

Wellness Council

MGH Institute of Health Professions

Agenda: September 19, 2022, 12:00 pm Meeting
Minutes

Present (via Zoom): Savetrie Bachan, Luella Benn, Mike Boutin, Ronan Campbell, Steve Ciesielski, Christopher Clock, Dominique Couturier, Jack Gormley, Katie Mulcahy, Lisa Marie O'Brien, Lisa Staffiere, Denis Stratford, Maya Strod

Welcome and Opening Remarks, Quality Moments, good news to share

Mike Boutin noted successful MHFA training for six faculty and staff on Saturday, September 17.

Lisa Staffiere offered kudos on Resource Fair and Ronan Campbell commented on overall success of Welcome Week. Outreach, community support, and teamwork made for a great student experience.

Jack Gormley thanked Jessica Bell and Luella Benn for presenting on the Community Pantry to the Executive Council on September 15 (see attached).

Review of Minutes from July Meeting

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

Mental and Emotional Health Subcommittee (Steve)

Steve Ciesielski noted there has been no official activities as of yet and asked if anyone may be interested in getting it off the ground.

Maya Strod expressed interest in co-chairing and Katie Mulcahy offered her help and alumni resources in these efforts.

M. Strod mentioned a Positive Psychology Course taken in college and posed a question. Does the IHP have an indicator as to how students are doing. She asked if this could be something the mental health committee might work on.

Katie Mulcahy suggested tapping into students and alumni in mental health professions.

When asked if students can serve on committees, J. Gormley noted that committees are challenging with respect to an individuals' time, but students can be quite helpful with committees and noted Savetrie Bachan as BIPOC, LGBTQ+ and FLI co-chair. S. Ciesielski volunteered to schedule a follow-up meeting.

Chris Clock offered some resources enacted within the Physical Therapy Department for the mental health committee.

Community Pantry: Staffing, leadership, and current volunteer model (Mike)

Mike Boutin noted the frequency that the Community Pantry is being utilized and it is clearly meeting a need. The Community Pantry is over budget, however not by a lot, approximately a few hundred dollars. Significant money and resources are being used.

This is a volunteer model and being done in addition to regular staff opportunities. It could be helpful to have a role as part of someone's job. M. Boutin asked if this can be somebody's role description.

He also noted that initial funding was provided via a CRRSAA grant; however, funding going forward remains to be determined.

Luella Benn noted Graduate Assistants in their already current responsibilities are limited in what they can do, although they are extremely helpful.

J. Gormley brought up a previous food drive discussion and asked if the group would like to consider Staff Council bringing this into the holiday party planning with a charitable giving element? Liz Pipes was identified as the charitable chair. L. Benn noted a 5K run will soon be taking place and mentioned nature of food drives as this sometimes brings in some of the less desirable items.

J. Gormley suggested this may be a call to action at a future Town Hall, putting it out to the community that we need volunteers, donations, and/or both.

M. Boutin emphasized that there does need to be ownership, i.e., a manual and training. Need to be in a spot where this a percentage of someone's job. J. Gormley posed the question as to what we can do to be creative as not sure the IHP is currently in a position to add this to someone's job or assign a percentage.

Lisa O'Brien noted public health nursing faculty are always interested in offering community service opportunities to students and will place Mike and Luella in touch if interested.

Savetrie Bachan brought up cost efficiency and price of goods. Stop & Shop has been utilized to date. Challenge of shopping in bulk is space to store food.

J. Gormley suggested getting a small group offline to talk with Mike, Luella, Jessica, and M and to please reach out to L. Benn as the current volunteers have been meeting regularly.

J. Gormley offered kudos to the success of the social media campaigns, e.g., recipes which Graduate Assistant Emily Komarow has successfully been leading.

Current Members and Recruitment of New Volunteers

L. Benn mentioned recruiting staff and faculty as well as students to the WC. Do they all have the information they need? We may need to send out a notice in the IHP Daily News as to how we are structured and what we do outlining expectations and how individuals can serve. This will require a combination of overall WC and subcommittee recruiting.

S. Ciesielski asked if there could be a survey of students prior to when they arrive at IHP, and L. Benn recommended another community-wide interest poll as it has been over a year.

Standardization of Events Process and Funding

J. Gormley explained how this was more for the co-leads of the subcommittees. How can we all locate co-sponsors now that CRRSAA funds have been exhausted.

