



THE WELL OFFICE INITIATIVES

Dr. Namta Gupta, Assistant Dean, Associate Professor
Dr. Jade-Isis Lefebvre, MA, PsyD., Wellness Consultant
Ms. Elizabeth Lefebvre, MA, Career Advisor

The image shows a large red brick building with a prominent gabled roof and a modern glass-walled extension on the upper level. The building is set against a backdrop of trees and a clear sky. A white text box is superimposed over the center of the image, containing the following text:

TEACHING, PROGRAM DEVELOPMENT,
COACHING, CAREER SUPPORT, PREVENTION,
CRISIS-MANAGEMENT, AND EVIDENCE-BASED
SUPPORT FOR ENHANCED LIFE-LONG LEARNING

The WELL Office Roles

Students in
Distress

Wellness
Initiatives

Career Support

Financial
Support

Learning
Environment

Accommodations

Academic
Support

Policy
Development

Distributed
Sites

Current Problem:



Crisis Drop-In or
by Phone



Pre-booked
Urgent
Appointments



3 Pre-booked
appointments
per day



Suspension of
Wellness
Check-in to
accommodate
crisis needs



Need
increased
prevention
support but
lacking
resources/avail
ability

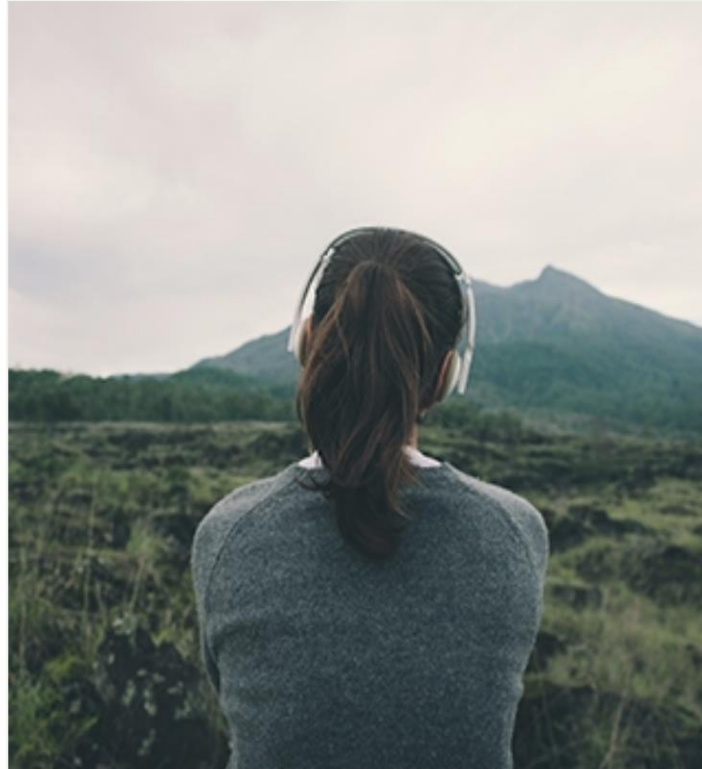


Peak Times:
Exams or
CARMS

Student Driven Online Resources

<https://www.mcgill.ca/thewelloffice/wellness-resources>

Wellness Resources



The WELL Office Podcast



Yoga on the Go



THE WELL OFFICE PODCAST

Themes

Not good enough: The role of perfectionism in health care

Coping with death

Thriving through CARMS

Values-based decisions to build meaningful lives

Using movement to enhance wellness

Self-compassion and burnout

Invisible white coat: When everyone and their mom ask for medical advice

Transformational leadership

Medical introvert

200 plays!

Recorded Episodes

1. Introduction: Who are your hosts, why we made this podcast, and why we are grateful for working with you
2. Single and Studying
3. I love you but I don't have time
4. Mental performance skills
5. Adapting a mental performance mindset in real life
6. Sleep Hygiene: Evidence based information and exploration of helping medical learners with their sleep
7. Knowing a little about a lot: Insight into family medicine with Dr. Barry Slapcoff



A woman in a red long-sleeved top and patterned shorts is performing a handstand on a city street. She is balanced on her hands, with her legs straight up in the air. The background is a busy urban scene with pedestrians, a blue van, a yellow taxi, and buildings. A semi-transparent white box is overlaid on the image, containing the text "YOGA ON THE GO".

YOGA ON THE GO

90 views!

