

Wellness Council
MGH Institute of Health Professions
May 24, 2021, 3:00 pm Inaugural Meeting
MINUTES

Present (via Zoom): Savetrie Bachan, Luella Benn, Mike Boutin, Ronan Campbell, Steve Ciesielski, Christopher Clock, Beth Cornforth, Vanessa Desrochers, Emily Eddy, Jack Gormley (presiding), Katie Mulcahy, Lisa-Marie O'Brien, Lisa Staffiere, Jessica Upton, Lisa Walker, Sarah Welch

Absent: Madeleine Alice Barth, Harsha Dhingra, Alina Shirley, Denis Stratford, Hannah Weighart

Guests: N/A

Announcements & Quality Moments:

SOTA and the Mental Health Club are hosting an event with McLean Hospital May 25 at 4pm Taking Care of Yourself and Others with Dr. Marni Chanoff - Integrative Psychiatry
<https://www.marnichanoff.com/> (Jack Gormley)

Yoga at Your Desk webinar (30 minutes) June 15th @ noon
https://partners.zoom.us/webinar/register/WN_fXY_ffxpT06IUMTBepT_zg (Lisa Staffiere)

Council Kickoff:

Jack Gormley announced that this was the Council's first official meeting. He welcomed and thanked all volunteers. Jack noted that it was not possible to find a meeting time ideal for all members but detailed notes would be shared with the Council and the IHP community (rather than recording).

ACTION ITEM: Ronan Campbell to send poll to determine most convenient time for regularly scheduled monthly meetings.

All present introduced themselves, including their role at the Institute and brief remarks about what aspects of wellness they find most interesting or exciting. Jack noted that, because of the wide variety of wellness topics and member interests, each member will likely have their own incentives and goals for participating in the Council; and we will need to manage all of these individual interests as well collective Council interests.

Review of Council Goals:

Jack called the Council's attention to the three overarching goals proposed during the Council's spring 2021 launch, including:

- a. ***Foster a culture of wellness across the Institute*** -- confronting stigma, promoting the shared responsibility for supporting student wellness, highlighting relationship between wellness and student/alum success
- b. ***Optimize and publicize existing resources and protocols*** -- helping the IHP community understand and access current offerings, supporting those already doing this work
- c. ***Explore future resources and best practices*** -- recommending enhancements and tailoring them to IHP students' unique needs, using data to formally assess Council activities and report back to the community and share best practices

Jack noted that the third goal, exploring future wellness supports, affords the Council many opportunities for scholarly projects and contributions to national best practice. He suggested that the Council embrace a Quality Improvement model as seen in hospitals and other clinical settings -- that the work of the Council is essentially a series of efforts to improve the quality of student wellness and associated resources. In this way, there will be opportunities for research and publication based on some aspects of the Council's work.

Savetrie Bachan asked about existing Institute data related to student wellness or satisfaction with wellness-related resources. Several members shared examples of reports and surveys, including Student Assistance Program annual utilization report, climate surveys, and others. Mike Boutin suggested that Paulette Di Angi, Director of Institutional Effectiveness, may have more, including data in the Vital Signs dashboard. Pre-Council data may be helpful to Council members overall and for use in implementation science projects.

ACTION ITEM: Explore availability of pre-Council wellness-related survey and assessment data at the Institute.

Proposed Organizational Structure

Jack presented a draft organizational structure (enclosed) and asked the Council to review it and provide feedback at the June 2021 meeting. He explained that the Council will communicate with the Institute through the Provost, that he will serve as chair, and that he asked Steve Ciesielski and Mike Boutin to serve as Vice Chairs because of the strong connection between student wellness and student success. A small executive committee is proposed to help manage and lead the Council, and an Implementation Committee to prioritize and lend expert support to planning processes for Council activities, especially scholarly projects.

Five proposed subcommittees, which can include non-Council members are:

- BIPOC, LGBTQ+, and FLI Wellness
- Mental and Emotional Health
- Personal Growth and Exploration
- Physical Health and Fitness
- Spiritual Health and Mindfulness

ACTION ITEM: All members to review org structure proposal and be prepared to discuss and vote on it at June 2021 meeting.

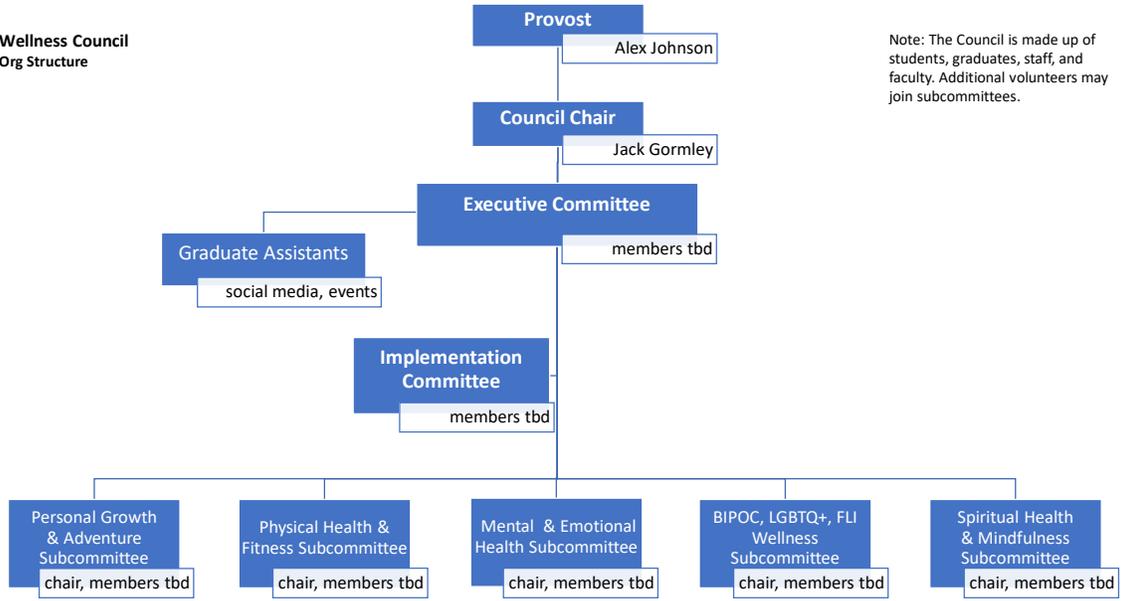
Subcommittees may not all launch in the first year, based on student needs, the interests and availability of members. Jack noted that he hoped the subcommittees would reflect the individual interests and concerns that each member shared at the outset of the meeting. Lisa Walker and others discussed how best to include humanities and arts in the subcommittee structure -- perhaps through programming and other means these creative aspects of wellness can apply to all subcommittees.

The meeting was adjourned at 3:58 pm.

Ronan D. Campbell

Ronan D. Campbell

**Wellness Council
Org Structure**



Note: The Council is made up of students, graduates, staff, and faculty. Additional volunteers may join subcommittees.