Other Subcommittee Updates – any/all subcommittees

Physical Health and Fitness (Chris Clock):

C. Clock is supporting K. Mulcahy for the 5K race on October 20, 2022. Vanessa Desrochers has agreed to join Chris' committee. 5K communications will include information on Community Pantry donations.

Questions, Suggestions, Kudos, Reminders of Upcoming Events

J. Gormley congratulated C. Clock and Beth Cornforth on their recent promotions.

S. Ciesielski noted he and Jammy presented on Imposter Syndrome and noted Joyce LaTulippe and other believes that faculty may be interested in future offerings on this topic.

J. Gormley suggested attendance in person at upcoming full council meetings, where lunch will be served.

The meeting was adjourned at 12:57pm. Next meeting is TBA due to Indigenous Peoples' Day on October 10, 2022.

Ronan D. Campbell

Ronan D. Campbell



M Meyer, Accessibility and Wellness Coordinator

Mike Boutin, Assistant Dean for Faculty and Student Success

Luella Benn, Director of Accessibility Resources and Wellness

Jessica Bell, Director of the Library and Learning Experience Design

Getting us caught up...

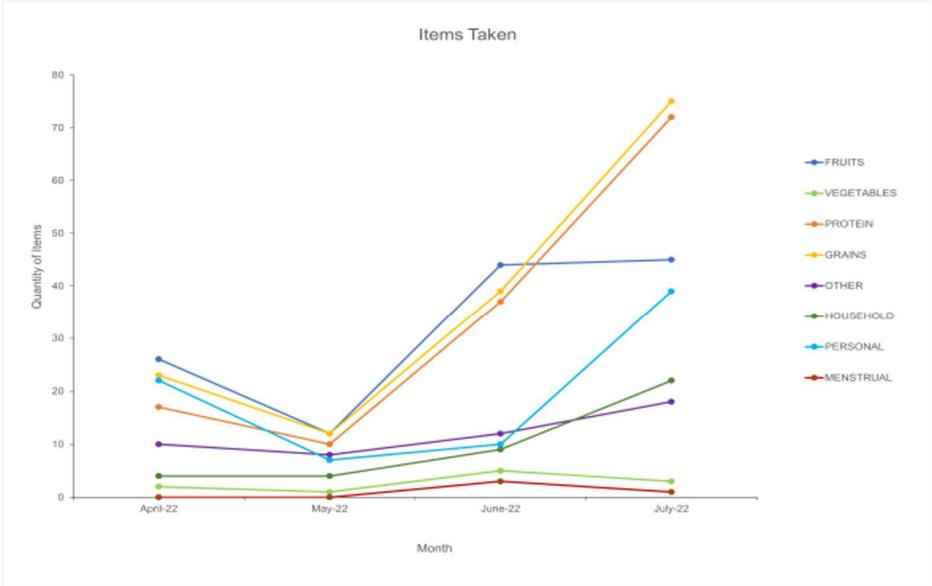
A brief history of the Community Pantry at the IHP

- Originated from the START committee
- Response to rising food insecurity during COVID



Activity to Date: Use

Total items distributed= 592



Activity to Date: Budget



Activity to Date: Donations



**In-kind
Donations
125 items**



**Staff Council
Bake Sale
\$392**



**Cash
Donations
\$40**

Feedback

Direct student feedback has been limited, continuing to collect and assess...



More cleaning supplies, please!



More dairy-free items, please!



Using the pantry more than once a month.

Challenges

Staffing

- Mix of staff volunteers and Wellness Center GA's
 - Staff volunteers struggle to find time
 - To date staff volunteers have been limited due to need for development of procedures/creation of training protocol
 - GA's have limited availability/variable schedules
- Requires a point person

Challenges

Budget and Accounting

- No separate cost center
 - Difficulty with reimbursements
 - Tracking spending
 - Difficulty tracking \$\$ donations
- Over-budget due to unexpected demand

Challenges

Type of Demand

- Demand for single-serve items vs. larger sizes
- Welcome to all vs. targeted to those in need

Opportunities

- Seeking a grant from Stop N' Shop
- Promotion
 - Community Impact Day
 - Advertising at 2CW
 - Resource Fairs
 - Semi-annual drives
- Expansion
 - Partnering with Greater Boston Food Bank
 - Fresh food
 - Student scrub exchange
 - Inclusion of academic supplies