

# Wellness Council MGH Institute of Health Professions

Agenda: February 12, 2024, 12:00 pm Meeting  
**Minutes**

**Present:** Mike Boutin, Ronan Campbell, Christopher Clock, Katie Mulcahy, Lisa Staffiere

## **Welcome and Opening Remarks, Quality Moments, good news to share**

### **Mindful Moment (Lisa Staffiere)**

Lisa Staffiere led us in a Yoga at Your Desk exercise.

Joanna Kreisel has offered to lead our next Mindful Moment.

### **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.

### **Wellness Council Spring Retreat (Ronan/All)**

Katie Mulcahy suggested that an 11:00 am to 1:00 pm retreat/meeting might be a reasonable timeframe to consider.

Chris Clock asked that we as a council find commonalities to support staff and students; however, need some direction to where we are headed. Where do we sit and where do we overlap with other support mechanisms?

With a retreat, C. Clock asked for the opportunity for pre-meeting prompts. Where do we want to direct the conversation? Asking for "Leadership Guardrails."

L. Staffiere asked if there as annual student survey to assess student wellness needs. Suggested that committees be rethought and how we can make the most of them.

K. Mulcahy commented on a recent Boston Globe article on student mental health at WPI and their team response approach. Could there be a team-based support plan at the IHP?

K. Mulcahy asked that we get a sense of who can take part on this council and commit. How many other people are with us at any given time? Who can be on board?

L. Staffiere asked how we can get people to recommit and suggested our April meeting date as a possible time for a conversation to refocus.

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

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

Steve Ciesielski and K. Mulcahy are working on Mental Health Survey as part of a course with Rachel Salguero. It is based on prompts with scaled responses and corresponding action items. This will be administered to see if supports are helping and if there are subsequent ways for additional supports depending on data. This could be useful to and implemented in other departments and will be administered in the summer.

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

The meeting was adjourned at 12:33pm. Next meeting is April 10, 12:00 pm.

*Ronan D. Campbell*  
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