

Wellness Council MGH Institute of Health Professions

Agenda: June 13, 2022, 12:00 pm Meeting

Minutes

Present (via Zoom): Luella Benn, Mike Boutin, Ronan Campbell, Steve Ciesielski, Christopher Clock, Dominique Couturier, Olivia Giles, Jack Gormley, Jammy Millet, Lisa Marie O'Brien, Lisa Staffiere, Jessica Upton

Welcome and Opening Remarks

Jack Gormley noted that Susan Vitale was unable to attend today's meeting and is going to join the full meeting at a future date.

Quality moments, good news to share

Chris Clock offered feedback from PT orientation in that students were impressed with the OSAS presentation and most specifically with the Community Pantry offering so soon in their program.

Highlights from Board of Trustees Wellness Discussion (Jack)

J. Gormley shared the Board of Trustees PowerPoint presentation from May 12. President Paula Milone-Nuzzo had asked Jack to present this mental health update at the meeting. It was a 15-minute presentation followed by 15 minutes of discussion.

J. Gormley stressed the fact that Wellness Council work is on top of everyone's daily role and shared the subcommittee structure.

Special note of thanks was also contributed to Lisa O'Brien on the Petzold Lecture, Mental Health First Aid basics, and noting AY 22-23 enhancements, e.g. Peer Resources Advising Network.

Also stressed resiliency and living your best life noting Susan Vitale's *Just Say It* book and programming.

Review of Minutes from May Meeting

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

Community Pantry Update (Luella, Mike)

Luella Benn noted weekly inventory and that the pantry has given away over 100 individual food items, not including the snack of the month (Instagram Post). A Padlet has recently been launched with healthy recipes.

One official feedback has been received to date. How can we drive more feedback?

Types of items that seem to be getting used are individual serving sizes which perhaps are small meals on campus that can easily be being prepared. This may adjust what shopping is done which is leading to learning and growing.

Question was raised about the future operations money wise. Mike Boutin has been doing the shopping to with his IHP corporate card attached to the Dean's Office. Have to pay close attention in the event of overages in budget. Can there be an official pantry credit card attached to the center? M. Boutin has inquired via Financial Services.

Budgeted out two months of shopping was close to \$1,000. One additional round in addition to original seem to be meeting budget plan. Emily "M" Meyer is tracking inventory and stocking. Graduate Assistant Emily Komarow to assist with inventorying and the Community Pantry will be asking for additional help with this task.

Lisa Staffiere inquired about the COVID grant and length. J. Gormley noted we should have sufficient funds for two years as well as the development piece for donations. What will it take to sustain once the grant money has been utilized?

L. O'Brien brought up possibility of holiday food drives. L. Benn noted the Community Pantry did have a food drive; however, we cannot control what is donated. They may not be reliable as a steady projection for what students are utilizing. Very helpful though for awareness. Possibility of a gift card drive.

Olivia Giles asked about having a list of most wanted and beneficial items and adding a list to marketing efforts. Instagram and Facebook may be best as a lot of faculty and staff will be making donations.

M. Boutin noted that the IHP does have a food insecurity/resources webpage and a Community Pantry webpage will follow.

Special note to remind people that there are Collection Bins in B39.

Subcommittee Updates – any/all subcommittees

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

Jammy Millet and Savetrie Bachan are working on mission and goals for the subcommittee which will be shared with the council at a future date.

Continuing to work on the recruitment of students. There will be a Virtual Dialogue Space on June 17, 2022 to inquire about the subcommittee and to see if students would like to join. Looking to ever increase the student voice.

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

Jessica Upton noted that the committee is winding down from spring offerings however ramping up for fall. The committee will be hiring hire a GA to work solely on the subcommittee programming and marketing.

J. Upton also noted successful Mental Health Awareness Month passive programming.

J. Gormley noted gun violence processing space being held on June 16, 2022 at 12p. Thank you to L. Staffiere, SAP, Christopher Skevofilax, SAP and to L. Benn, M. Boutin, and J. Upton for organization and facilitation.

L. Staffiere will be leading one for faculty and staff today, June 13.

J. Gormley noted affinity-based break out groups are being planned for the anniversary of the Winthrop shootings.

Questions, Suggestions, Kudos, Reminders of Upcoming Events

J. Gormley offered kudos to WC member Olivia Giles, M.S. SLP '23, for her volunteer work at the Boston Public Library teaching parents to read to their children, an example of how literacy directly ties to wellbeing.

The meeting was adjourned at 12:40pm. Next meeting is July 11, 12:00pm.

Ronan D. Campbell

Ronan D. Campbell

Reminder of WC Meeting/Committee Structure

- a. Executive Committee (EC) meets 4 to 6 times per year to set high-level priorities, troubleshoot any concerns, and agenda plan for the full Wellness Council's subsequent meeting.
- b. Committee Co-Chairs and Exec Committee meet 4 times per year for a general check in, to share suggestions/concerns, and address budget issues if applicable.
- c. The full Wellness Council monthly meeting is held the second Monday of each month at noon, in a hybrid format.