

Wellness Council

MGH Institute of Health Professions

Agenda (Working Lunch): May 9, 2022, 12:00 pm Meeting
Minutes

Present (via Zoom): Christopher Bjork, Ronan Campbell, Steve Ciesielski, Dominique Couturier, Olivia Giles, Jack Gormley, Corinna Lin, Jennifer Mackey, Lisa Marie O'Brien, Alina Shirley, Lisa Staffiere, Jessica Upton

Guests: Alex Johnson, Paula Milone-Nizzo

Welcome and Opening Remarks

Jack Gormley welcomed all who have joined via Zoom and in person for this working lunch.

Introduction of new student Wellness Council member Corinna Lynn, DEN Psych Mental Health track.

Quality moments, good news to share

Paula Milone-Nuzzo noted Senate President meeting last week with Massachusetts state government.

Alex noted new provost Reamer Bushardt will begin on August 1 and to be sure to include him Wellness Council discussions.

Yoga at Your Desk (Lisa Staffiere)

Lisa Staffiere led a Yoga at Your Desk exercise/wellness activity.

Review of Minutes from April Meeting

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

Reiki + Reflect Feasibility (Lisa O'Brien, Mindfulness/Spirituality Committee)

Reflections on the Council's first year – all

What have we learned or appreciated? What stands out in our memories? What are we most proud of or grateful for? What topics related to holistic student wellness have us most energized and/or concerned going forward?

Olivia Giles Noted Mental Health First Aid trainings stood out and how helpful of a resource it is for students.

Dominique Couturier noted that students opening up a bit more so than in the past and MHFA helps those trained to react.

Jessica Upton happy to see the WC gaining some recognition from students and is encouraged to see the collaboration taking place.

Alina Shirley wished to commend the social media aspects of WC and the overall campus outreach.

President Paula Milone-Nuzzo spoke to the concept and commitment of the WC, its strategic initiatives, and the Community Pantry. We are at the “beginning of the beginning” but to see the commitment is such a gift.

J. Gormley expressed gratitude to our members and committees and everyone who has contributed.

Ronan Campbell noted that we are at the forefront of the wellness movement here on campus.

Jenn Mackey brought up the framework and philosophy of wellness, suggesting the IHP develop a vision of wellness.

J. Upton reminded everyone to keep bringing ideas forward.

J. Gormley posed a question: Do we need to come up with an IHP WC statement of priorities? Perhaps something to explore in year two, referring back to J. Mackey’s suggestion.

D. Couturier noting Personal Growth and Exploration activities and expanding on them. What could be some new physical aspects?

P. Milone-Nuzzo noted the value of having dedicated physical space and are we giving a dedicated Wellness Center some thought.

J. Gormley to give an update to the Board of Trustees on May 12, sharing much of what was discussed at this working lunch.

Lisa Staffiere noted dedicated meditation room at other MGB locations. For example, the meeting room off of kitchen in Building 39. How do we market the spaces we do have like these? O. Giles noting students who come into B39. Being back in person and having a “safe space” to gather. J. Gormley noted meditation space in Shouse.

Alina Shirley mentioned that students need to know what is available. For example, there was a social media post of an OSAS walk through. Could we consider one of Who/What is the Wellness Council

and highlight for students, notably the faculty as they may not know they are serving?

Any suggestions for “telling our stories” and further engaging the IHP community?

J. Gormley suggested we could offer a “Meet the Council Members” on social media and that each committee is looking for volunteers. Any commitment of any kind. Be mindful of recruiting.

Subcommittee Updates – any/all subcommittees

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

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

J. Upton mentioned planning of resources for Mental Health Awareness Month and to reach out to Luella or Jessica with any ideas/suggestions.

Physical Health and Fitness (Chris Clock)

Spiritual Health and Mindfulness (Lisa O’Brien)

Lisa shared an outline of a new program Reiki + Reflect The goals:

- 1) Identify where and how Reiki has been used to support selfcare.
- 2) Participate in group reiki session and utilize the tailored processing tool for patient centered care.
- 3) Define professional narrative to challenge ethical practices and extrapolate stories from “in the room.”

This is the impact:

Empower attendees to intentionally and regularly assess their personal energy and professional narrative in order to show up differently with and for patients.

Questions, Suggestions, Kudos, Reminders of Upcoming Events

The meeting was adjourned at 12:50pm. Next meeting is June 13, 12:00pm.

Ronan D. Campbell

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