

FALL, SEPTEMBER 2021

THE WELL OFFICE NEWSLETTER

for Learners from
ISoN, SPOT, and SCSD

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WELCOME BACK!



McGill

Faculty of
Medicine and
Health Sciences

Faculté de
médecine et des
sciences de la santé

A MESSAGE FROM THE ASSISTANT DEAN, STUDENT AFFAIRS



Dear ISoN, SPOT, and SCSD Learners,

The past 18 months have truly been like no other and we are all experiencing a transition back to in-person on campus learning. Many of you may have experienced hardship and struggle, but have nevertheless demonstrated resilience, innovation, and creativity in finding new ways to adapt, connect and learn. I continue to be impressed by the energy and resourcefulness of learners in the Health Professions.

I want to wish you all the best of luck as you return to campus and start the 2021-2022 academic year. I also want to let you know that the Faculty of Medicine & Health Sciences WELL Office is here to support and guide you in your academic, clinical, and research learning environments.

I invite you to look through our newsletter to find events and resources that are available to learners at all levels of training.

To a year ahead filled with hope, success, new beginnings, and good health!

All the best,

Professor Deborah Friedman BSc pht MMgmt

Assistant Dean Student Affairs, Faculty of Medicine and Health Sciences

Associate Professor Department of Pediatrics & Pediatric Surgery

Co-Director, The WELL Office

Email: deborah.friedman@mcgill.ca

WELL OFFICE SERVICES FUNCTIONING REMOTELY!

The WELL Office continues to offer services remotely to learners from ISoN, SPOT, and SCSD.

To schedule **a virtual or phone counselling appointment** with one of our Wellness Consultants, please do so via the MS Bookings links below. You can also book using our website!



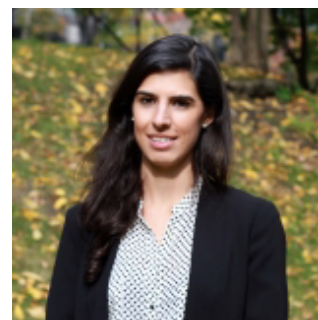
Alissa Vincenti, MA
Canadian Certified
Counsellor (C.C.C.)

Book an Appointment



Emily Wasylenko, MA
Canadian Certified
Counsellor (C.C.C.)

Book an Appointment



Camila Velez, M.A.
Canadian Certified
Counsellor (C.C.C.)

On maternity leave

IF YOU ARE HAVING DIFFICULTY FINDING AN APPROPRIATE TIMESLOT, PLEASE CONTACT THE WELL OFFICE AT 514-398-5836 OR THEWELLOFFICE@MCGILL.CA AND WE WILL DO OUR BEST TO ACCOMMODATE YOU.

If you are in need of academic guidance, are experiencing difficulties in the academic/clinical learning environments, have questions about the code of conduct, or have encountered mistreatment, please contact Prof. Deborah Friedman, Assistant Dean Student Affairs at deborah.friedman@mcgill.ca.

WELL OFFICE EVENTS



BIPOC Learner Gathering

This gathering aims to hold space for learners from the Faculty of Medicine and Health Sciences who identify as Black, Indigenous and People of Colour (BIPOC). You are invited to reflect and share on the inner workings of racial trauma, micro-aggressions, and the impact of these experiences on well-being.

To RSVP, please click [HERE](#).



2SLGBTQIA+ Learner Gathering

The WELL Office is pleased to invite all 2SLGBTQIA+ learners from the Faculty of Medicine and Health Sciences to a virtual hour of connection and support!

This counsellor-facilitated gathering is intended to provide space for the unique experience of navigating through healthcare training and career life as a 2SLGBTQIA+ identifying person.

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To RSVP, please click [HERE](#).

WE ARE RECRUITING LEARNING ENVIRONMENT STUDENT ADVISORS

The *Interprofessional Learning Environment Advisory Committee* (LEAC) is a WELL Office initiative which consists of student representatives from the health professional programs: SCSD, ISoN & SPOT at both the undergraduate and graduate level. This committee is an inter-professional forum in which students meet and discuss healthy learning environment needs and initiatives within the Faculty of Medicine and Health Sciences.

Learning Environment Student Advisors (LESA's) are the representatives from each cohort in SCSD, ISoN, & SPOT. This position allows you to speak on behalf of your fellow learners/peers on important matters regarding the learning environment, both in your clinical and academic settings.

Become a LESA!

We are currently looking to fill the below vacancies. For more information and to apply, please visit our website [here](#).

SCHOOL	PROGRAM
ISoN	BScN - Pre-Nursing
ISoN	Graduate - Nursing Direct Entry
ISoN	MSc(A) - Direct Entry
ISoN	MSc(A) - Global Health - Direct Entry
ISoN	MSc(A) Nursing
ISoN	Nurse Practitioner
ISoN	MSc(A) - Global Health
ISoN	MSc(A) - Nursing Services Admin.
SCSD	Masters
SCSD	Graduate
SPOT	OT - QY
SPOT	OT - Masters
SPOT	PT - QY
SPOT	Rehab Science - Masters
SPOT	Rehab Science - Ph.D.

