

Wellness Council

MGH Institute of Health Professions

Agenda: February 13, 2023, 12:00 pm Meeting
Minutes

Present (via Zoom): Luella Benn, Christopher Bjork, Mike Boutin, Ronan Campbell, Steve Ciesielski, Christopher Clock, Dominique Couturier, Erik Cruz, Jack Gormley, Katie Mulcahy, Lisa Marie O'Brien, Lisa Staffiere, Jessica Upton, Sarah Welch

Welcome and Opening Remarks

Jack Gormley welcomed DPT student Erik Cruz '24 to the meeting followed by committee member introductions.

Mindful Moment

Luella Benn led us in a mindful moment entitled *Breath in 3X* helping us understanding on a deeper level how breath affects us.

Personal Check In

Mike Boutin led the committee in a group check-in based on all that is taking place in the world offering us a safe space to process and share.

Review of Minutes from January Meeting

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

MHFA Updates

L. Benn noted a small student class ran January 30 and 31 and there is another upcoming March 29 and 30(virtual).

An OT Student reached out to L. Benn to inquire about a special group class being scheduled/organized and reported an upcoming meeting with current instructors to talk about spring/summer and beyond.

J. Gormley reminded everyone about the time commitment and that our next WC meeting will focus on brainstorming on the program and offerings. Be thinking about what the best places to get MHFA fully integrated into the community might be.

Chris Clock asked about the next fac/staff training and L. Benn explained that one scheduled for

February 7 and 8 due to low enrollment was cancelled. Minimum goal for class size is 10. Actual goal would be to have full classes with 20-25 students every time.

J. Gormley suggested having training during working hours and Sarah Welch echoed these sentiments.

Student Assistance Program FY2022 Utilization Report

Lisa Staffiere walked the committee through SAP FY2022 Utilization Report and noted at the outset that usage is up and strong.

Primary buckets are Mental Health/Medical, Family, Work Related, Work/Life, and Addictive Behaviors and anxiety led the primary assessed problems.

Mike Boutin asked if we can move to parsing out the SHRS programs instead of clumping in PT/OT and CSD?

L. Staffiere noted with increased numbers, the stigma continues to lessen over seeking help with mental health and that positive feedback on services was received.

M. Boutin asked about pre-Covid numbers compared to now? L. Staffiere will research and report at the next meeting. Mike also asked what the takeaway for us should be?

L. Staffiere explained that services are more accessible for students when offering both virtual and in person visits. L. Staffiere encouraged the council to please continue to refer student to SAP and reach out when concerned about a student.

S. Ciesielski noted overseeing the mental and emotional health committee and asked L. Staffiere for some advice on potential offerings. A follow up meeting between Lisa and Steve will be scheduled.

J. Gormley reminded everyone that faculty/staff cannot require students to utilize SAP as it is 100% voluntary.

Other Subcommittee Updates – any/all subcommittees

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

Jessica Upton addressed the Overdose Lifeline, Inc. Narcan Training course that is being researched and that she and L. Benn were seeking the instructor training. J. Gormley suggested that Jason Lucey and Rita Olans be consulted in this process and would approve the course cost.

Mental and Emotional Health (Steve Ciesielski and Maya Strod)

S. Ciesielski noted Maya Strod has stepped from the committee for the time being.

Questions, Suggestions, Kudos, Reminders of Upcoming Events

The meeting was adjourned at 12:55 pm. Next meeting is March 13, 12:00 pm.

Ronan D. Campbell

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