

**From:** Rosen, Lee <[lee.rosen@med.uvm.edu](mailto:lee.rosen@med.uvm.edu)>

**Sent:** Friday, December 18, 2020 1:46 PM

**Subject:** A note on the Learning Environment and Wellbeing Assessment

Hello students! If you have completed the Learning Environment and Wellbeing Assessment, we are grateful! This information will be so valuable to all of us going forward. You'll be prompted again soon to complete the assessment, if you haven't done so already.

We also wanted to let you know that one of the items on the assessment has come to our attention for being non-inclusive. This item asks about your relationships with members of the opposite sex, and we recognize that this item is heteronormative and based on an outmoded, binary interpretation of gender.

To provide some context, the validated measure that contains this item is part of a collaborative effort with the WE MD program. We chose to include this measure so that we could better align our assessment with the surveys they chose for their program. This means that we cannot remove or change this item at this time, but we have alerted the WE MD team about the concerns surrounding this item so that it will be addressed in the next version of the assessment. We apologize that we did not identify the non-inclusive nature of this item prior to finalizing our assessment.

We are grateful that this has been brought to our attention as we continue to strive for an inclusive environment here at LCOM. And we will most certainly make the appropriate changes in subsequent versions of the survey. If there are any concerns surrounding this issue, please do not hesitate to reach out.

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**From:** Rosen, Lee <[lee.rosen@med.uvm.edu](mailto:lee.rosen@med.uvm.edu)>

**Sent:** Wednesday, December 9, 2020 6:16 PM

**Subject:** Follow up on Wellbeing and Learning Environment Survey: Mental Health Resources

Hello students! As you are filling out the surveys on your wellbeing and the learning environment, it is an important time to send information about access to mental health services. In addition, if you are in crisis or have an urgent need for mental health services, you can do one of the following:

- Call your local crisis service: in Chittenden County, this is the Howard Center Crisis Line: <https://howardcenter.org/i-need-help-now/>.
- Call 911 or go to your local emergency room.
- Contact the National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/>

We also wanted to make sure you all are aware of all the mental health resources you have access to as an LCOM student, including this year's addition of the WellConnect program.

LCOM students all have access to:

- UVM's Counseling and Psychiatric Services ([CAPS](#)). CAPS is seeing students through their telehealth portal. They are available to all UVM students, for free, regardless of which insurance you have.
- Referrals for Cognitive Behavioral Therapy at the training clinic ([Vermont Psychological Services](#)) in the UVM psychology department (reach out to Dr. Rosen for help or questions, or call them directly). VPS has a dedicated medical student/resident treatment service.
- 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!**
  - Now, *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. Through WellConnect, you can have 5 free sessions with a therapist per treatment episode.
  - The easiest way to access services is to call WellConnect at 866-640-4777 ([get access code](#)). They will ask you a few questions and then pair you with a provider. Whether in-person, over the phone, or online, these sessions will be completely free of charge.
  - You can also access the online counselling by visiting [WellConnectForYou.com](#) ([get access code](#)). Once on the site, click the purple bar that says "BetterHelp Online Therapy," and then "Start Online Therapy."
  - WellConnect comes with many other tools you may wish to explore. These include:
    - Self-help resources
    - Personal assistance for daily tasks

- Life coaching
- Financial & legal consultation

LCOM resources

- [Dr. Nathalie Feldman](#), Director of the [Learning Environment](#)
- The [Office of Diversity, Equity, and Inclusion](#)
- [Dr. Moynihan](#), the Director of [Academic Achievement](#)
- [Prism Center at UVM for LGBTQ+ identified students](#)
- [The Mosaic Center for Students of Color](#)
- [The Women and Gender Equity Center](#)
- [The Wellness Committee](#)

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**From:** [StudentCOMServices](#)  
**To:** [StudentCOMServices](#)  
**Subject:** Student Wellbeing and the Learning Environment - Please share your feedback!  
**Date:** Friday, December 4, 2020 10:00:28 AM  
**Importance:** High

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Dear students,

Next week, you will receive an invitation to complete a survey about your health and wellbeing, as well as your experiences in the learning environment. We are deeply invested in maintaining a learning environment that supports and encourages respect for every individual, and promotes the development of professionalism in our community. We also place an important focus on your mental and physical wellbeing. These are both critical components of your success here at LCOM. We recognize that they are inextricably linked and we hold them as top priorities.

We want to make sure that we are doing everything we can to support you in your time here at LCOM. This survey is part of our efforts to understand your experiences and how, together, we can all work toward creating a positive, inclusive and healthy learning environment. The survey should take about 15-20 minutes to fill out. Your responses to the survey are vital to our understanding, and we greatly appreciate you taking the time to help us in these efforts.

Please do not hesitate to reach out with any questions or concerns!  
Thank you!

Dr. Christa Zehle  
Senior Associate Dean for Medical Education

Dr. Lee Rosen  
Interim Associate Dean for Students  
Director of Student Well-being

Dr. Nathalie Feldman  
Director of the Learning Environment  
Interim Associate Dean of Admissions