Recorded Episodes



On Rotation



Energy Boost



Mindful Movement



Align Your Body to Align Your Mind



Connect to Your Core Strength



OUTREACH EVENTS

Events



COMEDY: A NIGHT OF
NETWORKING FOR
LGBT2SQIA+ ALLIES



LEARNER ART EXHIBIT



LEARNER PARENTS



RESEARCH

Research Projects



Wellness Curriculum Program
Evaluation



Self-Compassion for Medical
Learners and the Efficacy of a 6-
Week Program



Learner use of services



Self-Compassion at work

The International Journal of

WHOLE PERSON CARE

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THE DEVELOPMENT AND IMPLEMENTATION OF A LONGITUDINAL WELLNESS CURRICULUM FOR MCGILL UNIVERSITY'S UNDERGRADUATE MEDICAL PROGRAM

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PUBLISHING
PAPERS
&
DISSEMINATION
OF
KNOWLEDGE

A woman with dark hair, wearing a purple top, is seated at a desk in an office. She is looking towards the left of the frame. In the foreground, a large potted plant with green, feathery leaves is visible. The background shows a blurred office environment with a desk and another person's shoulder on the left. The text "COUNSELLING AND CAREER SUPPORT" is overlaid in white, bold, sans-serif font, centered on the image.

COUNSELLING AND CAREER SUPPORT

Trying to do it all can leave your
medical learners feeling like...

DISTRESS

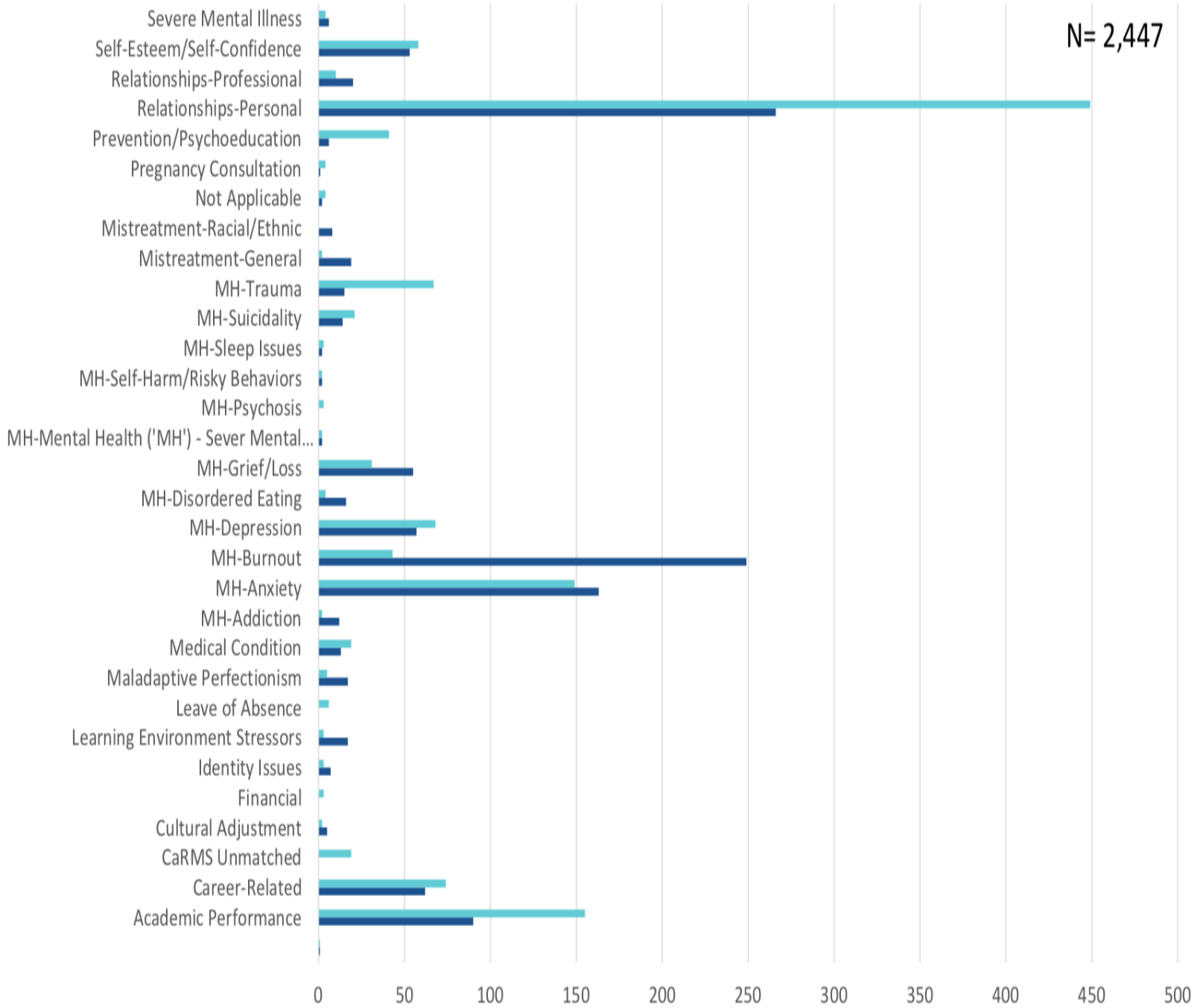
**ME: TRYING TO EXCEL IN MY CAREER,
MAINTAIN A SOCIAL LIFE, DRINK ENOUGH
WATER, EXERCISE, TEXT EVERYONE BACK,
STAY SANE, SURVIVE AND BE HAPPY.**



