

Wellness Council

MGH Institute of Health Professions

Agenda: November 14, 2022, 12:00 pm Meeting
Minutes

Present: Luella Benn, Mike Boutin, Ronan Campbell, Steve Ciesielski, Christopher Clock, Dominique Couturier, Olivia Giles, Jennifer Mackey, Lisa Marie O'Brien, Lisa Staffiere, Maya Strod, Jessica Upton

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

Mike Boutin brought to the council that a \$5,000 grant from Stop and Shop was awarded to the Community Pantry.

M. Boutin mentioned the recent Leading Across Professions coaching workshop that he co-facilitated. Jenn Mackey and Jack Gormley participated with many others.

Review of Minutes from October Meeting

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

Wellness Council Social Media Membership Drive

Luella Benn followed up on the Wellness Council social media recruiting campaign which will be running again as an IG story this week. The story and an IHP News post will list subcommittees and contact information.

The thought is to run a campaign two times a year and once during the summer to further bolster recruitment.

Mental Health First Aid Update

L. Benn noted a recent meeting of all instructors. MHFA is now offering a higher education model and IHP looking into switching over to this model. It would require a different processing guide as curriculum is a bit different (adult vs. higher ed).

We currently have six certified instructors and are planning course offering dates for the spring semester -- aiming to offer three times per semester. Another option the Council may wish to consider is offering interested groups in the community to pull together a class. A "Book Us" model. Minimum class size is 10, and max would be 30.

Fall Wellness Challenge

Ronan Campbell reported back on the Fall Wellness Challenge that took place October 24-28. The themed days of the week were: Mantra Monday, Tactic Tuesday, Zenday, Thoughtful Thursday, and Friyay.

Instagram Numbers: 227 participants overall (likes, comments and posts). Story posts totaled 42 and comments 48.

L. Benn noted positive student feedback on the campaign and mentioned an upcoming “Healthy for the Holiday” series.

There was a grand prize drawing following the campaign for a light therapy lamp, foam roller kit, and weighted blanket (2 SON students and one DPT students won).

R. Campbell added that healthy snacks were available and distributed in Building 39 and Shouse throughout the Wellness Challenge.

Other Subcommittee Updates – any/all subcommittees

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

- First meeting of the semester will be held on Friday, November 18.
- One of the topics to be discussed will be how to partner with Bellack Library on study breaks.

Mental and Emotional Health (Steve Ciesielski and Maya Strod)

- Maya Strod reported back on a recent brainstorming session.
- The first big project to be worked on is a repository where students can access asynchronous materials. The committee explored how best to reach students when they are struggling?
- M. Strod welcomed Wellness Council member Olivia Giles as a new member of the subcommittee.

Questions, Suggestions, Kudos, Reminders of Upcoming Events

A general discussion was brought forth by several members on the topic of a posting seen in an IHP restroom for a mental health club. J. It was also stated that there are current postings that have been there for a very long time and not changed. A restroom stall is a place that one can look at items and may serve as a good spot to place programming and resources flyers (i.e., Wellness tips) People see it and you have a moment to read. Would this be something for Wellness Council to consider?

Questions surfaced on what the current guidelines are for posting flyers. What about elevators? How has it been determined where current locations are approved/permitted to advertise? It may be worth a conversation with Campus Services.

This is part of a bigger question of how do we reach the most students on the IHP campus?

The meeting was adjourned at 12:46 pm. Next meeting is December 12, 12:00 pm.

Ronan D. Campbell

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