OFFICE FOR RESPECTFUL ENVIRONMENTS



The Office for Respectful Environments (ORE) is now responsible for the intake of mistreatment reports in clinical learning environments, triaging mistreatment reports and monitoring their progress. The ORE also works to meet University and Faculty goals of maintaining respectful learning environments that reflect the principles set out in the Faculty of Medicine and Health Sciences' Code of Conduct and expected levels of professionalism. The Director of the ORE will produce annual updates for quality improvement purposes and reports for Faculty and learner leadership.

The ORE is involved in the following activities:

- Maintaining the ORE website and mistreatment webform
- Triaging mistreatment webform submissions of clinical learning environment concerns and complaints
- Policy development
- Reporting to Faculty and learner leadership
- Collaboration with Educational Programs and Faculty Development
- Collaboration with Communications Office to ensure transparency
- Data reporting for the purposes of accreditation and quality improvement
- Making recommendations to improve the system of reporting incidents of mistreatment in clinical learning environments

Should you choose to submit an incident report, please explore your [reporting options here](#), on the ORE website.

If you are need of guidance and support and would like to make an appointment with one of our Wellness Consultants, please do so via our [Contacts and Appointments](#) section.

TIPS FOR TRANSITIONING BACK TO IN-PERSON



HOW TO MANAGE RETURN ANXIETY AS THE LOCKDOWN LIFTS

It is normal to feel apprehension and stress about your return back to school on campus. Check out these tips and courses for how to manage.



Helpful links:

- [Mental Health Commission of Canada](#)
- [McGill University](#)

LEARN ABOUT MANAGING YOUR EMOTIONS, BUILDING RESILIENCE, AND PRACTICING MINDFULNESS WITH A COURSE OR VIDEO:

Managing your emotions: In this video, Harvard professor and psychologist Susan David discusses emotional courage, and shares practical strategies for managing your emotions so that you don't become paralyzed by them.

Building Resilience: This LinkedIn Learning course by Tatiana Kolovou, faculty member at the Kelley School of Business at Indiana University, helps you assess your own resilience and learn strategies to bounce back in the face of adversity.

Practicing Mindfulness: Mindfulness expert Andy Puddicombe has a discussion on how mindfulness practices can change your life with just 10 minutes a day.

LEARNER ART MAGAZINE! CALL FOR SUBMISSIONS

We are now accepting submissions for the second issue of the WELL Office Learner Art Magazine!



Check out the inaugural issue of [The WELL Office Learner Art Magazine](#). This issue features the art work and short stories of eight talented artists from the Faculty of Medicine and Health Sciences. The pieces reflect a range of themes, styles, and experiences in the lives of health professional learners.

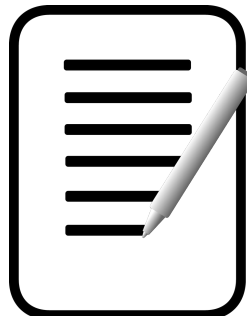
For more information and to submit an entry, please click [HERE](#)

COVID NEEDS ASSESSMENT SURVEY

The WELL Office is inviting you to complete this brief survey to help us understand the challenges you are facing this Fall semester given the context of the COVID-19 pandemic. Your responses will assist us in finding ways to support your well-being as you move through your academic and clinical journeys. Your feedback is extremely valued.

Please complete this survey by October 5, 2021.

The survey should take approximately 15 minutes to complete. Your answers are anonymous. Please note that information may be shared in aggregate form in service of improving the learning environment as we all work together in the Faculty of Medicine & Health Sciences to address learner issues and needs in a timely manner.



[ISoN - Winter 2021 COVID Needs Assessment Survey.](#)

[SPOT - Winter 2021 COVID Needs Assessment Survey.](#)

[SCSD - Winter 2021 COVID Needs Assessment Survey.](#)

FREE COUNSELLING AND PSYCHOLOGICAL RESOURCES AVAILABLE TO SUPPORT YOU

Click on the headings for more information



Keep.meSAFE

Professional, confidential counselling via chat, phone, or video, available 24 hours a day/7 days a week/365 days of the year.



Peer Support Centre

Confidential and non-judgmental support offered by trained McGill students. Open 9am-7pm weekdays.



McGill Nightline

Confidential, anonymous, non-judgmental listening service, run by trained McGill Students. Open from 6pm to 3am during the school year.
514-398-6246



The Wellness Hub

Professional, confidential counselling. Students who are located in Quebec at the time of their appointment are eligible. Access your Local Wellness Advisor as an additional resource if you are a graduate student.

WELL OFFICE RESOURCES



The WELL Office Podcast



Yoga & Meditation



Staying Well during COVID-19



Anti-Racism & Coping



Wellness Resources

THE ISON, SPOT, AND SCSD WELL OFFICE TEAM



Prof. Deborah Friedman
Assistant Dean, Student Affairs



Lesley Potts
Project Administrator



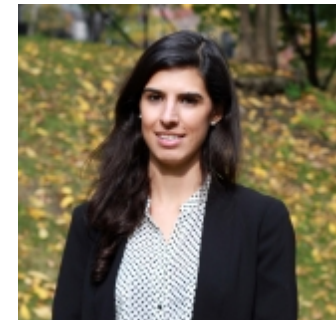
Susan Begg
Administrative Coordinator



Nicole-Ann Shery
Wellness Consultant
On Maternity Leave



Emily Wasylenko
Wellness Consultant



Camila Velez
Wellness Consultant
On Maternity Leave



Alissa Vincenti
Wellness Consultant