Larner College of Medicine
Student Wellness

**Student Services**
- LCOM
  - Support Faculty within OME
  - Office of Diversity and Inclusion
  - Financial Support Services
  - Student Lounge
  - Social events

- University-wide
  - Center for Health and Wellbeing
    - Counseling and Psychiatry Services (CAPS)
    - Student Health Services
  - Fitness facilities and recreational programming
  - Access to affordable healthy food
  - Women’s Center
  - Police Services

**Curricular Initiatives**
- Mandatory:
  - PCR 1 (Foundations 1)
  - PCR 2 (Foundations 1)
  - PCR 3 (Clerkship course)
  - Mandatory mindfulness education sessions
  - Pass/Fail Foundations
  - “The Science of Mindful Wellness for Medical Students and their Parents” talk by Dr. James Hudziak

- Elective:
  - Optional curricular mindfulness
  - 4th year elective courses

- Step 1 Support and Wellbeing Series

**Extra Curricular (elective) Initiatives**
- Student Interest Groups
  - Health and Wellbeing:
    - Yoga
    - Running

- Humanities in Medicine
  - Story slam
  - Red Wheelbarrow magazine
  - PCR assignments

- Intramural Sports Teams

- National Organizations:
  - American Medical Women’s Association (AMWA)
  - Gender and Sexuality Alliance (GSA)
  - Student National Medical Association (SNMA)

- Community Service/service learning

**Student Leadership**
- Wellness Committee
  - Mental Health Panel
  - Suicide Prevention Seminar
  - Optional group mindfulness sessions
  - Wellness topic luncheons
  - Peer support group
  - Clerkship support group
  - Fresh Fridays
  - Tea at three (Step 1 support)
  - End of year BBQ
  - Support Person Creemee Night

- Student Education Group
  - Enables student collaboration and agency in curricular development

- Student Council
  - Big Sib, Little Sib program

**Assessment**
- Yearly Comprehensive Wellbeing Assessment across the four classes
- GQ and Y2Q (annual)
- PCR course evaluation (annual)
- Clerkship mid-rotation feedback check-in session with Clerkship Director (every rotation)
- Student Wellbeing Research Group
1. **Support Faculty within OME:**
   - Director of Student Wellbeing Dr. Lee Rosen (clinical psychologist)
     - Individual consultation
     - Wellness programming
     - Guidance
     - Referrals
     - Workshops
   - Assistant Director of Student Wellbeing Dr. Leigh Ann Holterman (PhD psychologist)
     - Wellness programming
     - Individual coaching
     - Scholarly work on wellness
   - Wellbeing Advisor Dr. Marissa Coleman (clinical psychologist)
     - Individual consultation
     - Small group support
     - Referrals for psychotherapy within the community
   - Director of the Learning Environment Dr. Nathalie Feldman
     - Confidential reporting mechanism for concerns (agency, engagement)
     - Professionalism role model accolades reporting system (positive professional identity formation)
     - Individual consultation/guidance/debriefing
   - Director of Academic Achievement Dr. Tim Moynihan
     - Individual consultation
     - Small and large group workshops
     - Referrals
     - Peer tutoring
   - Associate Dean for Students
     - Individual Consultation
     - Career Counseling
   - Assistant Dean for Students
     - Individual Consultation
     - Career Counseling

2. **Office of Diversity and Inclusion:**
   - Community Outreach
   - Professional Development
   - Teaching and Learning Resources

3. **Financial Support Services:**
   - Advising
   - Debt counseling
   - Loan information
   - Scholarship

4. **Social Events:** Orientation, Match Week, end of year events

5. **PCR 1 and PCR 2:** (weekly course for Foundation-level students)– Longitudinal and session-specific objectives around cultivating reflectivity and self-awareness, collegial connections and support, mentorship, professional burn-out education and prevention, promotion of personal wellbeing, mindfulness education

6. **PCR 3:** (session for M3 students during each bridge week) – reflection on clinical experience promoting appreciative inquiry, collegial support, capacity for difficult conversations, mentorship, mindfulness education

7. **Mandatory mindfulness sessions** e.g. NMGI, Palliative Care Bridge

8. **Optional mindfulness sessions:** e.g. NMGI, Orientation, Neural Science, Palliative Care Bridge week

9. **M4 elective courses:** e.g. Stress Management and Resiliency Training (SMART), Mindfulness, Prep for Practice

10. **Step 1 Support Series:**
    - Step 1 Info Session (M1)
    - Step 1 Question School (M2)
    - Step 1 Student Panel (M2)
    - Wellbeing Workshop (M2)
    - How to Build a Dedicated Period Study Schedule (M2)
    - Step 1 Student Panel (M2)
    - Dinner & Questions (M2)

11. **The Student Wellbeing Research:** collaboration on research and quality assurance around medical student wellbeing
    - Members: Dr. Nathalie Feldman, Dr. Lee Rosen, Dr. Leigh Ann Holterman, & Dr. Katie Huggett