

# Wellness Council

## MGH Institute of Health Professions

Agenda: March 24, 2022, 3:00 pm Meeting  
**Minutes**

**Present (via Zoom):** Luella Benn, Christopher Bjork, Ronan Campbell, Steve Ciesielski, Christopher Clock, Elizabeth Cornforth, Dominique Couturier, Vanessa Desrochers, Jack Gormley, Kira Kearney, Jennifer Mackey, Jammy Millet, Katie Mulcahy, Lisa Marie O'Brien, Lisa Staffiere, Denis Stratford, Jessica Upton

### **Announcements and Quality Moments**

Jack Gormley noted instructors Luella Benn and Mike Boutin are half-way through faculty/staff Mental Health First Aid classes.

Ronan Campbell noted significant progress in student commencement speaker selection with an announcement forthcoming.

### **Review of Minutes from February Meeting**

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

### **IHP Community Pantry update**

L. Benn noted that Vanessa Desrochers and team have cleared space in Building 39 and M. Boutin will be shopping for supplies at the weekend.

Wednesday, April 6 is the ribbon cutting and the Community Pantry team is working with Communications on messaging so please be on the lookout for an invitation. This day is being used to kick off a food drive. Food bins are going to be placed throughout campus and there will be a way to submit suggested items.

J. Gormley reminded everyone that the first round of funding is being made available through the Wellness Council.

Katie Mulcahy brought up an alum's idea for a 5K run/walk in early June with proceeds benefitting the Community Pantry.

There will also be people with cash in hand raised from staff council going out this weekend.

Denis Stratford noted Dietetics, Nursing and Social Work were original degrees of the MGH IHP and how we might be able to tap into this history for Community Pantry programming and awareness.

## **Petzold Lecture**

Lisa O'Brien discussed the upcoming 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." L. O'Brien provided a brief background on the history of the lecture. The Elements of the lecture will include a session with senior leadership, a faculty, staff and student lecture and a WC consulting session. The IHP wide lecture will be from 12-1p in 1 CW. Final details TBA. L. O'Brien provided information on Tim's background along with a link to RSP:

<https://www.timcunninghamrn.com/>

<https://forms.office.com/Pages/ResponsePage.aspx?id=H9sOck5cQ0CBQSFKY6fq1Vg5GGWvsxhKhK5jzQ1DVZ5UNEI0VzFHMkQxQ0NNQVhZnkQxS0pBTjEzWi4u>

Copies of TC's books to be provided to WC members. All of the sessions will culminate in an end of day reception.

## **Update on Covid relief funding for wellness initiatives**

Due to the ongoing nature of COVID, J. Gormley explained the IHP applied for, and received, an extension to the date the \$100,000 CRRSAA funds were required to be spent. Instead of the end of May 2022, an extension was granted, for the most part, throughout the remainder of the academic year.

Highlights of Funding to date include:

Mental Health First Aid Instructor Certification, student classes and resource guides/manuals

Susan Vitale programming and copies of *Just Say It* books

Student excursion to Mt. Monadnock (additional trips in the works)

\$15,000 unassigned at this point and a proposed Reiki Workshop

## **Wellness Council Student Survey Data**

Kira Kearney presented results of the survey that was included with the student wellness packets (see attached).

Sober Curious programming is an area that has been gaining some requests and attention.

J. Gormley noted this serves as a good reminder as how to engage students on the WC will indeed be through these types of activities.

K. Mulcahy brought up the possibility for an alum wine testing and has someone on mind for a virtual program. Also, the possibility of a narrative medicine workshop which Lisa Walker has someone in

mind.

### **Subcommittee Updates – any/all subcommittees**

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

- Jammy Millet noted she is very happy to have been connected to the black student space. Guest speakers have been at self-care as social justice workshops and another connection has been made to the AAPI space. There is also talk of a movie night. Social Justice workshop presenter from Radical Joy A. Rahema Mooltrey (IHP wide and JEDI Fellows) was a highlight. J. Millet noted looking into a financial wellness workshop/as social justice. Looking for more student voices as well as faculty staff voices in focused areas. How can student support wellness areas be amplified? Looking for more subcommittee members.
- J. Gormley asked how do we make sure students know they are part of this overall wellness umbrella effort taking place? This is indeed by giving them these opportunities that Jammy spoke of. How to highlight faculty and staff? Example: Shauna Worrell's efforts.

