Wellness Council
MGH Institute of Health Professions

September 23, 2021, 3:00 pm Meeting
Minutes

Present (via Zoom): Savetrie Bachan, Luella Benn, Ronan Campbell, Steve Ciesielski, Christopher Clock, Elizabeth Cornforth, Harsha Dhingra, Jack Gormley, Katie Mulcahy, Lisa-Marie O’Brien (Barone), Lisa Staffiere, Denis Stratford, Jessica Upton, Lisa Walker, Sarah Welch

Announcements and Quality Moments:

Jack Gormley announced that the first Wellness Council Executive Committee meeting was held on September 22 with Jack, Mike Boutin, Steve Ciesielski and Luella Benn. Organizational needs, co-chairs and 2021-22 priorities were discussed.

Jessica Upton announced that a Resource Fair for all students would take place on October 4.

Review of Minutes from August Meeting:

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

Student Assistance Program FY ’21 Annual Report Highlights

Lisa Staffiere presented highlights from the Student Assistance Program FY ’21 Annual Report (see attached).

Savetrie Bachan posed a question about primary presenting medical and mental health problems and if they were different as a result of the pandemic. Adjustment Reactions and Anxiety had increased and there was an increase in requests related to psychopharmacology.

Jessica Upton asked what choices are available for students to self-identify their gender. Lisa provided the following in the chat from the SAP questionnaire:

What are your preferred pronouns? ☐ He/Him/His ☐ She/Her/Hers ☐ They/Them/Theirs

Gender -Categories from Peoplesoft: Male Female Unknown/Declined

J. Gormley posed question about racial/ethnic background. Lisa explained that it is asked and there is an option not to disclose.

S. Ciesielski raised food insecurity inquiries. Lisa noted she has had a few over the years.
Noting that OSAS staff track optional referrals to SAP each month (over 100 students were recommended to SAP by OSAS last year), J. Gormley shared his observation that stress and anxiety stand out to him in the report. He asked WC members if this seems consistent with what they observe in their day-to-day experiences. There was a consensus that anxiety has been prevalent over recent years – including perfectionism and the fear of making a mistake.

Faculty present expressed appreciation for the data. Christopher Clock acknowledged that the concerns in the report tend to reflect what he hears from students, and thanked SAP for referral process and services offered. Lisa Walker noted that many practitioners teach at the IHP and may become aware of student needs but it is not appropriate for them to provide treatment such as mental health counseling. There was consensus that it can be difficult to maintain the necessary boundary – underscoring the need for SAP services.

Katie Mulcahy asked if it would be beneficial to share highlights of the SAP annual report more broadly. Perhaps a high-level summary at an upcoming faculty Senate? Denis Stratford and L. Walker suggested an upcoming All Faculty meeting.

**Action Item:** J. Gormley and L. Staffiere to determine next best steps for presentations to faculty and staff.

**Invitation to Join HRSA Grant Application**

J. Gormley informed the WC that IHP leaders from Continuing Professional Development and the School of Nursing had recently applied for a HRSA grant to address clinician burnout and promote resiliency among healthcare professionals, including student-providers. Sue Farrell is leading the effort with Elizabeth Cox and Pat Reidy; when they asked if the WC would be interested in participating in programming or related activities – should their grant application be approved – J. Gormley agreed in principle on behalf of the WC. More details to come pending feedback from HRSA.

**Food Pantry Proposal Funding Update**

Mike Boutin, Jessica Bell, Luella Benn, and Kerry Kearns have made several presentations recently (WC as well as Executive Council and Academic Council). The pantry proposal began with a subcommittee of the Student Services Covid Response Team (START).

For start-up funding, J. Gormley reported that President Paula Milone-Nuzzo recently asked him about using a portion of the $100,000 CRRSAA funds. WC members had no objection to utilizing $5,500. It was noted that funding beyond the start-up remains to be determined.

L. Benn reported that she would meet with Clare McCully, Chief Development Officer, the following week about future fundraising for Food Pantry support.

D. Stratford noted that the Greater Boston Food Bank has started a media campaign to specifically
address food insecurity on college campuses, and that MGB is making donations to some of the food pantries in the area as well.

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

J. Gormley brought up WC meeting times and our ongoing efforts to schedule meetings when students can attend. Perhaps WC should consider other timeslots, such as the interprofessional hour on Wednesdays at noon, or the Mondays’ noontime unopposed hour. J. Upton noted that Mondays are already busy with competing activities for students to attend. Savetrie Bachan suggested sending students scheduling options at the start of each semester, and then circling back to WC faculty and staff, or sending another survey out to all WC members. No change recommended. Jack asked all to send any meeting times suggestions to Ronan.

R. Campbell announced the October Wellness Challenge which will be open to the entire IHP Community on social media. It was suggested that alumni should be able to participate as well.

**Action Item:** Ronan to provide an update at the October 28 meeting.

J. Gormley asked all WC members to consider if there is a particular subcommittee they would like to serve on or co-lead, and please reach out to Jack in the coming weeks.

The meeting was adjourned at 4:05 pm. Next meeting is October 28, 3:00pm.

_Ronan D. Campbell_

Ronan D. Campbell
Introduction

• Rationale: Food insecurity is a real issue across college campuses (Goldrick-Rab et al., 2019) and we are not immune.

• We propose establishing an IHP Food Pantry that would be open to all members of our community and provide non-perishable food and personal care items
Timeline

2020-2021: idea developed through START subcommittee, including Jess Bell, Luella Benn, Mike Boutin, and Kerry Kearns. Team formation included lit review, webinar, and interviews with local Food Pantry directors

Spring, 2021: get buy in from various stakeholders, including Operations, OSAS, Development, faculty, students

September 2021: proposal submitted to Executive Council

November 2021: planning begins, including site prep, recruitment of volunteers, establishing volunteer handbook

Jan, 2022: begin training of volunteers

Feb, 2022: kick off food drive to heighten awareness and provide start up stock

March, 2022: shelves stocked

April 1st, 2022: Food Pantry opened

July, 2022: 90 day review and assessment with questions to include second possible building location, use of gift cards to GrubHub and grocery stores in addition to stock

Resources and Operations

Location

• Self-service

• Prominent

• Afford privacy, avoid stigma

• Campus Services suggestion: Building 39
Resources and Operations

Personnel

• Staff member day-to-day operations

• Volunteers
  • IHP Community Service Committee of the Staff Council
  • IHP Acts of Service soon to be approached

• Advisory Board

Inventory

• Donations
  • Recruit student organizations
  • Additional food drives

• Purchased stock
  • Donations may be insufficient
  • Commitment from IHP offices
Resources and Operations

Education

• SNAP benefits
• Fresh Trucks and Fair Foods
• City of Boston maps of food resources

Promotion

• Kick off Food Drive – February 2022
• IHP News & Campus Televisions
• Outreach to student groups
• Student Services communications
• Faculty outreach