

# Wellness Council

## MGH Institute of Health Professions

Agenda: January 23, 2023, 12:00 pm Meeting  
**Minutes**

**Present:** Luella Benn, Mike Boutin, Ronan Campbell, Christopher Clock, Dominique Couturier, Jack Gormley, Jennifer Mackey, Katie Mulcahy, Lisa Marie O'Brien, Kenya Palmer, Lisa Staffiere, Jessica Upton, Sarah Welch

### **Welcome, Opening Remarks and Mindful Moment**

Mike Boutin offered a short [mindful moment](#) meditation.

Kenya Palmer will offer the February meeting mindful moment.

### **Quality moments, good news to share**

Luella Benn shared good news that Community Pantry faculty and staff donations following the holiday party were significant. Unilever, a partner of Stop and Shop, also has donated some personal care products.

K. Palmer shared that she is now a board-certified Health and Wellness coach and will share with the group the process involved at our next full meeting.

### **Review of Minutes from November Meeting**

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

### **AMEE (Association for Medical Education in Europe) Poster Opportunity**

Jack Gormley noted MGH IHP's recent membership to AMEE and that there is an opportunity for poster presentations electronically. L. Benn & M. Boutin noted Community Pantry committee has begun working on a poster.

Topics to consider would be: Graduate education experience and Wellness, Community Pantry and Mental Health First Aid. There wouldn't be a lot of expenses involved.

K. Palmer mentioned she leads a Healthy Community task force and that a poster opportunity to showcase how comprehensive their services are might be a potential topic.

## **Narcan Training**

L. Benn put it to the committee to think about bringing a Narcan training to campus. How could the Wellness Council support these efforts? Part of MHFA addresses substance abuse and one of the videos shows Narcan being used.

K. Palmer noted NARCAN training is on her list of trainings and will research as well as consult with Jason Lucey as Lisa O'Brien noted Professor Lucey's efforts.

Katie Mulcahy suggested that Josh Merson may be a good person to consult with as well.

Mike Boutin reiterated that schools can request Narcan from the [state](#) and shared the following link: <https://www.mass.gov/service-details/getting-naloxone-from-a-pharmacy>.

Sarah Welch noted that Denis Stratford would need to be consulted to address campus safety concerns.

J. Gormley asked if there was there a committee that wanted to take this project on. The Personal Growth and Exploration Committee is going to schedule a meeting and address this task.

## **CPR Training**

L. Benn noted students are required to be trained in CPR and asked if these trainings have been available in the past to faculty and staff.

Ronan Campbell noted Joanna Kreisel was not aware of any previous faculty/staff CPR trainings and that Compliance hosts CPR training for students in the fall utilizing [CPR Boston](#) where students incur the cost. J. Kreisel has heard from some faculty interested in training.

K. Mulcahy explained that historically, the training has been the responsibility of individual departments and that faculty and staff incur the cost. Jennifer Duran, Clinical Learning Lab Coordinator in the School of Nursing, offers faculty and staff training.

M. Boutin also mentioned CPR being a requirement for students and if all trainings should live in Compliance.

J. Gormley asked the council's opinion on which committee CPR training initiatives should potentially live.

Christopher Clock suggested that we inquire into how the departments are managing these trainings as this needs to be explored a bit more. C. Clock offered to have the query phase live on the Physical Health and Fitness committee.

## **MHFA Remaining Training Dates**

J. Upton noted 3 upcoming Offerings (need to be enrolled 5 days in advance-no cost to students/faculty/staff-last year and this current year):

- January 30 & 31, 2023 from 6:30 p.m. – 9:30p.m. (Virtual)
- March 29 & 30, 2023 from 6:30 p.m. – 9:30 p.m. (Virtual)

Faculty/Staff course offerings:

- February 7 & 8, 2023 from 5 p.m. – 8 p.m. (Virtual)

J. Gormley proposed a goal of MHFA training for all Wellness Council members by end of the summer. L. Benn noted training could be tailored to the WC itself. Emily “M” Meyer is the behind-the-scenes coordinator and registration can be facilitated through the following link:

[https://mghihp.formstack.com/forms/mhfa\\_learner\\_registration](https://mghihp.formstack.com/forms/mhfa_learner_registration).

## **Other Subcommittee Updates – any/all subcommittees**

### **Physical Health and Fitness (Chris Clock)**

C. Clock and L. Benn met about the Harborview Health Club student gym memberships which are being well utilized. They would like to potentially survey students to see if there are any changes that could be made. What are some of the things that couldn't be solved due to our limited involvement? L. Benn is going to reach out to HHC General Manager Jay Harihar to see if there is currently a mechanism in use to survey students.

K. Mulcahy asked what we can offer to students that would be fun who aren't utilizing the gym to enhance community wellness? Thinking of the 5K success and connection to faculty.

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

K. Mulcahy noted March 17 deadline for alumni award nominations.

The meeting was adjourned at 12:50 pm. Next meeting is February 13, 12:00 pm.

*Ronan D. Campbell*

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