

Wellness Council

MGH Institute of Health Professions

Agenda: January 27, 2022, 3:00 pm Meeting

Minutes

Present (via Zoom): Luella Benn, Mike Boutin, Ronan Campbell, Steve Ciesielski, Elizabeth Cornforth, Harsha Dhingra, Jack Gormley, Kira Kearney, Angelia Littig, Jammy Millet, Katie Mulcahy, Lisa Marie O'Brien, Lisa Staffiere, Denis Stratford, Jessica Upton, Lisa Walker, Sarah Welch

Announcements and Quality Moments

Jack Gormley offered kudos to Lisa Staffiere for presenting SAP information at the IHP All Faculty Meeting which was very well received.

Katie Mulcahy noted a first thank you a mentor had put up in a post.

Sarah Welch all annual training was completed.

Review of Minutes from December Meeting

The draft minutes of December WC meeting were unanimously approved. Ronan Campbell will work to have these posted on the WC webpage.

Mental Health First Aid update

Jessica Upton noted 36 students have been trained as MHFA counselors. The next offering will be President's Day, February 21. Luella Benn noted there are over 100 students on the waiting list and mentioned that there has been some WC recruiting done. The IHP covers the \$75 fee for students.

J. Gormley will provide an update at the upcoming faculty/staff town hall meeting on January 31 and extended kudos to J. Upton for her teaching and motivating message to students.

Mike Boutin and Luella Benn have two upcoming trainings and are at about 20 of 60 spots filled.

The council debated the merits of offering courses to discrete audiences such as students only or faculty staff only. It was suggested to advertise future courses clearly to ensure the comfort level of all participants.

Thanks to those that are certified and for those who are interested, please be in touch. Also, coordinator roles offered for those who may not want to teach.

SKY Campus

Katie Mulcahy brought the SKY meditation program to the attention of the WC. Resilience and Releasing Stress offered in fall to alumni. Harsha Dhingra would like to bring a two -day program/retreat to campus. Think about approach to take and when to offer it.

Possible collaboration between students and alumni to acquire professional techniques.

Approached Personal Growth and Exploration Committee; however, it may align with another subcommittee better.

Company has offered to come in and do introductory sessions. K. Mulcahy will share information (please see attached).

J. Gormley posed a question: What would be a good short explanation/message to reach students? Total well-being and resilience training tailored for students and alumni.

Beth Cornforth mentioned multiple day commitment. How would that fit into a student schedule? Stressors?

K. Mulcahy noted course is three hours each day over two days. Six to seven hours. Angelia Littig noted this would be of interest, maybe over winter break.

H. Dhingra noted practice takes six hours, but then one possesses the Sky Breath technique for life.

J. Gormley suggested that maybe Lisa O'Brien and K. Mulcahy could take this discussion offline for now as Lisa has agreed to lead the Spirituality and Mindfulness subcommittee.

Subcommittee Updates – all subcommittees

BIPOC, LGBTQ+ and FLI (Co-Chairs: Savetrie Bachan & Jammy Millet)

- Jammy Millet noted Savetrie Bachan is no longer able to make the 3p meeting timeframe so will be reporting in for the subcommittee.
- J. Millet noted event on Wednesday, February 21 from 12-1p. Dorosella Green is the President of BEYOND Patient Health Equity (BPHE) and will present on Building intentional relationships. It is posted to Instagram (please see attached). It will center on the Patient/provider relationship and look to tie it in back into the BIPOC and LGBTQ+ communities. Dorosella has an unmatched passion for community building, health justice, and DE&I and holds a master's degree in Pain Management, Research, Education and Policy from Tufts University School of Medicine, and is a strong purveyor of creating equitable patient experiences. She created BPHE with the intent to bring forward equitable healthcare by means of equitable research. Through breaking down systemic and structural barriers, Dorosella is actively changing the way we view medicine. Outside of her pursuit of health equity she is a doting mom and wife, but also a fantastic baker! <https://www.beyondphe.org>

- S. Bachan and J. Millet are in the process of creating a survey which will be advertised throughout this semester with the goal of collecting student feedback on their current experiences, challenges, and needs as they continue to navigate life as a historically marginalized person in all the spaces they occupy, both at the institution and beyond. They hope that this survey will give us some deeper insight into how we can create programming that are centered around student identified needs.

