

## April 2020

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### Contact Us!

#### Medical Student Counseling Center

- 1240 MERF
- Monday-Friday, 8:00-5:00
- 319-335-8056
- [MSCC@healthcare.uiowa.edu](mailto:MSCC@healthcare.uiowa.edu)

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## MSCC Counseling Available by Telehealth

MSCC counselors are available for telehealth **appointments** during office hours (8AM-5PM). Telehealth appointments can be done using a secure video platform or over the phone. More information is on the MSCC website, <https://medicine.uiowa.edu/md/student-support/student-counseling>.

Information about MSCC during the period when in-person classes, clerkships, and services can be found at: <https://tinyurl.com/yc2zph3g>

*Please note that when students are located outside of Iowa, counselors can provide consultations about resource and referral assistance as well as academic support. Due to clinician licensing laws, MSCC counselors are not permitted to provide counseling across state lines (i.e. outside of Iowa).*

To schedule **regular** (non-urgent) telehealth appointments, please email the MSCC at [MSCC@healthcare.uiowa.edu](mailto:MSCC@healthcare.uiowa.edu), email your counselor directly, or call the MSCC (319-335-8056).

If you need to speak with a counselor about an **urgent** matter during regular office hours (8AM-5PM, M-F), please call us at **319-335-8056**.

**For emergency/crisis assistance at any time, the following resources are available 24/7:**

- **CommUnity Local Crisis Line at 319-351-0140**
- **Psychiatry Resident On Call at 319-356-1616**
- **UI Department of Public Safety at 319-335-5022**
- **Call or go to UIHC Emergency Treatment Center (319-356-2233) or nearest hospital Emergency Department**
- **National Suicide Prevention Lifeline: 1-800-273-8255**

**In the event of a life-threatening emergency, call 9-1-1.**

## MSCCs Academic Skills Workshop

### Strategies for Virtual Learning During Social Distancing/COVID-19

*It will be a time to discuss:*

- **Identify challenges of virtual learning during COVID19.**
- **Learn new ways to engage virtual learning.**
- **Adapt strategies to keep your study productive.**

- **Implement practices of self-care awareness.**

**4/17 Friday 2PM-2:50PM via Zoom**  
**Open to all Medical and PA Students**  
**Hope to see you virtually!**

**RSVP email: [chia-wen-moon@uiowa.edu](mailto:chia-wen-moon@uiowa.edu) to obtain Zoom link**

## Wellness Wednesdays

Liz Schacht will continue offering Wellness Wednesdays through email to Medical and PA students. This week's offering was on **Grief** and next week's will be on **Building Resilience**. Watch your email for Wednesday Wellness for the email from [MSCC@healthcare.uiowa.edu](mailto:MSCC@healthcare.uiowa.edu). If you have ideas for future Wellness Wednesday topics, send them Liz at [Elizabethschacht@uiowa.edu](mailto:Elizabethschacht@uiowa.edu). And, as always, schedule an appointment with Liz if you would like an individual wellness consultation.

## University Counseling Services On-Line

UCS is offering workshops and support groups via Zoom for University of Iowa students. Topics include mindfulness, grief, anxiety, and support. For more information about accessing these and other services, visit their website.

<https://counseling.uiowa.edu/students/university-counseling-service-is-open/virtual-counseling-services-and-programming/>

## Gatekeeper Training

During this time of social distancing and isolation it is even more important to pay attention to how our friends, classmates, and families are doing.

For some people the current circumstances may be especially challenging and provoke or amplify anxiety, depression, or suicidal ideation. You can feel better prepared to help someone else by completing QPR or Kognito training on-line.

While in-person **QPR (Question, Persuade, Refer) Suicide Prevention trainings** are unavailable, watch for upcoming information about future trainings via Zoom. More information about QPR is available here:

<https://qprinstitute.com/>. In addition, the **Kognito Suicide Prevention Program** is an online program available free to all members of the University of Iowa community. CCOM students, faculty, and staff can learn more about the program, including directions about how to access the course, through the following link:

<https://counseling.uiowa.edu/services/kognito/>. Both QPR and Kognito teach you to recognize the warning signs of suicide, offer hope to a person in distress, and know how and where to get help.

## Self-Care During the Pandemic

As we deal with the changing circumstances and uncertainty, it's a good time to focus on taking care of ourselves.

**Mental Health and Coping During COVID-19--US Centers for Disease Control & Prevention (CDC):**

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>

### Mental Health Crisis Services

**During office hours** call or visit the MSCC and indicate the need for immediate assistance.

The following services are available anytime:

CommUnity Crisis Center  
319-351-0140  
 UIHC Psychiatry Resident On-Call  
319-356-1616  
 Mobile Crisis Outreach Program  
855-800-1239  
 Foundation 2  
800-332-4224  
 National Suicide Prevention Hotline  
800-273-8255  
 National Graduate Student Crisis Line  
800-472-3457  
 UI Department of Public Safety  
319-335-5022  
 UIHC Emergency Treatment Center  
319-356-2233  
 Crisis Text Line  
Text "HOME" to 741741

**Taking Care of your Emotional Health--US Centers for Disease Control & Prevention (CDC):**

<https://emergency.cdc.gov/coping/selfcare.asp>

**Helping Children Cope with Emergencies--US Centers for Disease Control & Prevention (CDC):**

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

**Coronavirus & Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks--American Psychiatric Association (APA):**

<https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks>

**Research Information: Pandemics--American Psychological Association:**

<https://www.apa.org/practice/programs/dmhi/research-information/pandemics>

**Five ways to view coverage of the Coronavirus--American Psychological Association:**

<https://www.apa.org/helpcenter/pandemics>

**Speaking of Psychology: Coronavirus Anxiety--American Psychological Association:**

<https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety>

## **Psychiatry Services**

Contact the MSCC if you would like assistance in arranging *confidential* psychiatric services, such as medication or a psychiatric evaluation. We can assist you in getting timely **telehealth** appointments with **Dr. Elaine Himadi** and **Dr. Hristina Koleva** in the UIHC Behavioral Health Clinic or provide you with information about telehealth psychiatric services at [Student Health](#) or in the community. There is no charge to medical and PA students for psychiatric appointments with the designated providers, Dr. Himadi and Dr. Koleva at UIHC Behavioral Health.

## **Des Moines Campus Counseling Services**

Medical and PA students on rotations in Des Moines can receive free, confidential counseling through the UnityPoint Health Employee Assistance Program. Call the EAP at **515-263-4004** for more information.