisenberg’s research is about these questions. We need to think about youth mental health as an essential investment, and we need to understand how to make the best investments with our limited resources. This requires careful attention to economic efficiency as well as equity in how communities and organizations address youth mental health. Eisenberg’s research examines what we currently know about how to make these best investments in youth mental health, and equally importantly, what we still need to learn.

Introduction

Vita Faychuk, PhD

Assistant Professor of Economics and Management



family

2:30 p.m.

SEVENTH LECTURE

Joseph P. Gone, PhD

Anticolonial Approaches to Community Mental Health Services for American Indians: Enacting AlterNative Psy-ence



Joseph P. Gone
Professor of
Anthropology and of
Global Health and Social
Medicine, Harvard
University

Native American people suffer mental health issues just like any other community in the world. Many community members struggle with substance abuse, depression, and associated distress. But living on reservations also presents unique problems. To understand, and thereby help to address Native American mental health challenges, it is extremely important to first study their own context and the framework of their lives in a non-decolonized society.

Research performed with Native American communities has found that understanding history and spirituality is extremely important to understanding the mental health problems of people living on reservations. Forms of disabling distress can be attributed to processes of Euro-American colonization. Joseph P. Gone recasts “mental disorders” as (post)colonial pathologies. This understanding anchors an entire “alterNative” Indigenous mental health framework that is parallel to, but distinguished from, dominant psychiatric discourse. Gone has collaborated with tribal communities for more than 25 years to critique conventional mental health services and harness traditional culture and spirituality for advancing Indigenous wellbeing.

Joseph P. Gone is faculty director of the Harvard University Native American Program, Professor of Anthropology, Global Health, and Social Medicine in the Faculty of Medicine at Harvard University. In 2014, Gone was awarded a Guggenheim Fellowship. In 2021, he received the APA Award for Distinguished Professional Contributions to Applied Research and was elected to the National Academy of Medicine. His work explores the cultural psychology of self, identity, personhood, and social relations in Indigenous community settings with respect to mental health professions. These publications have identified alternative Indigenous construal of the mental health enterprise, with an emphasis on historical trauma and traditional healing. An enrolled member of the Aaniiih-Gros Ventre Tribal Nation of Montana, he also served briefly as the chief administrative officer for the Fort Belknap Indian reservation

His Lecture

In an early part of his career, Joseph P. Gone explored depression and problem drinking among his own people on the Fort Belknap Indian reservation in Montana, USA. There he interviewed a middle-aged cultural traditionalist named Traveling Thunder who explained to him why many community members struggled with substance abuse and associated distress. In Traveling Thunder’s view, the primary problem was that, “We never was happy living like a Whiteman.” As it turned out, this straightforward observation captured an entire explanatory rationale about reservation mental health that reappears everywhere Gone goes in “Indian Country.” Specifically, Traveling Thunder highlighted history and spirituality in his account of the emergence of reservation mental health problems, overtly attributing these forms of disabling distress to processes of Euro-American colonization. This problem frame overtly recasts “mental disorders” as (post)colonial pathologies, which anchors an entire alterNative Indigenous mental health framework that is parallel to but distinguished from dominant psychiatric discourse.

Introduction

Nissa Parmar, PhD
Visiting Assistant Professor of English



3:15 p.m.

BREAK

3:30 p.m.

PANEL DISCUSSION AND AUDIENCE Q&A

Gender identity and social connectedness in post-pandemic youth: thinking beyond the individual, thinking beyond the dominant paradigm

