

From: Zehle, Christa H <Christa.Zehle@med.uvm.edu>

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Cc: Page, Richard L (LCOM Dean) <richard.page@med.uvm.edu>; Tandoh, Margaret A <Margaret.Tandoh@med.uvm.edu>

Subject: This Week's Wednesday Wonders

Dear Students,

This last week was a difficult week for many reasons. For those of us longing for unity, justice and peace, the ruling in Breonna Taylor's death, the passing of Justice Ruth Bader Ginsburg, the President's Executive Order on race and sex stereotyping and recent refusal to admonish White Supremacy, have been especially difficult. The ongoing unrest on top of the challenges imposed by COVID-19 continue to affect us all, especially members of our community who have been, and continue to be, disproportionately impacted. We need to recognize that these events can impact each of us differently and that we likely will find comfort and support in different ways.

Below are some resources for you to be aware of. We care deeply about each one of you and want to ensure that you have the support and resources that provide you a sense of belonging in our community and allow you to successfully engage in your medical education. Please do not hesitate to reach out to us if we can be of additional support. And let us all continue to stay in dialogue with and connected to each other in our community of people dedicated to healing in unity, justice, and peace.

Please join me, Dean Page, and Associate Dean for Diversity, Equity and Inclusion Margaret Tandoh for a Virtual Town Hall this coming Monday, October 5, 2020 from 12:00 pm – 1:00 pm. Please click the link to join the webinar: <https://uvmcom.zoom.us/j/91468868479>

Additional Resources:

- [Dr. Lee Rosen](#), Interim Associate Dean for Students and Director of Student Wellbeing
- [Dr. Nathalie Feldman](#), Director of the [Learning Environment](#) and Interim Associate Dean for Admissions
- The LCOM [Office of Diversity, Equity, and Inclusion](#)
- [The UVM Women and Gender Equity Center](#)
- [Prism Center at UVM for LGBTQ+ identified students](#)
- [The Mosaic Center for Students of Color](#)
- Mental health care resources for LCOM students:
 - UVM's Counseling and Psychiatric Services ([CAPS](#)). Available to all UVM students, for free, regardless of which insurance you have.
 - Cognitive Behavioral Therapy from the training clinic ([Vermont Psychological Services; VPS](#)) in the UVM psychology department (reach out to Dr. Rosen or call them directly). VPS accepts VT Medicaid, the Student Health Insurance, and VT Blue cross/Blue shield.
 - Referrals to local mental health providers in CT (reach out to [Dr. Kulaga](#)) or community providers in VT (reach out to [Dr. Rosen](#) or your Wellness Committee reps).
 - [WellConnect](#). *Wherever* you are (i.e., VT, CT, on vacation or an away rotation), as an LCOM student, you have access to free online, phone, and in-person counselling sessions with a licensed mental health professional. The easiest way to access services is to call WellConnect at 866-640-4777 (code: [found under your password-protected wellness resources](#)).
 - Referrals for psychiatric care (reach out to [CAPS](#), [Dr. Rosen](#), or the [Wellness Committee](#)).
- **Sign up for a Drop-in Meeting (see links below):**
 - [Dean for Medical Education](#)
 - [Assistant Deans for Students \(preclinical, clinical, CT Campus\)](#)

- Director of Academic Achievement
- Director of Learning Environment
- Associate Dean for Students & Director of Student Wellbeing

Additional WeeklyWonders Resources:

- [UVMHN COVID-19 Scorecard](#)
- [Health Industry Advisor, LLC – Issue#157: September 9](#)
- [Class of 2023 memo - a series of meetings that will address questions about the Clerkship level of medical education](#)

With appreciation,
Christa Zehle

Christa H. Zehle, MD
Senior Associate Dean for Medical Education
Office of Medical Student Education
Larner College of Medicine at The University of Vermont

Associate Professor of Pediatrics
Pediatric Hospitalist
Vermont Children’s Hospital University of Vermont Medical Center

MEDICAL STUDENT EDUCATION OFFICE

[Drop In Sessions](#)

The Courtyard at Given, N-127

89 Beaumont Avenue

Burlington, VT 05405-0068

Office: 802.656.0722

Christa.zehle@med.uvm.edu | www.uvm.edu/medicine

Pronouns: she/her [[Why include pronouns?](#)]

