

From: [Rosen, Lee](#)
Subject: Mental health resources plus a new CBT skills group for med students with ADHD/executive-functioning issues
Date: Tuesday, August 23, 2022 4:40:27 PM
Attachments: [image001.png](#)
[ADHDMedFlyer.pdf](#)

Hello LCOM Students:

I wanted to let you know about an excellent mental-health resource you might want to consider. Two PhD candidates from the Clinical Psychology program are going to run a therapy group for LCOM medical students focusing on cognitive-behavioral skills for managing ADHD and executive functioning challenges, a domain in which so many of us struggle these days.

A few details:

- The group will take place in person (and close to Given) Tuesday evenings – **starting September 6** -- at 5:45 and it will go for 8-10 weeks. Participating means committing to going to all (or nearly all) the sessions.
- It's free, as this is sponsored by generous donations from LCOM alumni directed at medical student wellbeing.
- A diagnosis of ADHD is not required to participate.
- Take a look at the attached flyer for more information.
- If it fills up and there's a waiting list, we'll try to offer it again sooner rather than later.

You can also ask me any questions you might have about this offering or reach out directly to one of the therapists, PhD candidate [Emily Pomichter](#). I'll note that the Clinical Psychology training clinic (Vermont Psychological Services) has had long waitlists recently, and so it's been more difficult recently for med students to access cognitive behavioral therapy. Therefore, we are intending to bring more CBT therapy groups to the medical school. Next semester, our hope is to offer an anxiety management/coping skills group.

We are guessing this will appeal mostly to 1st and 2nd year students, but clinical level students are welcome to participate also. (That said, we are working on a version that will also be accessible by students at the Connecticut Campus.)

And, this is a good time to remind everyone of our usual array of mental health and support resources:

- UVM's Counseling and Psychiatric Services ([CAPS](#)). Available to all UVM students, for free, **regardless of which insurance you have.**
- [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: UVMCOM).
- Cognitive Behavioral Therapy from the training clinic ([Vermont Psychological Services](#)) in the UVM psychology department (reach out to Dr. Rosen or call them directly). There is a long (6-8 month) waitlist right now, but get on there if you think you'd like some CBT down the

road. Time goes by fast.

- 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).
- Referrals for psychiatric care (reach out to [CAPS](#), [Dr. Rosen](#), or the [Wellness Committee](#)).

And other LCOM and UVM Campus resources that are so very helpful:

- [Dr. Nathalie Feldman](#), Director of the [Learning Environment](#)
- The [Office of Diversity, Equity, and Inclusion](#)
- [Drop-ins with Deans for Students](#) (Dr. George, Dr. DeAngelis, Dr. Kulaga, Dr. McNamara)
- [Dr. Moynihan](#), the Director of [Academic Achievement](#)
- [Prism Center at UVM for LGBTQ+ identified](#) students
- [The Mosaic Center for Students of Color](#)
- [The UVM Women and Gender Equity Center](#)
 - [Partnering with H.O.P.E Works](#)
- Student leadership groups, like [The Wellness Committee](#)
- [Dr. Lee Rosen](#) and [Dr. Leigh Ann Holterman](#)

Take care everyone!

Lee Rosen

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Drop-in sign-up [here](#)





ADHD AND EXECUTIVE FUNCTIONING SKILLS GROUP

WEEKLY STARTING SEPT. 6

WHAT IT IS

- A therapy group run by UVM Clinical Psychology PhD students
- Learn skills to help improve organization and planning and reduce procrastination
- Develop community with students going through similar challenges

5:45PM EVERY TUESDAY

8-10 Sessions

EMAIL WITH QUESTIONS OR TO SIGN UP

emily.pomichter@vps.hush.com

WHO ITS FOR

Anyone who struggles with these skills, whether you have ADHD/ADD or not