Personal Growth & Exploration (Co-chairs: Luella Benn and Jessica Upton, Members: Karen Levy, Kira Kearney, Tasneem Pota, Martha McKean, and Vanessa Desrochers)

- L. Benn noted welcome packs being assembled: hand sanitizer, Emergen-C, highlighters, hand lotion, and a small leaflet with breathing techniques and QR code to solicit feedback and promote WC.
- J. Upton noted April 30 is the rescheduled Mount Monadnock date.

Physical Health and Fitness

Mental and Emotional Health

Spiritual Health and Mindfulness (Lisa Barone O'Brien)

Questions, Suggestions, Kudos, Reminders of Upcoming Events

L. Staffiere asked about the community food pantry. L. Benn noted it opens in April and that organizers are building community awareness.

J. Gormley met with a student to preview a Reiki campus workshops proposal. It was noted this was a practitioner-based tool to utilize in the future professionally, not individual Reiki sessions.

The meeting was adjourned at 3:47 pm. Next meeting is February 24, 3:00pm.

Ronan D. Campbell

Ronan D. Campbell



*Bringing breathwork, meditation, emotional
intelligence, social connection, and service leadership
to every campus*

Proposal: SKY Campus Happiness for Students and Alumni at MGH Institute of Health Professions

Training Description

- SKY Campus Happiness is a total well-being and resilience training tailored for students and alumni at the MGH Institute of Health Professions
- An online course that features interactive group processes, experiential learning, emotional intelligence training, breathing techniques, yoga, meditation, leadership and service.
- Consists of 2 introductory sessions, a 9 hour weekend retreat, and 2 optional follow up sessions

Outcomes of Participation

- Research shows that SKY significantly increases well-being and significantly reduces anxiety and stress markers
- Participants gain the following
 - Foundational stress management and resilience skills
 - Personal evidence-based breathing and meditation practice
 - Short personal yoga practice
 - Develop strategies for social connection and community building
 - Engage in leadership and peerdrive service initiatives

Learning Objective I

Through breathwork, meditation, yoga, and self-awareness practices, participants gain knowledge and skills to:

- Clear and relax the mind
- Increase personal resilience by managing negative emotions and stress
- Increase energy and capacity naturally
- Gain equanimity and broader perspective on life when facing challenges

Learning Objective II

Through engaging interpersonal processes and discussions, participants gain knowledge, perspectives and skills to:

- Build trusting and authentic relationships
- Handle criticism and mistakes
- Strengthen and refine communication and listening skills
- Find strength in vulnerability

Learning Objective III

Through guided self-reflection processes, and design & implementation of peer-driven service initiatives, participants gain perspectives, knowledge and skills to:

- View taking responsibility and service as opportunities for personal growth and meaning
- Link work goals with personal life purpose
- Lead and inspire teams by setting a big vision
- Develop a service mindset

Sky Campus Happiness Formats and Pricing

MGH Institute Students/Alumni participate in the SKY retreat and two weeks of follow up. Optional introductory sessions are included free of charge to promote the retreat.

- Two Introductory sessions with breathwork and meditation to garner interest (open to all)
- 9 hour SKY Happiness Retreat over a weekend (3hrs/day, Friday/Sunday)
- 2 follow up sessions, once a week for one hour (optional)

Pricing for MGH students/alumni

- \$2500 for 25 participants in late January/Early February 2022



THE IHP WELLNESS SUBCOMMITTEE FOR BIPOC, LGBTQ+ AND FGLI STUDENT SUPPORT PRESENTS:

THE RELATIONSHIP WITH YOUR CONNECTION: BUILDING AN INTENTIONAL PATIENT

Join us on **February 23rd from 12 pm – 1 pm**, for a presentation and dialogue on building intentional relationships with your patients. Facilitated by Dorosella Green, President of Beyond Patient Health Equity Inc. (BPHE).


PATIENT HEALTH EQUITY

Register at: <https://bit.ly/THECONNECTION>

Dorosella Green, President, Beyond Patient Health Equity Inc.