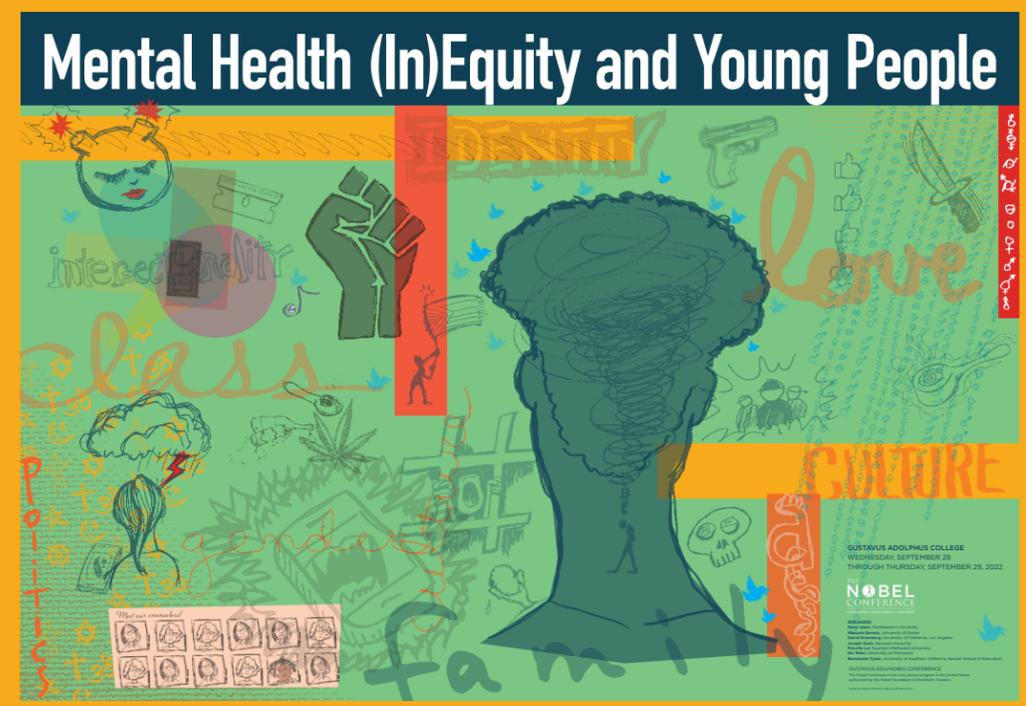
4:15 p.m.

CLOSING REMARKS



ABOUT THE NOBEL CONFERENCE ARTWORK

This year’s poster marks the end of an era. Sharon Stevenson, of Stevenson Creative, has designed the Nobel Conference poster since 2013 (“The Universe at its Limits”), and this is her final creation for us. Here’s what she says about it: “Young people’s mental health needs have exploded, yet access and service are woefully hard to find and sustain. Inner lives are complex, influenced by society, family, friends, media, school, you name it—essentially the whole environment that young people navigate. And these factors also figure into whether mental health care access is available, achievable, affordable, or acceptable. The poster for Nobel Conference: Mental Health (In)Equity and Young People is meant to convey this stew of influences through a young person’s sketchbook diary style.”

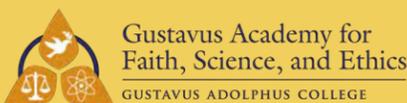




WELCOME HIGH SCHOOL STUDENTS

We're glad you've joined us in this conversation about science and its ethical implications. There's never been a Nobel Conference topic that more directly addresses your life as a young person. We hope you gain some insights—and some tools—to help you navigate the complex challenges you face as you emerge into adulthood.

Is Gustavus in your future? If you are attending the conference in person, stop by the admission office, where a staff member will be happy to help you learn more about Gustavus. Learn more online at gustavus.edu/admission.



2023 GUSTAVUS ACADEMY
SMALL BUT MIGHTY: How Our Relationship With Bugs Can Change the World
 June 17–23, 2023
 Gustavus Adolphus College

The Gustavus Academy for Faith, Science, and Ethics prepares leaders to build creative alliances between religion and science in order to address the world's most pressing challenges.

The Gustavus Academy summer program provides opportunities for high school students to explore their beliefs and to discover how scientists and people of faith are working together to address some of the world's most pressing problems. As an Academy Fellow, you will join with other outstanding high school students to grow in knowledge, develop leadership skills, and clarify your sense of purpose.

To nominate a student or for more information, please visit gustavus.edu/chaplain/academy.

NOBEL 58 TSHIRTS



20% OFF SELECT BOOKS AT THE BOOK MARK

Visit the campus store for conference t-shirts and books, gifts, cards, clothing, and supplies. Open 8 a.m. to 5 p.m.

bookmark.gustavus.edu



Present this at the time of purchase. Offer valid through 10/31/2022. Some exclusions apply.

\$5 media mail shipping option for Nobel Conference books.

NOBEL CONFERENCE SPONSORS



Adeline and Drell Bernhardson

The Nobel Conference is the only education conference in the United States to be authorized by the Nobel Foundation in Stockholm, Sweden.

Core endowment funding for the conference was

permanently secured through the generosity of the late Reverend Drell and Adeline Bernhardson. The Bernhardsons recognized and celebrated the historic relationship between the Nobel Foundation and Gustavus Adolphus College. By establishing this endowment, they secured the core funding for the success of the conference and established a platform on which the conference can expand its reach and impact. The Nobel Conference Endowment Fund also includes gifts from Dawn and Ted Michaels; Russell and Rhoda Lund; the Mardag Foundation, in memory of Edgar B. Ober; and the UnitedHealth Group. Financial support for this year's conference also came from the Mark and Terri Henneman Community Fund.

