

# Wellness Council

## MGH Institute of Health Professions

Agenda: November 18, 2021, 12:00 pm Meeting  
**Minutes**

**Present (via Zoom):** Ronan Campbell, Christopher Clock, Elizabeth Cornforth, Jack Gormley, Lisa Marie O'Brien, Alina Shirley, Lisa Walker, Sarah Welch

### **Announcements and Quality Moments**

Lisa Walker shared a “quality moment at work” as an alum reached out to her for advice which is very meaningful. The work we do is making a difference.

Jack Gormley shared he has completed the Mental Health First Aid instructor’s course. Luella Benn and Mike Boutin are currently attending. J. Gormley is confident it will be a very welcome addition to the IHP.

### **Review of Minutes from October Meeting**

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

### **Update on Mental Health First Aid**

J. Gormley provided MHFA website: <https://www.mentalhealthfirstaid.org/>

Beth Cornforth asked about course access and number of offerings.

J. Gormley discussed three possible tracks:

- 1) Student courses offered online and in person (blended approach). Expect to offer the course 8-12 times a year and keep the courses small.
- 2) Faculty and Staff Offerings.
- 3) Occasional gatherings to support people who have been trained (peer review and resource updates).

E. Cornforth posed a question if the goal is to be able to have those trained respond appropriately to mental health challenges? J. Gormley noted applying principles similar to which you’d apply to CPR.

L. Walker brought up clinical expertise versus responsibility as a faculty member (Caregivers vs diagnostic & treatment).

Christopher Clock noted a clinical decision-making boundary line also. He is appreciative that it appears as though MHFA is s headed towards an institute wide opportunity. A question posed by C. Clock is if there would be an opportunity for an orientation/introduction of some kind and to make sure this isn't seen as "one more thing for students."

J. Gormley asked if those on the council thought students might want to take a role of promoting the course and its benefits?

**Action Item:** Schedule a breakout group of some description to strategize.

Alina Shirley noted classmate/students would have interest in this type of training as it increases student leadership opportunities. A. Shirley also noted Track 3 would be a perfect opportunity as well as working with other cohorts and Capstone groups.

L. Walker backed student interest and suggested the training being introduced sooner in the return/orientation process to gain peer support. Perhaps the week before classes start in January/August/September as students are "re-engaging."

J. Gormley posed a question to those faculty in the meeting: Would anyone see it as potentially being built into a program's curriculum?

C. Clock revisited the boundary setting as clinicians and faculty. It was noted we all can be doing a better job, and MHFA may be a good opportunity. C. Clock complimented that these initiatives are quintessential to what the Wellness Council is all about so kudos for bringing it forward.

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

Updates to be provided at a future meeting.

### **Project Review Process -- Implementation Review Committee**

J. Gormley explained that the Implementation Review Committee (IRC) will help us prioritize and access funds. By May of 2022, the IRC will have a good process to be able to give subcommittees feedback and provide a process flow.

When the WC has a group of scholarly projects in the works, we can begin to access process. The goal would be to set a schedule where there would be a call for proposals 2-3 times a year which would prompt committees to act. For example, review committees' processes mid-spring with a goal of a late spring call for submissions.

### **Breakout Rooms for Subcommittee Discussion of Potential use of CRRSAA Funds**

The decision was made to remain as one group to discuss and not access breakout rooms.

J. Gormley shared ideas of how to potentially spend the allotted amount of CRRSAA funds (Excel Document Shared):

- 1) Community Pantry and Restock
- 2) MHFA instructor training and supplies
- 3) Radical Joy/Self-Care/Innopsych for BIPOC student workshops
- 4) BlueEQ (Emotional Intelligence Workshops) program for college students
- 5) LGBTQ support and outreach-Health Promotion
- 6) Mindfulness (narrative medicine, guest speakers, books resources)
- 7) Growth and Exploration (Excursions, workshops, resources)

Sarah Welch noted the Mount Monadnock hike numbers and how these types of opportunities and sense of belonging help deeper forge community connection.

- 8) Financial Literacy, Digital Wellness, Sleep Health and Nutrition

L. Walker suggested focus and concentration offerings; to host guest speakers and provide resources to aid us in our constant distractions that we all experience (*Digital Wellness*). L. Walker followed up and recommended the Hidden Brain podcast *Work 2.0 – Life, Interrupted* from 11/15/21. The link is <https://hiddenbrain.org/>

A. Shirley suggested graduate student nutrition for mental health workshop.

C. Clock asked that Physical Fitness and Health be included in Growth and Exploration.

Lisa O'Brien suggested financial literacy and financial aid debt for students. J. Gormley noted WC offerings would focus on mental health wellness surrounding the process.

J. Gormley brought up that at a recent conference attended, student wellness and public speaking was highlighted. This is a reminder to be thinking about our students, their scholarly work and presentations/projects, etc.

J. Gormley noted we can pursue and purchase asynchronous programs for student/staff/faculty and offer until they are no longer relevant.

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

Based on exam schedule and upcoming holidays, our December 15 meeting was moved up.

The meeting was adjourned at 12:55pm. Next meeting is December 8, 12:00pm.

*Ronan D. Campbell*

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