

Hello Students!

I hope you are all taking good care of yourselves and each other. I just wanted to make sure everyone was updated on all our wellbeing-related resources at the LCOM and at UVM. So many words of wisdom are going around these days. Please share with me any that you have found particularly helpful.

- **Drop-in hours with me or and the Student Services Team:**
  - If you would like to check in for any reason, please don't hesitate to email me or take one of my Zoom [drop-ins](#). Don't hesitate to email if there's any sense of urgency.
  - Dr. Eldakar Hein and Dr. Menon (drop-ins [here](#)), Dr. Feldman ([here](#)), and Dr. Moynihan ([here](#)) are all available to you. We want you to stay in touch!
  
- **Student Health Center:**
  - Note that ALL of you have free access to primary care at Student Health, regardless of your insurance! Here's an update on Student Health, from M2 Wellness rep Isi Beach:
    - "SHS are still offering just as many appointments as usual. They have mostly moved over to Telehealth consultations over the phone, but this is up to the discretion of the provider (i.e., not ALL appointments are Telehealth). They continue to take new patients, and I asked if it's harder these days to get an appointment and they said it is actually easier than usual because fewer people are on campus / fewer people trying to schedule appointments."
  
- **Psychotherapy referrals:**
  - If you are interested in finding a therapist, the CBT clinic in the psychology department ([Vermont Psychological Services](#)) has switched over to telehealth. As always, this service is completely confidential and is not a training site for med students. I'm glad to facilitate a referral (glad to talk about it further if you have questions, or just send me an email), or you can call them directly at 802-656-266. They accept VT Medicaid, Student Health Insurance, and VT BS/BC, and will negotiate a sliding fee if they can't take your insurance.
  
  - [UVM's Counseling and Psychiatric Services](#) is also doing telephone appointments and can refer students for telehealth psychotherapy in the community. As with the Student Health Center, you all have access to this service at no cost!
  
- **Psychiatric care:**
  - If you want to see a psychiatrist, get in touch with me or a member of the Wellness Committee and we can facilitate a referral.
  
- **The Wellness Committee is offering:**
  - *Online peer support groups:* Keep an eye on the Weekly Wire and the class Facebook pages. Your class Wellness reps are hosting weekly peer support groups and social hours.
  
  - *A fabulous Instagram page:* Flo Lambert-Fliszar, M4 Wellness rep, notes, "The Wellness Committee now has an Instagram page! In these times of uncertainty and isolation, we thought starting this page would be a good way to reconnect, as well as have one for

future use. Follow us @lcomwellness to get updates on events, projects, and other wellness-related information...Stay tuned for a Wellness Quarantine Cup!"

- You can also view a list of resources gathered by the Wellness Committee [here](#)
- **Online resources for mindfulness, exercise, etc:**
  - Local yoga studios, like:
    - Hot Yoga Burlington; here's their [SCHEDULE](#).
    - <https://www.sanghastudio.org/sanghaclosing>
    - <https://www.laughingriveryoga.com/online>
  - Obviously, many resources have been passed around, but [here](#) is the most comprehensive list I've seen, created by a Cal State professor. Please share!
- Also watch for offerings from the Meditation and Mindfulness SIG. When there are so many troubling things we cannot control, cultivating acceptance, awareness, compassion, and presence is not such a bad idea.

Stay well.

Lee Rosen and the Wellness Committee

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