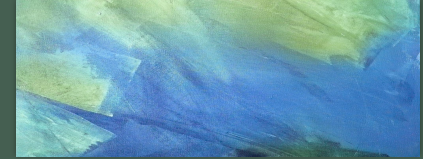


■ UGME ■ PGME

N= 2,447



REASONS FOR SEEKING SERVICES



Counselling Appointments	July 1, 2017 to July 2019	July 1, 2017 to November 1, 2019
Regular Counselling Appointments	1,167	1,324
Crisis Appointments (Emergency Walk-in Appointments)	61	83
Crisis Check-In (New Initiative as of September 2018)	5	8
Wellness Check-In (New Initiative as of September 2018-June 2019)	25	25
Total Sessions	1,258	1,440
Average Number of Sessions per Learner	4	4
Range	1-33	1-33

APPOINTMENTS



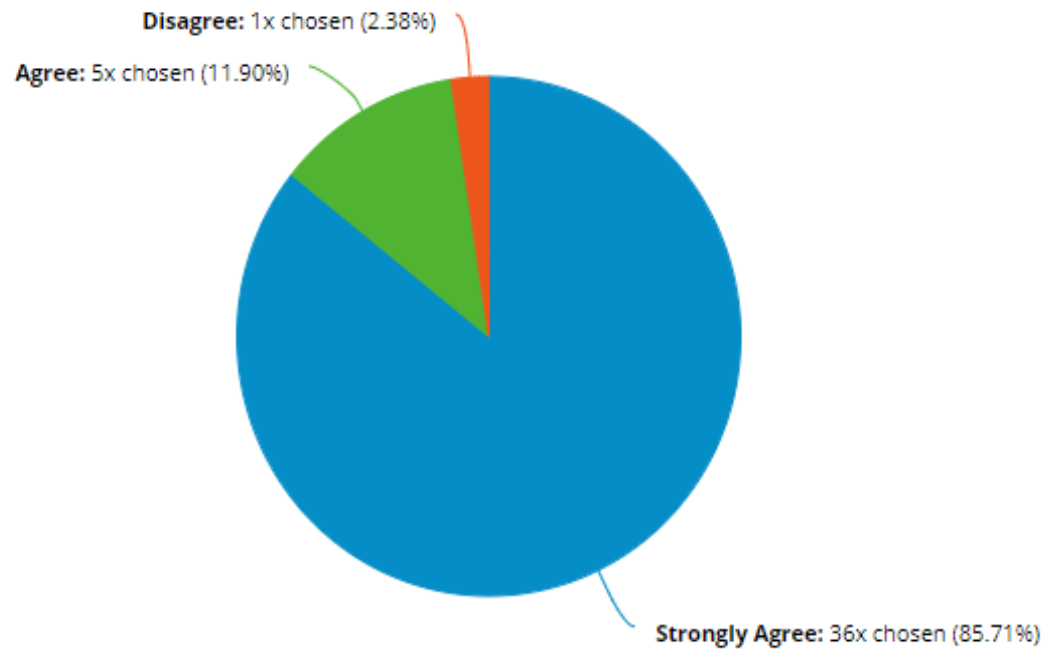
Skill Building & Therapeutic Support

- Self-Compassion
- Self-care and coping with burnout
- Stress management
- Active coping styles
- Academic consulting
- Mental performance skills
- Building resilience
- Developing healthy boundaries and recognizing needs
- Evidence-based, short term psychotherapy and coaching
- Referrals
- Training on how to lead ice cream rounds



