

Wellness Council
MGH Institute of Health Professions
Community Information Session

Agenda: June 26, 2023, 12:00 pm Meeting
Minutes

Present: Luella Benn, Christopher Bjork, Steve Ciesielski, Olivia Giles, Jack Gormley, Joanna Kreisel, Katie Mulcahy, Jillian Salis, Lisa Staffiere, Jessica Upton

Welcome! Opening remarks, quality moments, kudos, good news (all)

Attendees introduced themselves to give background as to who was in the meeting.

Jack Gormley shared a good news moment that since the last meeting, he became certified in social justice mediation – a JEDI focused/social justice-oriented approach to conflict resolution.

Mindful Moment (led by Jessica Upton)

Practice mindfulness quickly in almost any situation using the senses grounding technique.

Practice consisted of noticing five things you can see, bring your awareness to four things you can feel, notice three things you can hear, notice two things you can smell, notice something that you can taste.

Katie Mulcahy confirmed she will lead the mindful moment at the next meeting.

Review of Minutes from May Meeting

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

Wellness Council history, programming, and impact (Jack Gormley/Luella Benn)

Summer months for Wellness Council are quiet and everyone tends to be busier, J. Gormley proposed taking July and August off, returning to monthly meetings in September.

J. Upton noted keeping subcommittee meetings to welcome students back from the summer and agreed taking two months off is a good idea, checking back in this September.

Steve Ciesielski agreed taking time off and continuing subcommittees.

K. Mulcahy agreed and would like to consider welcoming of students as a central focus for subcommittees, each committee tackling one action item to have prepared for new students.

Lisa Staffiere noted she would like to meet in September.

There was no opposition. This Wellness Council will not meet in July or August and subcommittees will continue to do operate. J. Gormley noted that most of the work happens at the subcommittee level, and that the full meeting serves as a check in with the entire council.

N.B. that the BIPOC, LGBTQ+ and FG/LI subcommittee is looking for new leadership.

Luella Benn is looking to schedule a staff Mental Health First Aid training and the end of July, and August and September dates are being explored.

L. Benn noted that the Community Pantry is going into its second year and is still housed in Building 39. It will be moving to 4th floor of Shouse at some point in July, and they are waiting for a specific day and confirmation of storage and materials.

L. Benn explained the new Ombuds program for students, specifically, students who may have any kind of issue that they experience as students that they don't know where to go and they want to find out more information about how to address it and move forward. The Ombuds supports them in navigating discipline and/or academic conflicts.

On Wednesday, June 28, there will be an information session open to faculty and staff at noon and for students from 3:00-4:00 pm. They've already had students reaching out about it and how to use the program to their benefit.

Kudos to L. Benn for coordinating with Pat Lussier-Duynstee on everything behind the scenes.

For committee chairs, L. Benn wanted to highlight that being a member of the Wellness Council on an ongoing basis and providing ideas when they come about is great, and it can be either a short term or long-term commitment.

J. Gormley wants to encourage the power of recruiting and suggesting the idea of joining to people we know and interact with.

L. Staffiere is wondering if we have a flyer that dictates the history, the subcommittees, and the contacts that we could share with colleagues for recruiting purposes.

J. Gormley agreed this flyer should be created. L. Benn referenced an IHP-TV flyer that was created and converting that to a flyer size.

Joanna Kreisel provided the link to the page on the IHP website that details the Wellness Council: <https://www.mghihp.edu/about/institute-leadership/councils/student-wellness->

[council.](#)

Other Subcommittee Updates – any/all subcommittees

BIPOC, LGBTQ+ and FG/LI Student Wellness

New leadership sought

Mental and Emotional Health (Steve Ciesielski and Katie Mulcahy)

There was an update from Jillian Salis on the knitting and crocheting for well-being group that is meeting tonight. Those interested in the planning and research aspect of it, it will kick off in July – alumni and students welcome. J. Salis, K. Mulcahy and Jennifer Mackey will be leading this effort and hope to figure out something that will work for everyone. Tonight's meeting will be logistically centered.

Personal Growth & Exploration (Luella Benn and Jessica Upton)

J. Upton provided noted the summer wellness campaign taking place spanning 8 weeks, posting on social media to support eight (8) dimensions of wellness.

There will be a Padlet where students can add free or low-cost activities to share with other students. Each Friday is a post on social media. In the past, the subcommittee has climbed Mount Monadnock and scheduled moments of meditation rock climbing activities.

The committee aims to bringing joy and lightness to students, faculty and staff.

Questions, suggestions for future agenda items, reminders of upcoming events (all)

The meeting was adjourned at 12:42 pm. Next meeting is TBA and will be in September.


Ronan D. Campbell