

Wellness Council

MGH Institute of Health Professions

Agenda: April 18, 2022, 12:00 pm Meeting
Minutes

Present (via Zoom): Luella Benn, Steve Ciesielski, Christopher Clock, Dominique Couturier, Vanessa Desrochers, Olivia Giles, Jack Gormley, Lisa Staffiere, Jessica Upton, Sarah Welch

Announcements and Quality Moments

Luella Benn noted there is an MHFA training tonight and tomorrow night with one more later in May which will be L. Benn's first session leading with students.

Jessica Upton noted celebrations in OSAS as graduating students are coming into Building 39 throughout the day to pick up the Susan Vitale *Just Say It* book from OSAS as a gift for completing/graduating their programs.

Review of Minutes from March Meeting

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

May: Mental Health Month Discussion

Lisa Staffiere suggested there is an anonymous screening for mental health issues (eating disorder, substance misuse) on the website which could be pushed out on the IHP website alerting individuals to the fact it's Mental Health Awareness month and these resources are available to all.

Steve Ciesielski brought up wanting to address the collective desire to return to "normal" and the increasing anxiety that comes with it. Is there a way that we could normalize a heightened sense of anxiety among the groups that we belong to?

Jack Gormley noted we could put out supportive information around that, i.e., NY times article.

Are there things we can be doing in the spring/summer to prepare for the next "wave" of infections – tips & strategies to help ease some of the anxiety/tensions and have it fall back on the self-care articles shared during the meeting?

<https://www.nimh.nih.gov/get-involved/digital-shareables/shareable-resources-on-coping-with-covid-19>

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

<https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html>

Christopher Clock suggested highlighting this and tie it back into what we offer for students/faculty to lean on and it would make sense to link the resources available to us specifically.

Two ideas from last meeting were addressed:

(1) A Wellness Council Social gathering possibly in May.

Extend an invite to Paula (executive sponsor) and ask that she come back to the June meeting or whenever the right time to have her would be. It would be an opportunity to share what's on your mind/her mind and what we're working on and what she would like to see from the council.

(2) S. Ciesielski suggested creating a Padlet gratitude board; different ways that we counterbalance mental health and stressful times. With commencement and orientations coming in the month of May, could we blend these together? A lot of opportunity for appreciation and gratitude.

L. Benn suggested bringing back the *post your own story/be featured/tagged idea* on the @studentlife Instagram to engage students in responding to how they practice self-care.

J. Gormley noted there is an opportunity for the council to express gratitude for staff/faculty who have put their own well-being on the back burner to take care of their students.

Sarah Welch suggested a gratitude wall and opening it to the students as well (fairly soon) so that they could thank people who helped them throughout their time at the IHP.

Subcommittee Updates – any/all subcommittees

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

- Helping students work on a Reiki workshop series (summer/fall, or just in the fall)

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

- Mt. Monadnock trip coming up next weekend 4/30. Fully booked out by students for a while.
- In the last meeting talked about ideas for in-person/outdoor activities at the IHP this summer.
- Promoting more of the barrier breaking dialogue on campus, maybe designing big-talk/little-talk events including yard games, etc., and launch that into an ongoing project. Monthly big-talk suggestions that went out on the TV boards for students/faculty to promote this idea of common dialogue with regular ongoing in person events, leveraging the resources we have.

Physical Health and Fitness (Chris Clock)

- Completing an analysis/gathering data from the students about what's taking place with gym memberships, how good of a resource and are students accessing this resource? L. Benn offered to assist.
- Potential fall 5k

Mental and Emotional Health

Spiritual Health and Mindfulness (Lisa Barone O'Brien)

- Reminder from Lisa regarding May 2 Petzold Lecture: (1) Wellness Meeting 9:45-10:45am (2CW, Room217): To RSVP for the meeting, please respond to the calendar invite. (2) Lecture 12:00-1:00pm (1CW): Register via [this form](#).

Questions, Suggestions, Kudos, Reminders of Upcoming Events

Congratulations to the Community Pantry recently opening and being operational while receiving donations throughout the drive. There is a good system in place right now; monitoring of inventory and transferring of the donations coming in. The Community Pantry is available during Building 39 hours of operation.

Kudos to EAP/SAP team, Lisa, Luella, & Steve responding to students who felt they needed more support while also connecting with honest feedback and keeping confidentiality.

Reminder that EAP/SAP website has a lot of great resources. EAP also had its first in person retreat in two years. Met a lot of the new hires, very positive, lots of food and activities, proof that an in-person activity can work well.

The meeting was adjourned at 12:45pm. Next meeting is May 9, 12:00pm.

Ronan D. Campbell

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