The Wellness Consultant fostered a safe and trusting environment

Number of responses: 42



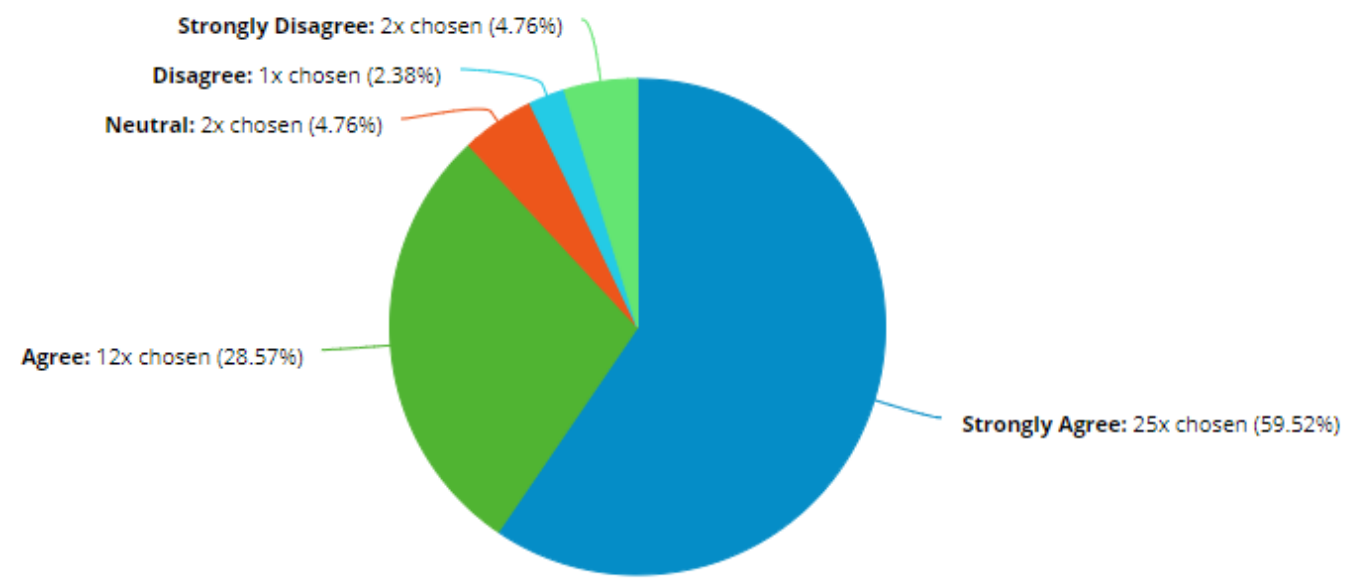
LEARNER SATISFACTION



LEARNER SATISFACTION

Counselling has helped me cope better with the concerns that brought me in

Number of responses: 42



Longitudinal Career Curriculum: UGME 2019-2020
The WELL Office

Med 1: (Mandatory individual orientation meeting)

Block A - Global Health	Block B Respiration	Block C -Circulation	Block D- Renal	Block E - Digestion	Block F - Defenses	Block G Infection	Block H - Movement
Career Panel in Primary Care, highlighting Family Medicine and Public Health	Career panel in Internal Medicine, highlighting Respirology +++++ Values workshop 1	Career panel in Internal Medicine, highlighting Cardiology +++++ Values workshop 2	Career panel in Primary Care, highlighting Internal Medicine, General Surgery, and Family Medicine	Career panel in Primary Care, Pediatrics	Career Panel in Primary Care, highlighting Family Medicine +++++ Values workshop 3	++++ March 11: Med1 CaRMS Discussion Group Values workshop 4	Career Panel in Primary Care, highlighting Family Medicine ++++ Optional CaRMS session (june 14)

Med 2: (optional meeting on any topic the student chooses)

Career Panel in Primary Care, highlighting Parental and Child Health	Career Panel in Primary Care, highlighting Family Medicine Psych, and Neurology +++++ Whole class talk on elective planning	TCP TCP "Ice Cream Rounds" Career Sessions Whole class talk on elective planning Med 2 CaRMS Discussion Group Optional CaRMS session TTC session on electives and career planning
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Med 3: (Mandatory med3 career planning meeting)