The Nobel Conference has been awarded a generous grant from the Riksbankens Jubileumsfond (RJ), an independent foundation with the goal of promoting and supporting research in the humanities and social sciences. This grant will enable the Nobel Conference to enhance its educational mission by developing its digital presence, making more of its materials available to a broader audience.

Special thanks to Heroic Productions for providing the sound, lighting, camera equipment, and staff.



ADDITIONAL OPPORTUNITIES!

Many special places on the Gustavus campus will be open to guests during the conference. Take the opportunity to visit one or more of them during the lunch break or following the day's lectures.

Hours of opening are listed after each site.

A campus map can be found online at

gustavus.edu/maps or on the next page.

- Tour the newly renovated Nobel Hall of Science: tours, led by students and faculty in the sciences, will take place 12 to 2 p.m. each day, leaving from the Chester Johnson Geology Museum.
- While you're there, visit the new location of the Chester Johnson Geology Museum in Nobel Hall of Science. The museum will be open from 8:30 a.m. to 5 p.m. on both days, with student docents available 12 to 2 p.m. to tell you about the collection.
- For quiet reflection, prayer, meditation or contemplation, the Bonnier Interfaith Center in Andersen Hall is open from 8 a.m. to 5 p.m.
- Go to "Sacred Space" in Christ Chapel to rest in silence or engage the many interactive stations meant to guide you in connecting body, mind, and spirit. Christ Chapel is always open.
- Visit the Schaefer Art Gallery in the Schaefer Fine Arts Building, to see an interactive exhibition, "Are you ok? I am not. And that's ok." Gallery is open 9 a.m. to 5 p.m. with a reception Wednesday from 5 to 6:30 p.m.
- Visit the Hillstrom Museum of Art in the lower level of the Jackson Campus Center, to see "FOCUS IN/ON: George Ault's *Lower Broadway* and His Traumatic Career." The museum will be open both days during lunch and will host a reception on Wednesday from 4 to 6 p.m.
- Take a self-guided walk through Minnesota's biomes, in the Gustavus arboretum. Open dawn till dusk.
- Take a self-guided tour of the Granlund sculptures on the Gustavus campus. Pick up the brochure at the Nobel Conference Information Desk in Lund Center.
- Visit with an admission counselor, or take a tour of campus with an admission tour guide. To sign up for a meeting or a tour, go to gustavus.edu/admission.



SCIENCEWHYS PODCAST

When big scientific questions meet big ethical questions, the waters can get pretty choppy. On ScienceWhys, a podcast produced in conjunction with the Nobel Conference, director Lisa Heldke explores the ways that science and ethics mingle, eddy, roil and churn in individual researchers' work. Listen to the current season in which Lisa interviews the 2022 conference speakers about their research and how they understand the role of ethics in it. Learn the sometimes surprising stories of how they have come to do the work they do.

Find the podcast at [Spotify](https://open.spotify.com/) or at anchor.fm/sciencewhys.

INFORMATION

INFORMATION & MESSAGE CENTER

Located in the lobby outside the southeast doors of Lund Center Arena, the Nobel Conference Information Desk may be reached during conference sessions by calling 507-933-7981. At other times, questions may be directed to the College operator at 507-933-8000.

AUDIENCE QUESTIONS

Panel discussions including your questions are always a highlight of the conference.

Questions may be submitted in the following forms:

- Emailed to nobelconference@gustavus.edu
- Given to an usher on a paper question card.

We are only able to use a few of your excellent questions, so we encourage you to discuss your thoughts and questions with others while you are here and after you leave, or post them on social media, using the hashtag #Nobel58.

ACCESSIBILITY ASSISTANCE

Lund Center is wheelchair accessible.

A limited supply of hearing assistance units will be available during the conference on a first-come, first-served basis. They can be checked out at the registration table in the lobby of Lund Arena.

Open-captioning services will be offered for the conference. Open-captioning is a text display of words spoken during the lecture.

RESTROOMS

Restrooms are on both levels of Lund Center and in the Jackson Campus Center. Gender neutral restrooms are on the upper level of the Jackson Campus Center by the Presidents' Dining Room and the main floor of the library.

MULTIFAITH SPACE

The Bonnier Multifaith Center is available for personal prayer and reflection during the Nobel Conference. It is located at the south end of Anderson Hall, on the main floor.