Personal Growth & Exploration (Co-chairs: Luella Benn and Jessica Upton)

- Mount Monadnock trip will be next trip and then another outing to be planned/scheduled following.

Physical Health and Fitness (Chris Clock)

- To brainstorm on membership with J. Gormley and is encouraged by activity.

Mental and Emotional Health

- Looking for members/leadership. Glad that EAP/SAP and their services provided will be included in this reporting structure. Please forward any suggestions.

Spiritual Health and Mindfulness (Lisa Barone O'Brien)

- Please reference Petzold Lecture.

### **May is Mental Health Awareness Month**

J. Gormley asked the WC to spend some time in the April meeting brainstorming on ways to take advantage of this day and participate.

With reference to May, can we also as the WC, think about a space to be together in person and potentially invite Paula Milone-Nuzzo? Some sort of gathering? V. Desrochers volunteered to identify a space.

### **Meeting Schedule**

Second Mondays at Noon to take advantage of common hours. To begin in May after April 18 meeting.

### **Questions, Suggestions, Kudos, Reminders of Upcoming Events**

Introduction of Jenn Mackey, Director of Clinical Education in CSD and a current student in the SLPD program. Interested in student resiliency and helping the council.

Lisa Staffiere will be hosting a processing space with J. Millet on the war in Ukraine. Potentially a Monday or Tuesday night. Suggestions on times? L. Benn suggested Monday through Wednesday in the early evening.

K. Mulcahy. What else could be a “bite-sized” program students could possibly take advantage of and do on their own? Ex. Ted Talk, Meditation etc. Virtual Wellness Center website design? What could alums offer? Coaching, mentoring, connecting? J. Gormley offered kudos to EAP/SAP website as they have some terrific bite-sized items(<https://eap.partners.org>).

J. Gormley reminded everyone that as we approach the year anniversary of the WC, there is a lot going on and offered thanks to all members for volunteering on top of our required day to day responsibilities. There is a difference being made and hopes it can be seen in shared experiences and our everyday work.

The meeting was adjourned at 4:00 pm. Next meeting is April 18, 12:00pm.

*Ronan D. Campbell*

Ronan D. Campbell

#### Wellness Council Student Survey Data

#### What types of events would you like to see from the Wellness Council?

- Leisure/self-care activities that support student academic work/life balance!
- The sober curious class would be awesome!!!
- Hiking events
- Workout classes, more care packages, fun workshops
- Hikes, nights out, trivia nights
- Wine tasting
  - Kaitlyn (contact below) is interested in helping with this event

#### Which of these potential events would you be interested in participating in? (6 responses)

Votes (out of 6)	Activity
6	Kayaking on the Charles River
5	Crafting/pottery class
5	Nutrition/cooking classes
4	5K Run/Walk series
4	Painting class
3	Radical Self-Care Workshop

3	Candlepin bowling
3	Financial management/budgeting workshop
3	Sober curious class (a movement that involves becoming more aware of your drinking and developing a healthier relationship with alcohol)
2	HIIT (High-Intensity Interval Training) Boot Camp
2	Tours of Boston (ghost tour, food tour, famous landmarks)
2	Narrative Medicine workshop (a medical approach that utilizes patients' narratives in clinical practice, research, and education as a way to promote healing)
2	Yoga for Beginners
2	Advanced Yoga Practice
2	Movie/film club
1	Dance fitness class
1	Book club
0	Guided Meditation
0	Sexual health promotion workshop

### **Interest in Subcommittee Participation**

#### BIPOC, LGBTQ+, and FLI Wellness

- Kaitlyn Treviño [ktrevino@mghihp.edu](mailto:ktrevino@mghihp.edu)

#### Personal Growth and Exploration

- Bekah Raber [rraber@mghihp.edu](mailto:rraber@mghihp.edu)