

Wellness Council

MGH Institute of Health Professions

Agenda: December 8, 2021, 12:00 pm Meeting
Minutes

Present (via Zoom): Savetrie Bachan, Luella Benn, Christopher Bjork, Mike Boutin, Ronan Campbell, Christopher Clock, Elizabeth Cornforth, Vanessa Desrochers, Jack Gormley, Jammy Millet, Peace Ejose Okoeka, Alina Shirley, Lisa Staffiere, Jessica Upton, Sarah Welch

Announcements and Quality Moments

The Wellness Council offered brief introductions for new member Peace Ejose Okoeka, Master of Physician Assistant Studies candidate.

Kudos to Lisa Staffiere and the Student/Employee Assistance Program from Jack Gormley on an upcoming financial literacy webinar January 12, 2022.

J. Gormley, Mike Boutin and Luella Benn have completed the Mental Health First Aid Instructor's course and Jessica Upton will completing the training the week of December 13.

L. Benn and J. Upton provided a summary of the recent indoor rock-climbing trip where group of students joined a class on a Sunday morning, learned to belay, and tie knots. Some great feedback was received after the fact and several students shared that they plan to return to the venue.

Mental Health First Aid update

Current-certified instructors have met to talk about how to roll out training. J. Gormley noted they will be offering the first session for students in January of 2022 and that sessions could be offered in one, six-hour day or two, 3-hour days. Feedback was solicited on what might work for faculty/staff as they would be separate trainings. Two sessions would be offered in the Spring semester. Does it make sense to offer to specific cohorts/affinity-based groups?

J. Gormley reminded everyone that there is a two-hour preparation for the course as well so to factor in eight hours.

Mike Boutin shared a PDF overview of what MHFA training is and what it covers (see attached). In order to maintain certification, instructors are required to complete three trainings a year so there will be multiple opportunities to find the right balance.

J. Gormley noted there are opportunities for people who cannot make a full commitment to become a trainer or don't want to be in a training role or to become MHFA Coordinators.

He also asked if we would like to explore offering a session tailored for PhD students. Another for

BIPOC students. And so on.

Christopher Clock noted that a full six-hour day could be possible at the start/end of a semester. If middle of semester, shorter sessions would work better. Several people supported in person trainings.

L. Benn suggested a training be offered to faculty/staff during an upcoming faculty development series. Sarah Welch noted she would have to determine what is scheduled but wouldn't rule it out in the future. However, there may be enough interested to facilitate training outside of these designated days. The main question is the two-hour prep and six-hour commitment and how this could be distributed.

Could it be possible to embed a training in a welcome week and/or targeting students clubs and organizations? It was noted how helpful it would be to have the backing of student leadership for awareness and sign ups.

From the student perspective, Alina Shirley suggested the first week or week before classes start is better, before classes ramp up. Peace Okoeka agreed with this assessment. P. Okoeka noted how helpful MHFA training could be to PAS students.

J. Gormley noted how these certifications will enhance student leadership skills and stand out on individual resumes.

Part of training delivery is adding local resources. We should give consideration of how to do that.

New schedule for Instructor trainings in 2022 are beginning to be announced.

If interested in becoming a trainer please reach out to L. Benn.

Subcommittee Updates – any/all subcommittees

Personal Growth & Exploration: J. Upton gave update on climbing trip, focusing on meeting monthly to discuss active/passive programming option.

LGBTQ+ FGLI and BIPOC Committee: Project Process Form and Program Proposal

Jammy Millett and Savetrie Bachan reported that they had a subgroup meeting focused on how to assess need and think about how to offer a mid-term study break type event while collecting vital student information. Several universities offer these types of programs.

M. Boutin posed a question as to how this would be different than current study breaks offered by the library.

S. Bachan noted it would be more of a wellness fair with several activities going on at the same time. The hope is to draw a bigger crowd and generate excitement.

J. Millet is going to highlight as well as coordinate with BIPOC/LGBTQ+ clubs and organizations. Although the library may be a co-sponsor, Jammy noted the importance this offering to be unique and uphold the integrity of JED focus for BIPOC/LGBTQ+ student support.

Lisa Staffiere posed the question as to how to maximize marketing to cover all activities rather than operate in silos.

A. Shirley noted consideration for location of events – those in Building 36 tend to attract students in cohorts where classes are primarily located and miss students whose programs are primarily in CW. Would it be possible to offer smaller events in both locations?

J. Millet reemphasized importance of adhering to the original intent and purpose.

Questions, Suggestions, Kudos, Reminders of Upcoming Events

A. Shirley asked how students who are interested in joining a subcommittee can get involved as she has heard from several students who are interested. J. Gormley noted to make a referral to committee members and that it doesn't need to be overly formal. Also, when minutes are posted to the IHP News, there is language on how to learn more about the council and become involved.

It was noted that May is Mental Health month, may be an opportunity for WC.

Review of Minutes from November Meeting

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

The meeting was adjourned at 12:56 pm. Next meeting is January 27, 3:00pm.

Ronan D. Campbell

Ronan D. Campbell

WHAT IT COVERS

- A discussion of campus culture and its relevance to the topic of mental health.
- A discussion of the specific stress and risk factors faced by those in higher education.
- Applying the action plan in a number of scenarios designed specifically for faculty, administration and students.
- A review of the mental health resources available on campus and through partnerships in the community.

WHO SHOULD TAKE IT

- Students (at least 18 years of age)
- Faculty members
- Resident advisors
- Campus law enforcement
- Academic advisors
- Counselors
- Campus clergy
- Financial aid employees
- Coaches and athletic personnel
- Administrators
- Librarians

The course will teach you how to apply the **ALGEE** action plan:

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.



To find a course or contact an Instructor in your area, visit [MentalHealthFirstAid.org](https://www.mentalhealthfirstaid.org) or email Info@MentalHealthFirstAid.org.