

# Larner College of Medicine Student Wellness

## Student Services

### LCOM

- Support Faculty within OME<sup>1</sup>
- Office of Diversity and Inclusion<sup>2</sup>
- Financial Support Services<sup>3</sup>
- Student Lounge
- Social events<sup>4</sup>

### 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) <sup>5</sup>
- PCR 2 (Foundations 1) <sup>5</sup>
- PCR 3 (Clerkship course) <sup>6</sup>
- Mandatory mindfulness education sessions<sup>7</sup>
- Pass/Fail Foundations
- "The Science of Mindful Wellness for Medical Students and their Parents" talk by Dr. James Hudziak

### Elective:

- Optional curricular mindfulness<sup>8</sup>
- 4<sup>th</sup> year elective courses<sup>9</sup>
- Step 1 Support and Wellbeing Series<sup>10</sup>

## Extra Curricular (elective) Initiatives

### Student Interest Groups

- #### Health and Wellbeing:
- Yoga
  - Running

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

- #### Community Service/ service learning

### Humanities in Medicine

- Story slam
- Red Wheelbarrow magazine
- PCR assignments

### Intramural Sports Teams

## 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

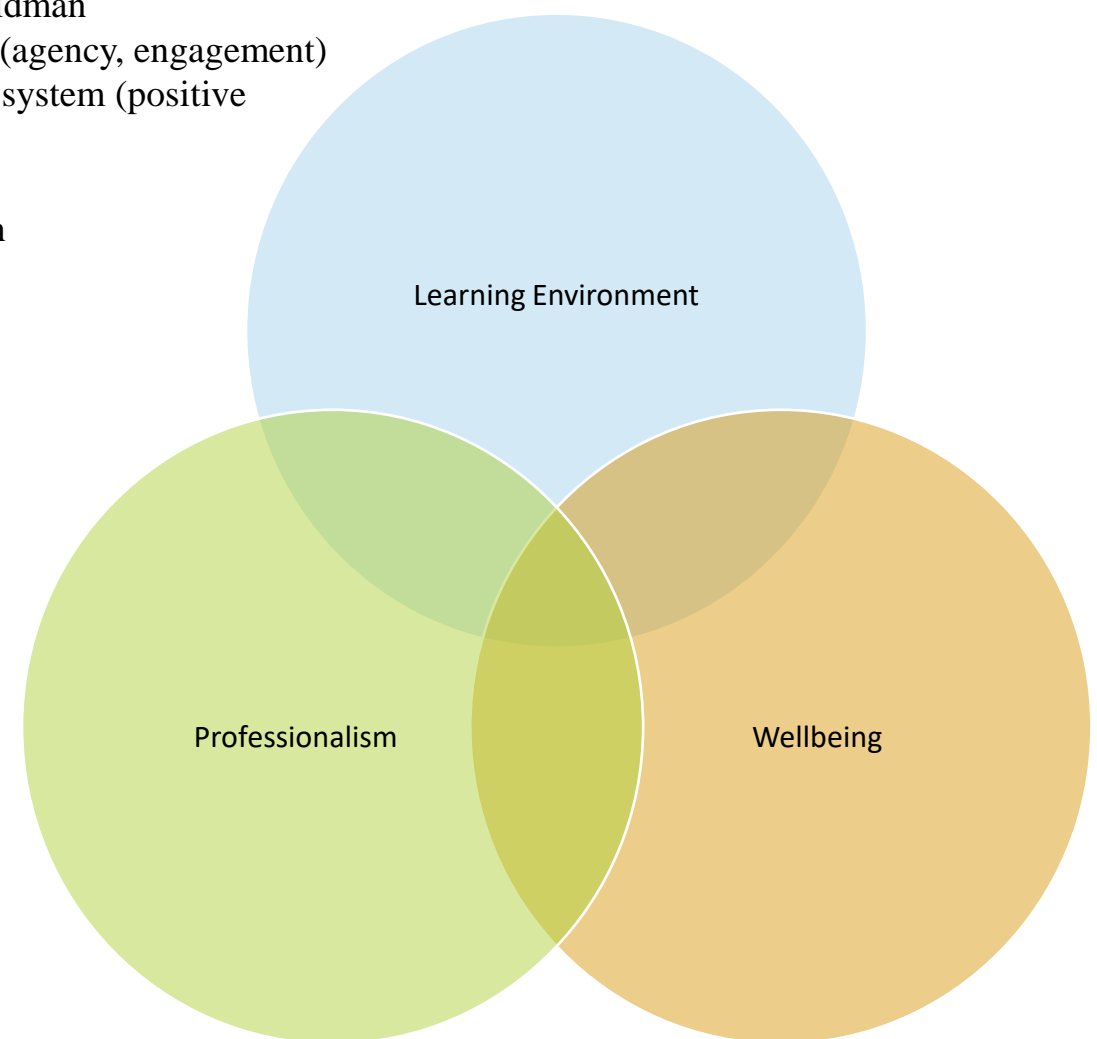
## Assessment

- 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<sup>11</sup>

## 1. Support Faculty within OME:

- Director of Student Wellbeing Dr. Lee Rosen (clinical psychologist)
  - Individual consultation
  - Guidance
  - Referrals
  - Wellness programming
  - Lectures
  - 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

## Supportive Medical Education Experience



## 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