

Wellness Council

MGH Institute of Health Professions

June 24, 2021, 3:00 pm Meeting
Minutes

Present (via Zoom): Luella Benn, Ronan Campbell, Christopher Clock, Vanessa Desrochers, Harsha Dhingra, Emily Eddy, Jack Gormley, Katie Mulcahy, Alina Shirley, Lisa Staffiere, Jessica Upton

Announcements and Quality Moments:

Jessica Upton shared that many students have returned to Harborview Health Club Memberships: 87 existing members (pre-Covid closure); 233 new memberships since May 1, 2021. A total of 375 check-ins in May.

Lisa Staffiere shared that she and other EAP/SAP counselors have begun seeing clients in person again (zoom options remain available as well).

Luella Benn shared that she was a guest panelist on June 23 during a PA Special Populations class on campus. The topic was geriatrics and working with disabled patients.

Vanessa Desrochers was celebrated for being recently named the IHP's 2021 Staff Employee of the Year.

Review of Minutes from May Meeting:

The draft minutes of May 24 WC meeting were unanimously approved. Ronan Campbell will work to have these posted on the WC webpage.

Review of Goals and Organizational Structure (presented at May meeting):

Jack Gormley led a discussion of the proposed org structure -- five subcommittees for targeted wellness programming and advocacy work, an implementation review committee to assess project proposals before they are approved as WC initiatives, and a small executive committee consisting of the chair, vice chairs, and leads from each subcommittee. Jack also explained that IHP President Paula Milone-Nuzzo has volunteered to serve as the WC's executive sponsor -- a signal of her support for student wellness and her willingness to assist WC work in the long term (adding that Provost Johnson has also expressed eagerness to remain an active supporter of the WC).

Several WC members voiced support. Emily Eddy commented that the structure would serve as a good "launching pad" with flexibility in the future. Jack indicated that approval would allow the next

step, recruiting volunteers to serve as chairs or co-chairs of each subcommittee, then membership of each. Members expressed support for volunteers having interest in multiple committees; however, a main focus would likely be identified by volunteers over time.

Following discussion, the org structure was unanimously approved by voice vote as presented.

Wellness Council Funding:

Please see enclosed PowerPoint which Jack shared during the meeting to summarize initial plans for financially supporting the goals of the Council and empowering new resources for student wellness (needed and brought to greater visibility due to the Covid era, recent and ongoing racial oppression and social injustice, and other factors).

ACTION ITEM: Ronan Campbell to distribute to Council. All Council members to review and bring questions and suggestions to the July WC meeting or share in the meantime via email.

Year One: Wellness Council Funding for AY 2021-2022, the WC's first year, will include federal COVID Relief Funds will be \$100,000(CRRSAA) per President Milone-Nuzzo. These funds must be spent by May 2022.

Short discussion ensued, including gratitude for the allocation from the President's Office. Emily mentioned the Audubon and Trustees of Reservation potential opportunities. Katie Mulcahy, Jack, and others discussed narrative medicine programming as an interprofessional opportunity that appears to resonate with the IHP community and align with faculty, staff, and alum interest and knowledge.

Jack explained that the WC will develop a protocol for spending the funds, likely making sure that funds are associated with one or more of the subcommittees, and updated the WC members either monthly or bimonthly on the balance of funds.

Year Two: With regard to WC funding in year 2 and beyond, Jack discussed the need to include the WC in the FY 2023 budget process. He also thanked Clare McCully, chief development officer, and her team for indicating their willingness to explore potential philanthropic support geared toward the WC.

Emily suggested the WC conduct polls to gather input from students about which wellness topics and activities they would value most? Others agreed and suggested that Twitter or Instagram or Formstack may be best routes.

Katie asked if there may be opportunities to tie student/alum mentoring to mental health and wellness initiatives.

Future Meeting Days/Times:

The Council held a brief discussion of scheduling difficulties inherent in gathering so many stakeholder groups with busy schedules on and off campus. There may be a need to change the recently selected schedule (voted by the WC majority for the fourth Thursday of each month at 3 pm) for the fall semester. Also, Jack noted that future agendas may necessitate 75 - or 90-minute meetings.

