

Complied By Lily Saadat
 Northwestern University
lily.saadat@northwestern.edu
 May 2015

OSR Wellness Survey

Program Name	Description
Georgetown	We offer a Mind Body elective at Georgetown during the first and second years. I didn't participate, but as I understand we have several faculty members volunteer to be group mentors. These mentors host weekly meetings with the same set of 6-8 students throughout the year to discuss different stressors, positives and negatives of the previous week, and ongoing issues. They also take time to learn new coping mechanisms or wellness strategies such as mindful eating, meditation, yoga, journaling, art, etc. My classmates who participated all had very positive things to say about the experience. The small group setting allows students to feel more comfortable opening up in a confidential environment. It also allows them to recognize and support students around them who are struggling.
New York Medical College	We just had a wellness week that we had a less than desired participation and were hoping for new ideas. We had a guest speaker about sleep, a boot camp organized by students, and attempted to do a therapy dog session but had difficulty with legal issues etc. We topped things off with a community health fair that was successful.
University of Missouri-Columbia	Here at the University of Missouri-Columbia, we have a formal curricular program called COMPASS. It is a required course and opportunity for students to meet and discuss current topics as well as a chance to meet with other med students from all four years in small groups as a mentorship program.
UCSF	<p>We have a 2 hour program called Mental Illness Among Us that all of the first years go through during our Neuro/Psych block. From what I've heard from medical students in years past, the program is a great way (1) to remind us all that doctors are not immune to mental illness and (2) to create an open space for students to share about this sensitive topic. The program includes testimonials from fellow students about stigmas they have dealt with, family management, medications, etc. There are also small group discussions afterward for us to discuss these issues in a less public environment.</p> <p>This year, the MS2s created a Suffering in Silence day earlier in the year (January) because they felt that the one Mental Illness Among Us program was not enough. I think there is some interest in expanding it even further. The program is student-organized, but there is a lot of input from the Neuro/Psych Block faculty coordinators to make sure that the program fits into our schedule."</p>
Loyola	Last year we started a wellness festival. It was fun. It was all student planned but we invited a lot of different groups to attend. It was 1 days for about 4 hours in the atrium. Clubs in attendance: councilors, massage therapists, dermatologist

	doing free skin cancer screenings, pet therapy dogs, build your own trail mix and smoothie bars, fitness center was raffling off some gym clothes, music as therapy group.
Johns Hopkins	Student Wellness Initiatives, LiveWell Newsletter (We publish the Newsletter once per month, and it is open for all students to publish and share in. We send out a call for submissions reminder e-mail twice before publishing the next edition, and students have been great at participating in this new initiative that is now going to be one year-old in May!)
Vanderbilt	The Wellness Resource Center is dedicated to helping members of the Vanderbilt community develop and increase their awareness of every aspect of wellness. Wellness is an active process of becoming aware of and making choices toward a more successful existence. The Wellness Resource Center is a hub for educational resources, advocacy, and programs about hundreds of wellness-related topics.
Wayne State	Health and Wellness day: Number of seminars and activities geared at promoting health and wellness, including Zumba, "how to reduce stress in medical school" mini-seminar, yoga, healthy eating and cooking seminar, and resources for coping with depression. The event was scheduled on a day with relatively light academic course load for students.
Indiana	Our Wellness Committee consists of a group of student liaisons and several of faculty members that have worked to promote health and wellness to medical students, residents, faculty, and staff at all IUSM campuses across Indiana. Each year, Wellness Liaisons create projects, events, and activities that support balanced living in the six dimensions of wellness: Intellectual, Professional, Emotional, Spiritual, Physical, and Social. Liaisons meet monthly (roughly) and we try to organize activities and events that encourage students, residents, faculty, and staff to seek opportunities outside of the classroom and hospital, to make healthy choices, to be increasingly cognizant of their own personal wellness and self-care, and to promote balanced living. In the past several years our committee created a Running Club and this year we were able to purchase T-shirts with our new Wellness logo for them this year. We also began an IUSM Wellness Passport Program incentive program (http://msa.medicine.iu.edu/wellness/passport/) to encourage students to explore ways to stay healthy and well, incorporate diverse activities into their daily routines, and achieve balance within the six dimensions. Students received a small prize (IUSM Wellness water bottle) for participating and we also offered a Grand Prize valued at \$200 and several smaller runner up prizes. We also now have an IUSM Wellness Facebook account and have connected to numerous (250+) students across the state. Other activities included organizing Healthy Lunch Pot-luck meals, organizing/promoting group fitness classes and intramural sports, helping with the Food As Medicine training (for which IUSM provided CME credit), and organizing group outings to local parks. We also participated in Medical Student Affairs (MSA) events such as the Freshman Orientation Activity Fair and the MSA Open House.
Louisville	Lunchtime seminar series: We have lunchtime seminar series for our first year students regarding mental health and stress management. Essentially our student health psychiatrists give 3 seminars on the above topics and provide their contact information to students should anything come up.
MSU	First off, we have a student wellness curriculum that includes a few required events in which we talk about issues, get resources on where to get help if we need it and also allows faculty to check in on students throughout the year.

	<p>However, I think the biggest (and best) component of our wellness program is centered around stressful study periods before big exams. Our school offers optional wellness activities such as yoga, massages, ice cream socials, study snacks, perpetual free coffee, and (best of all) pet therapy dogs! They invite therapy dogs to come into med school for a few hours and us students really enjoy some time playing with dogs to relax.</p>
Nevada	<p>We just started our Wellness Program at the University of Nevada School of Medicine this year. One of most well received wellness programs are stress-relief sessions a couple weeks before an exam. We have a one or two yoga classes that week and hire local massage therapist students to give back massages outside the classroom.</p>
UTMB	<p>Peer Counseling System: At UTMB, we have a Students Against Depression organization. They sponsor a breakfast before the first year's first test, provide healthy snacks outside of the library during busy times of the semester, and sponsor social activities throughout the year. They also head a student counseling program where trained students meet with peers that are stressed or struggling.</p> <p>Health Week (UTMB): Our student life office also hosts a type of Health week in the Spring to encourage exercise and healthy eating. We also have a Stress Less Fest in the Spring. We have done this for 2 years now and it has been really well received by the students. We have lunch seminars throughout the week talking about how to organize studies, how to take a break and calm down, etc. The faculty have been volunteering to give these lectures and work with the Stress Less team to plan topics each year. During this week we also have a big social dinner on campus and bring in massage therapists.</p>
Virginia Tech	<p>Our affiliated hospital owns and operates their own health and fitness club so all students receive free membership when they matriculate. Students have also started regular sporting events like a pickup basketball game on Sunday mornings and soccer on Friday afternoons. We have a club for Student wellness and Outdoor Life that helps organize outdoor events, trips, races, MedWars, etc. Last year the office of student affairs offered a weekly session on practicing mindfulness as a way to reduce stress and improve focus. Finally we have staff in the office of student affairs and an impartial unaffiliated counseling service available to students in need.</p>
Dartmouth	<p>Dartmouth sponsored a one-day wellness retreat with focus groups and a keynote speaker (Dr. Derby) (big name in wellness) that brought forth many issues about how students feel about different types of care on campus. Retreat resulted in recruitment of an additional mental health professional specifically for medical students (medical students voiced that they were having difficulty accessing resources so taxed by undergrads already). Dartmouth also has a Little sib/ big sib program that is very popular among students.</p>