

Wellness Council

MGH Institute of Health Professions

Agenda: July 11, 2022, 12:00 pm Meeting

Minutes

Present (via Zoom): Luella Benn, Christopher Bjork, Ronan Campbell, Steve Ciesielski, Dominique Couturier, Jack Gormley, Jammy Millet, Katie Mulcahy, Lisa Marie O'Brien, Lisa Staffiere, Denis Stratford, Lisa Walker, Sarah Welch

Guests: Susan Vitale

Welcome and Opening Remarks

Sarah Welch noted the success of the Gratitude Wall during Employee Appreciation Week:

<https://padlet.com/ihphr/9b8ic39976mugd40>

Susan Vitale Introduction and *Just Say It* Programming

Susan Vitale offered introduction and her background with MGB/IHP.

The *Just Say It* simple toolkit/online course for students will be able to be utilized throughout the academic year at their convenience.

Each mantra short will include an introductory video (five minutes or so), training snippets, meditations, and a discussion via D2L. There will be twelve mantras throughout the academic year with a survey at the beginning and end. The first survey will help to load material and prove helpful, and the discussion form may bring in some more suggestions and areas where students can help.

Steve Ciesielski asked who will answer the questions on the D2L discussion? S. Vitale noted the more the better alongside contributing in addition to Susan, the main instructor.

Lisa Walker noted the potential for students to post sensitive material and being able to respond in a timely and deliberate fashion in the case of an intervention. Suggested someone to monitor the discussion and providing numbers and resources. The EAP/SAP number could be included in the language 866-724-4327.

Jack Gormley reminded those on the call that all new students attending orientations will be receiving the book.

J. Gormley asked Katie Mulcahy if alum have access to D2L.

Denis Stratford noted the MGB difference of a network log on and an IHP log on. Primary email in D2L can be changed after graduation and can be accessed.

Jammy Millet offered the following via the chat: I agree with what you said Lisa. I also think that we should be mindful and transparent about the nuances of this work as well. Like what does this mean for our students of color or students with other marginalized identities. And consider the difference of student experiences here at the IHP, especially when it comes to Wellness.

L. Mulcahy suggested guest alumni videos.

Quality Moments, good news to share

J. Gormley thanked everyone for all their efforts and all that has been accomplished over the past year and is looking forward to our next meeting in September.

Review of Minutes from June Meeting

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

Mental Health First Aid update

J. Gormley shared a Mental Health First Aid update.

MHFA will be offered three times in the fall semester with potentially another for faculty and staff. For the foreseeable future, the trainings will continue to be offered to students and faculty/staff separately.

Luella Ben noted one virtual all day in September and another across two Friday offerings.

Eliza Cutler has recently been certified and Katie Mulcahy will be joining soon as an instructor.

J. Gormley explained the financial component and shared compensation guidelines for instructors.

L. Benn highlighted that a single instructor can teach a course if up to 15 students - but it is not recommended by the council; and that 15-30 students requires two instructors.

Community Pantry Finances Update

L. Benn noted that Mike Boutin completed a third large purchase for the community pantry. Appear to be three months ahead of schedule but need to take into account first larger purchase.

Lisa Staffiere asked what the popular items were which are canned fruits, canned proteins (tuna, salmon, etc.), trail mixes, cereals, peanut butter plus household items.

J. Gormley mentioned at a recent conference he attended that a community pantry is an offering that most institutions should have set up by now.

L. Walker inquired about quantities surrounding personal hygiene products and making sure single quantities are offered which they are. L. Benn noted they are always monitoring and adjusting.

Jammy Millet offered the following via the chat: I was wondering if you would like to think about doing a call out to the community for when there are events and food is left over? I always donate individually wrapped foods to the pantry when I have events but I'm thinking there's a cool opportunity here to offer meals from time. Do you know if students come when the GAs post it on Instagram?

Subcommittee Updates – any/all subcommittees

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

J. Millet noted student voices meeting and inviting more students to serve on the committee. A place where students feel comfortable and where programming can be offered.

Mission and values are complete and will be distributed.

Working on revamping the reflection room in Shouse with Vanessa and Denis.

Student parents are wanting a voice. May be a good spot for the subcommittee to work on.

Questions, Suggestions, Kudos, Reminders of Upcoming Events

The meeting was adjourned at 12:55pm. Next meeting is September 19, 12:00pm.

Ronan D. Campbell

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