SOCIAL MEDIA

Use #Nobel58 when posting on social media. Follow the Nobel Conference on Twitter, Facebook, Instagram, LinkedIn, and TikTok.

FOOD AND BEVERAGES

Pre-ordered Conference Buffet Lunches - Those who ordered the hot luncheon buffet should go to Lund Center Forum (basketball court). A limited number of buffet lunches may be available for purchase at the lunch entrance.

Bring Your Own Lunch - Tables will be available in the Lund Center Forum (basketball court) for those who wish to bring their own lunch.

Courtyard Café and the STEAMery - The Courtyard Café is located on the lower level of the Jackson Campus Center and the STEAMery is in the Nobel Hall of Science, near Anderson Theater. Both are open during the conference and serve coffee, pastries, sandwiches, and snacks.

Concession trailer is located in the Johns Family Courtyard supplying soft drinks, coffee, and snacks.

The Gustavus Market Place is the main college dining room located in the upper level of the Jackson Campus Center.

ZERO-WASTE CONFERENCE

We aim to make the Nobel Conference a zero-waste event. We appreciate your help in making this happen. Whenever possible, we will use compostable, recyclable, or reusable materials.

WEB ARCHIVES

Nobel Conference 58 main stage lectures and panel discussion will be archived at gustavus.edu/nobelconference.

CONFERENCE BOOKSTORE

Books written or edited by this year's Nobel lecturers (as well as other titles relating to the topic) are for sale in the Book Mark, located in the lower level of the Jackson Campus Center, open 8 a.m.–6 p.m. Inquire about discounts on selected Nobel-related titles and other Book Mark specials during the conference.

CERTIFICATION OF ATTENDANCE

Certificates of attendance for continuing education credits are available at the Nobel Conference Information Desk.

CAMPUS MAP



- 1 Lund Center
- 2 Campus Center
- 3 Student Union
- 4 Christ Chapel
- 5 Anderson Hall
- 6 Nobel Hall of Science
- 7 Schaefer Art Gallery
- 8 Björling Recital Hall
- 9 The Arboretum

NOBEL CONFERENCE 59

Insects: Little Body,
Big Impact

October 3 & 4, 2023

While the Bible declares that “the meek shall inherit the earth,” famed entomologist Dr. Thomas Eisner wryly observes “insects are not going to inherit the earth. They own it now. So we might as well make peace with the landlord.” Insects are tiny. Their effects—on us, and on their environment—are anything *but*. Consider: while they are less than one centimeter in length, mosquitoes infect close to 700 million people every year with pathogens causing a variety of diseases such as malaria, West Nile, and Zika, resulting in more than one million human deaths every year. Bees are only slightly larger than mosquitoes; their economic value as crop pollinators is worth more than \$15 billion every year. Humans’ lives are inextricably connected with insects’, in ways that both benefit and harm us (and them). Insects also have their own lives that have nothing to do with us humans, but from which we might learn a great deal. If we observe, contemplate, and recreate facets of insects’ ways in the world, we may find in their lives the inspiration to constructively and creatively address many of the challenges of our time, from a global nutrition crisis to the challenges of social isolation.



INSECTS

LITTLE BODY, **BIG IMPACT**

GUSTAVUS ADOLPHUS COLLEGE | OCTOBER 3 & 4, 2023

Confirmed Speakers

May Berenbaum, Professor of Entomology, and Swanlund Chair, University of Illinois at Urbana-Champaign; National Medal of Science, 2014 **Peter Godfrey-Smith**, Professor of History and Philosophy of Science, University of Sydney; Lakatos Award, 2010 **Segenet Kelemu**, Director General & CEO, International Centre of Insect Physiology and Ecology, Nairobi, Kenya; L’Or al-UNESCO Laureate for Women in Science, 2014 **Julie Lesnik**, Associate Professor of Anthropology, Wayne State University, Detroit **Shannon Olsson**, Principal Investigator, Naturalist-Inspired Chemical Ecology (NICE) Group, National Center for Biological Sciences, Bangalore, India, Tata Institute of Fundamental Research, Mumbai, India **Jessica Ware**, Associate Curator, American Museum of Natural History; Principal Investigator, Sackler Institute for Comparative Genomics; Associate Professor, Richard Gilder Graduate School, New York **Michael Young**, Richard and Jeanne Fisher Professor, Vice President for Academic Affairs, Rockefeller University, New York; Nobel Prize in Physiology or Medicine, 2017.



intersectionality

class

gender

Meet our counselors!



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