

Wellness Council

MGH Institute of Health Professions

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

Present (via Zoom): Luella Benn, Mike Boutin, Ronan Campbell, Steve Ciesielski, Dominique Couturier, Olivia Giles, Jack Gormley, Jennifer Mackey, Lisa Marie O'Brien, Kenya Palmer, Lisa Staffiere, Jessica Upton, Sarah Welch

Welcome and Opening Remarks

Mike Boutin mentioned [a recent article](#) about the value of Mental Health First Aid.

Mindful Moment

Kenya Palmer offered a mindful moment taking Council members through a relaxation exercise utilizing square breathing.

Health and Wellness Coach Certification Process-Kenya Palmer

K. Palmer shared the process of her coaching certification through [The National Board for Health & Wellness Coaching](#) (NBHWC).

Kenya engaged in an intensive practicum in preparation for sitting for the board and part of this was the completion of 50 “101” sessions.

The board and application fee is in the realm of \$500. Exams were proctored and took about two months to obtain results.

K. Palmer partners with patients to enhance their overall health and well-being and the work is client driven and self-directed.

Parallel to Kenya’s training, Mike Boutin received training through the Center for Healthcare Leadership. 60 Hours of course work, 10 hours of mentorship and adjudication of therapy sessions.

Jenn Mackey asked about the possibility of offering coaching to our students and staff.

Review of Minutes from February Meeting

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

Comparison of the past 4 years: Student Assistance Program Utilization

Lisa Staffiere followed up based on the request of Council members with data on the past four years of SAP utilization (FY 20129-2922).

MHFA Brainstorming/Idea Sharing

Luella Benn noted an upcoming student training and recent instructor's meeting. One of their ideas is offering trainings the week of orientation; those students beginning as well as those returning. Looking to optimize the most number of students per session.

J. Gormley asked how we can get to the next level. Example, four times a year orientation, four times a year MHFA.

L. Benn revisited the benefits of being in person for trainings and trying to build it into standardized times. What is a way we can do this that will have the most impact?

Jessica Upton noted the later online classes, 630p and on and students being exhausted from a day of classes.

J. Mackey, similarly to Community Impact Day, what would it look like to hold an institute wide training? This would require additional outside trainers which would consist of more IHP support.

Olivia Giles stated it is hard to add additional items to a student's calendar; however, the break periods could be present an opportunity. The beginning of the semester as opposed to towards the end.

Sarah Welch suggested exploring training options as part of Faculty Development Days. L. Benn noted staff development being offered in smaller chunks of time.

Narcan and CPR Training Follow-Up

L. Benn connected with Jason Lucey and will set up a meeting including J. Upton for additional direction. K. Palmer noted additional hours of training that her students need and Narcan and CPR may be able to apply to those hours.

M. Boutin brought this topic up at the most recent Academic Operations meeting. Denis Stratford explained that CPR Boston could offer the training and we may have the opportunity to engage their services more often on a regular basis.

First Anniversary of the Community Pantry

L. Benn noted that Stop and Shop has visited and were very impressed with the facility. Usage has increased significantly over the past two months.

L. Benn also brought up putting together a survey to get feedback from cohorts to obtain program information and how this might be accomplished anonymously.

Questions, Suggestions, Kudos, Reminders of Upcoming Events

The meeting was adjourned at 12:59 pm. Next meeting is April 10, 12:00 pm.

Ronan D. Campbell
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