

# Wellness Council

## MGH Institute of Health Professions

Agenda: April 10, 2023, 12:00 pm Meeting

### **Minutes**

**Present:** Luella Benn, Christopher Bjork, Mike Boutin, Ronan Campbell, Christopher Clock, Dominique Couturier, Jack Gormley, Katie Mulcahy, Kenya Palmer, Lisa Staffiere, Jessica Upton, Sarah Welch

#### **Welcome, Opening Remarks**

Sarah Welch reminded everyone about the Pillars Excellence awards ceremony taking place Tuesday, April 11.

Jessica Upton celebrated the March 29 Student Leadership Awards ceremony attended by students, faculty and staff.

Dominique Couturier noted the library will be hosting upcoming study breaks. Aromatherapy, bracelet design and stress ball making are highlights.

Luella Benn offered kudos to Katie Mulcahy will be teaching her first MHFA course for an OT cohort of 18 students.

#### **Mindful Moment**

Jack Gormley offered a mindful moment surrounding National Poetry Month focusing on what your “spot” is for self-care and relaxation. The [Lake Isle of Innisfree](#) by William Butler Yeats as read by [Sir Anthony Hopkins](#).

Dominique Couturier will offer the Mindful Moment at our next meeting in May.

#### **Review of Minutes from March Meeting**

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

#### **Celebrating Two Years of the Wellness Council and One Year of the Community Pantry**

J. Gormley acknowledging two years of the Wellness Council and One Year of the Community Pantry seeking feedback, kudos and comments from members.

L. Benn offered kudos for behind-the-scenes support of Accessibility and Resources and Wellness Coordinator M. Meyer and Graduate Assistants Emily Komarow (CSD) and Alexia Nachtigal (PT).

In January, the Community Pantry had distributed over 2,300 individual items and purchased \$5,600 in goods. Kudos to Mike Boutin for facilitating all of the shopping.

M. Boutin noted usage has gone up significantly and how much product that has been utilized.

J. Gormley mentioned one thing that comes as a surprise is how thoughtfully curated it has been; for example, recipes and promotion of healthy snacks.

L. Benn reminded members that feedback is greatly appreciated which helps with research.

M. Boutin brought up that as we look to next year with the IHP reorganization, the pantry will be physical moving. There will be a meeting with Vanessa Desrochers and Denis Stratford to go over location concerns and normalizing the process. The Community Pantry is currently scheduled to be relocated to the fourth floor of Shouse which will expand on student resources in the building.

S. Welch posed the question if the relocation close to the study area would create an opportunity for more one-off snacking? M. Boutin has brought that into usage consideration thus adjusting the shopping strategy. We must keep in mind the staff who are currently supporting the effort are not housed in Shouse.

Lis Staffiere noted potential shame in visibility and accessing pantry.

J. Gormley noted how supportive Denis Stratford and Campus Services were in the original location of the pantry and asked if we should consider asking them about possibilities on the lobby level of Shouse if that would be more helpful than the fourth floor.

K. Mulcahy offered Kudos to M. Boutin and L. Benn for all of their efforts and to ask what support they could use in moving forward (students, staff, etc.).

L. Benn noted progression of the pantry and creating a usage handbook to sustain its longevity. This could include GA support, and student projects for long range responsibilities. What structure could be agreed upon? Chris Clock would like to help and see what is outlined for opportunities.

J. Gormley noted that in the May meeting he would like to engage the council in some brainstorming exploring our 3<sup>rd</sup> year. What can we do to move forward? Would like to pose some questions and report out to the IHP community.

### **Student, Faculty and Staff Wellness Council Open House Ideas**

J. Gormley would like to hold an information session with a slide deck for students, faculty and staff. Potentially in May and/or June at a faculty/staff town hall for a Wellness Council plug. This would include official community reporting.

How do we appropriately mark our two-year anniversary?

K. Mulcahy offered to promote the Community Pantry to the alumni community.

### **Council Member Appreciation**

J. Gormley would like to explore some official member appreciation. Would a sweatshirt be appropriate?

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

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

J. Gormley asked about 2023 5K event. C. Clock and L. Mulcahy will be meeting about a fall offering.

C. Clock asked about CPR and moving forward? M. Boutin relayed Academic Operations and CPR Boston training spaces at IHP. Currently, there is no consolidated approach. Seems to be some willingness to schedule it once a semester from Denis Stratford's office.

Narcan training and feedback from Jason Lucey. Seems accessible and straightforward and providing community resources. L. Benn noted certification courses are offered online.

J. Gormley as if this could potentially be offered with MHFA? J. Upton responded with looking into that possibility.

#### **Mental and Emotional Health (Steve Ciesielski)**

K. Mulcahy reminded members May is Mental Health Month and offering Mental Health and Self-Care Tips. Beliefs and values and how they contribute to our mental health.

Also brought up the upcoming *This is My Why* alumni column contribution and those alum in mental health space can offer feedback.

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

The meeting was adjourned at 12:49 pm. Next meeting is May 8, 12:00 pm.

*Ronan D. Campbell*

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