CaRMS Special early info session
 Med 3 CaRMS Discussion Group
 Whole Class Career Fair (including all program directors and presentations by CaRMS, and talks by the Career Advisor (Keys to the Match and The US Match) and the Assistant Dean (on Interviewing))

Med 4: (optional CaRMS help: doc review, mock interview, ROL planning, unmatched assistance)

Whole class workshops on CV preparation (offered twice)
 Whole class workshops on personal letter preparation (offered twice)
 Whole class workshops on interview preparation (offered twice)
 Whole class talk on Rank Order Lists (February)
 Med 4 Unmatched Support Group
 Small groups during TTR to support unmatched and unhappily matched students

Peak Times



Beginning medical school



Transition to clinical practice



1st feedback in clerkship



Planning med 4 electives



CARMS Applications



CARMS Matching



CARMS Unmatched

Consequences



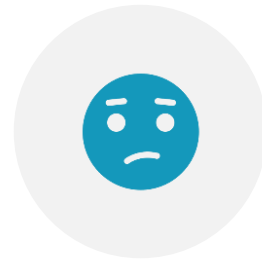
OVERFLOW



CAREER ADVISING
AND WELLNESS
CONSULTANT
WORKING AS A
TEAM



ACADEMIC
DISTRESS



ANXIETY



IMPOSTER
SYNDROME




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Co-Director The WELL Office
For appointments UGME and Dentistry: [The WELL Office](#)
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Elizabeth Lefebvre,
Career Advisor

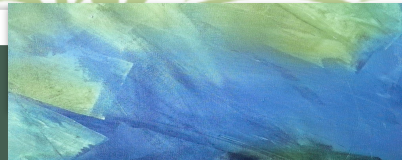
Email: thewellcareeradvisor@mcgill.ca
Telephone: 514-398-5557
Appointments for all learners : [Calendly](#) 

UGME/Dentistry



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UGME Wellness Consultant, The WELL Office

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Student Appointments: [Calendly](#)



UGME TEAM

A photograph of a red brick building with a modern glass extension. The building features a mix of traditional architecture, including a gabled roof and dormer windows, and contemporary design elements like a large glass facade. The text "ANTICIPATING AND MEETING THE NEEDS OF OUR LEARNERS" is overlaid in white on a semi-transparent dark rectangle in the center of the image.

ANTICIPATING AND MEETING THE NEEDS OF OUR
LEARNERS

When
preparing
lectures,
events,
counselling
sessions,
and
projects

Identify needs

Go to the research for findings

Qualitative data from MSW

Create evidence-based work

For this presentation

- Considered what parents might like to gain from this presentation
- Explored if there is existing research on the effects of parental support on medical student wellness
- Not much exists in the scientific world but some articles written by universities for parents



Trying to support your medical learners who are trying to do it all can leave YOU feeling like...

DISTRESS

**ME: TRYING TO EXCEL IN MY CAREER,
MAINTAIN A SOCIAL LIFE, DRINK ENOUGH
WATER, EXERCISE, TEXT EVERYONE BACK,
STAY SANE, SURVIVE AND BE HAPPY.**





ACTIVITY

How do you support your
medical learner child?

Quick tips & thoughts



Communicate effectively

- Active listen when they are discussing their experiences, impressions, needs, boundaries by being attentive with your body language, gaze, and minimal encouragers. Embrace open communication by asking follow up questions and summarizing what has been said. Ask what their preferred way of communication is and when.



Openness to help them find the support they may need

- If they don't feel comfortable opening up to you, suggest they discuss with a trusted friend or mentor. Propose speaking to a wellness consultant or offer to support accessing a psychologist.



Know the signs of stress

- Help them recognize signs of burnout or signs that they are pushing themselves too far
- Iron Doc or The Worry Trap

Quick tips & thoughts



Respect availability

- Understand that they may not be as available for family gatherings due to amount of workload and if you plan a visit, ensure that you negotiate when they are free, and assure them that you are pleased to care for yourself while they are busy



Honor boundaries

- Respect boundary setting & encourage them to identify their needs



Connect using their love language

- Know their love language to enhance your connection and plan accordingly. Ask how they might like you to support them when they are struggling, during a time that they are doing well.



Model Self-Compassion & Acceptance rather than perfectionism to build resilience

THANK YOU

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