Jack offered a closing remark thanking all WC members and sharing with them that he continues to receive very positive feedback from the community about the WC as a response to students' health and well-being needs.

The meeting was adjourned at 4:05 pm.

Ronan D. Campbell

Ronan D. Campbell

STUDENT WELLNESS

MGH IHP WELLNESS COUNCIL
OVERVIEW OF YEAR-ONE FUNDING

A HOLISTIC, STUDENT-CENTERED APPROACH

HEALTH, SUCCESS, RESILIENCE, BELONGING, LIFELONG SELF-CARE, CREATIVITY, FINANCIAL LITERACY, EMPOWERMENT, JUSTICE, & MORE



Wellness Funding for AY 2021 - 2022

<u>Expenditure</u>	<u>Funding Source</u>
Harborview Health Fitness Center	OSAS budget
Student Assistance Program on-/off-campus counseling & more from EAP	OSAS budget
Wellness Council Year-One	CRRSAA allocation from President's Office*

* Funds must be spent by May 2022

** Includes funds to collaborate/co-sponsor with clubs/organizations

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Federal Covid Relief Funds

<u>Expenditure</u>	<u>Funding</u>
Wellness Council (Year One)	\$100,000 from CRRSAA allocated by the President's Office for wellness initiatives*
BIPOC, LGBTQ+, and FLI resources Educational Programming & Workshops** Narrative Medicine initiative Quality Improvement Initiatives & Subcommittee Activities Greater Boston Activities/Excursions	
Graduate Assistantships, Research Assistantships Staff Training: Emotional Intelligence & Mental Health First Aid	

* Must be spent by May 2022

** Includes funds to collaborate/co-sponsor with clubs/organizations

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Wellness Council Protocol for Funds

1. Members or subcommittees submit proposals detailing goal, rationale, expenses, timeline to WC Implementation Review Committee
 2. Implementation Review Committee assesses proposal, offers feedback, before approving or declining proposals
 3. All proposals will be assigned to a subcommittee for follow up (with Executive Committee)
- Council will receive bi-monthly updates on use of CRRSAA funds to ensure timely spend
 - High-level summary of WC expenditures to be included on website with meeting minutes

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Opportunities for Fall Programming

ACTIVITY	ESTIMATED COST
App-based Wellness Subscriptions (various)	\$1,000
BIPOC Radical Self-Care Workshops (2 offerings)	2,000
HIIT/Dance Fitness (2 offerings)	1,000
Indoor Climbing/Trampoline Park (2 offerings, off campus)	2,000
Narrative Medicine Workshops (2 offerings)	1,000
Nutrition/Healthy Cooking Workshops (2 offerings)	2,000
Yoga, Pilates (2 - 4 courses)	2,000
Blue EQ and Mental Health First Aid Training	20,000

Looking further ahead...

WELLNESS COUNCIL FUNDING YEAR 2 & BEYOND

FY 2023 process – role of dean and executive sponsor

Potential for collaborations with schools, offices

Philanthropic support from Development Office
(grants, gifts, etc.)

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Looking further ahead...

STUDENT WELLNESS CENTER FALL 2022 LAUNCH

A VIRTUAL OR ON-CAMPUS CENTER WILL PROMOTE HOLISTIC WELLNESS & STUDENT SUPPORT

- ALIGN WITH IHP MISSION, STRATEGIC PRIORITIES, NECHE PROJECTIONS, ENRICH PLANS
- GROW AS NEEDED: PHYSICAL SPACE, HEALTH SERVICES, OTHER COLLABORATIONS
- ENHANCE PROGRAMMING & RESOURCES TO MATCH GRADUATE HEALTH SCIENCE SETTING
- PROMOTE BIPOC STUDENT HEALTH, LGBTQ+ HEALTH, GENDER EQUALITY, & MORE



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