

# Wellness Council

Agenda: October 28, 2021, 3:00 pm

## Minutes

**Present (via Zoom):** Savetrie Bachan, Luella Benn, Christopher Bjork, Mike Boutin, Ronan Campbell, Steve Ciesielski, Christopher Clock, Elizabeth Cornforth, Jack Gormley, Jammy Millet, Katie Mulcahy, Lisa Staffiere, Denis Stratford, Jessica Upton, Sarah Welch

### **Welcome, Opening Remarks, Quality Moments:**

Sarah Welch saluted the Staff Forum and its Health and Wellness Committee for looking to engage employees in more wellness-related activities such as a walking club. It may be beneficial for WC to connect with this committee in the future.

### **Review of Minutes from September Meeting:**

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

### **Update on Wellness Challenge:**

Ronan Campbell shared that the OSAS Fall Wellness Challenge picked up momentum as a positive social media campaign with increasing participation and several giveaways that resulted in positive feedback from students who shared their wellness tips with the IHP community.

### **Follow Up on SAP presentations to IHP faculty and staff:**

Lisa Staffiere reported to the WC that she had presented the FY2021 SAP Utilization Report at the IHP Staff Forum on 10/28/21 and is scheduled to present at the All-Faculty Meeting on 1/14/22.

**Action Item:** R. Campbell to post the report in MS Teams and Dropbox

### **Update on CRRSAA funds:**

Jack Gormley provided an update that IHP Finance department's guidance is to spend Covid relief funds directly on new initiatives. Planned expenses such as EAP/SAP and Harborview Health Club would likely not meet federal requirements. Schools can request an extension but Finance does not see these as likely to be approved.

- From the BIPOC-LGBTQ-FLI Wellness Committee, Savetrie Bachan asked if other committees could provide tips or strategies.
- From the Growth and Exploration Committee, Jessica Upton and Luella Benn shared some suggestions and noted that they are still in the early stages of their own planning.
- L. Staffiere asked about food insecurity efforts. Can funds be used towards the new food pantry? J. Gormley noted \$5,500 of the funds has already been earmarked for pantry. Any remaining funds could be used to replenish food pantry closer to the end of the funding window. L. Benn stated the name going forward for the food pantry will be *Community Pantry*.

**Action Item:** call for proposals -- J. Gormley asked subcommittees to continue thinking about how they suggest WC spend these funds. The November meeting will include time to discuss and share ideas, preferably with subcommittees having brainstormed in advance.

### **Student Trip to Mount Monadnock:**

J. Upton announced the positive response and registration; however, unfortunately due to weather, the Saturday October 30 trip will be cancelled and rescheduled to Saturday, April 30.

J. Gormley noted that the trip was fully subscribed with students from nearly all IHP programs – an indication that the Personal Growth and Exploration Committee had effectively connected with students on a wellness opportunity of real interest. Despite the inclement weather, kudos and thanks to the committee!

### **Mental Health First Aid:**

J. Gormley provided an update on Mental Health First Aid instructor course. Upcoming train-the-trainer work should allow for a Winter Term elective available for all students.

- Instructors would be able to offer interactive classes to help members of the IHP community to recognize signs and symptoms of mental health challenges and encourage individuals to access appropriate support.
- More WC members to be invited to the training and/or instructor trainings in the future based on student response and demand for training. Each instructor is required to lead or co-lead three trainings a year to maintain MHFA certification.
- Four staff members are currently registered for instructor training to be certified by winter of 2022. Two additional staff members have expressed interest. Mike Boutin noted that he has started the training course and finds it a considerable amount of prep work. He asked if the WC should be concerned that there may be too many trainers based on the IHP size and MHFA requirements? J. Gormley replied that we'll need to monitor that and that trainings can be held outside the IHP as well.

**Action Item:** New Instructors to update the WC at the November 18 Meeting.

**Questions, Suggestions, Kudos, Reminders of Upcoming Events:**

J. Millet will be hosting a first-generation lunch on November 8 at Noon so please sign up and share your story. Jammy will also offer a Restorative Justice workshop from 1-230p on November 10.

Reminder from J. Gormley that the last day to nominate a colleague for a Pillar of Excellence Award is Friday, October 29.

Steve Ciesielski reminded WC members of his request to please help him advise a DEN student looking for childcare options and a BSN student looking for new healthcare provider.

The meeting was adjourned at 3:42pm. Next meeting is November 18, 12:00pm.

*Ronan D. Campbell*

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