

Wellness Council

MGH Institute of Health Professions

Agenda: February 24, 2022, 3:00 pm Meeting
Minutes

Present (via Zoom): Luella Benn, Christopher Bjork, Mike Boutin, Ronan Campbell, Christopher Clock, Elizabeth Cornforth, Dominique Couturier, Vanessa Desrochers, Harsha Dhingra, Olivia Giles, Kira Kearney, Jammy Millet, Katie Mulcahy, Lisa Marie O'Brien, Lisa Staffiere, Lisa Walker, Sarah Welch

Announcements and Quality Moments

Committee members offered introductions and welcomed Olivia Giles SLP '23 and Dominique Couturier, Assistant Director of Library Services.

Luella Benn noted first in person event for a while which was the Disability as Diversity workshop presented by Kira Kearney earlier in the day.

Sarah Welch is planning for this year's Pillars of Excellence awards which will be the first in person program in two years.

Mike Boutin and L. Benn lead their first Mental Health First Aid training on Monday, February 22. Hard copies of MHFA Manuals and Processing Guides are in and available in Building 39.

On Tuesday, February 23 M. Boutin hosted one of the Dean's office first in person events in a while: *Dust Up your Personal/Professional Profile*.

Jammy Millet, and on behalf of Savetrie Bachan, noted *The Connection: Building Intentional Relationships with Your Patients* workshop held on Wednesday, Feb 23 with Dorosella Green was well received and aligned great with the Baugh Lecture. It is encouraging to see their work come together and mentioned increasing student engagement with the JEDI office, MEDS and Black Student Space.

Chris Clock sat in on the Personal Growth and Exploration Subcommittee and offered Kudos to a "well-oiled machine."

Lisa Staffiere announced the hiring of two more counselors.

Review of Minutes from January Meeting

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

Meeting Schedule

3:00 pm on Thursday is a challenging time. Second Mondays at Noon was offered as a time that a majority of committee members were free.

Lisa Walker asked if this would affect Impact scheduling?

Mental Health First Aid Update

Faculty and Staff Session (15) and a student session (18) were held on President's Day. Nine more student sessions are scheduled prior to May. On March 24/25 another Faculty/Staff session is planned and there are 32 signed up as of now.

Subcommittee Updates – any/all subcommittees

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

Wednesday February 23 program: The Connection: Building Intentional Relationships with Your Patients with president and founder of BEYOND Patient Health Equity Dorosella Green.

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

Wellness Kits are being well received and kudos to GAs for putting them together. Survey results are being gathered and those interested in joining the WC will be connected with subcommittee chairs. Kira Kearney has put together an upcoming 4-part Yoga series in March with Talya Briana:

- March 3: Learn the Yoga Practice & Awaken the Physical Body
- March 10: Find Clarity to Improve Your Focus
- March 17: Reignite Your Compassion Without Burnout
- (March 24: Spring Break - No Class)
- March 31: Transform Stress into Calm

April 30 marks the return Mount Monadnock trip for up to 27 students and 4 faculty/staff.

Physical Health and Fitness

C. Clock has agreed to be chair the Physical Health & Fitness Subcommittee. Temporarily, he has asked to meet alongside the Personal Growth and Exploration Subcommittee while building more interest for the PH&F Subcommittee.

Mental and Emotional Health

Spiritual Health and Mindfulness (Lisa Barone O'Brien)

Harsha Dhingra, Katie Mulcahy and Lisa Barone-O'Brien have met about the Sky Breathing Program and are building a proposal to send to the Executive Council to fund and run in May.

SON and WC will be cosponsoring the Annual School of Nursing Natalie Petzold Lecture with Tim

Cunningham, RN, DrPH, MSN, FAAN at 1CW, on Monday, May 2 at Noon: “Through the Mask, “Through the Pandemic and Towards a New Workforce: Post-traumatic Growth and Keeping Well-being Relevant” Anyone interested in joining please reach out to Lisa (please see attached).

Questions, Suggestions, Kudos, Reminders of Upcoming Events

The meeting was adjourned at 3:55 pm. Next meeting is tentatively scheduled for March 14, 12:00pm.

Ronan D. Campbell

Ronan D. Campbell



MGH INSTITUTE
OF HEALTH PROFESSIONS
School of Nursing

Co-sponsored by:
MGH IHP
Wellness Council



Annual School of Nursing Natalie Petzold Lecture

Through the Mask,
Through the Pandemic
and Towards a New Workforce:
Post-traumatic Growth and
Keeping Well-being Relevant

Objectives:

1. Audience will understand 5 aspects of Posttraumatic growth
2. Audience will practice actionable ways to build workforce agility
3. Audience will identify key educational and workforce successes that have arisen through the pandemic

MONDAY

May 2, 2022
12 PM - 1 PM

1CW, Room 164-166



KEYNOTE SPEAKER

Dr. Tim Cunningham
RN, DrPH, MSN, FAAN
Emory Healthcare

Register
today at:



MGH Institute of Health Professions designates this activity for 1.0 contact hours for nurses. The American Academy of Nurse Practitioners Certification Board (AANPCB) accepts credit from organizations accredited by the ACCME and ANCC.

MGH Institute of Health Professions has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.0 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

MGH Institute of Health Professions designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credits™. Physicians should claim only credit commensurate with the extent of their participation in this activity.

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