August 2020

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Dear Students,

We are pleased to connect with all of you through our MSCC newsletter, Mental Health Matters! We want to extend a very warm welcome to all new M1 and PA1 students as you get started!

The Medical Student Counseling Center is committed to raising awareness about mental health as an integral component of every person’s overall health. Our Center provides counseling services and outreach programs to enhance medical and physician assistant students’ mental health and well-being, fostering personal, academic and career success in a confidential and safe environment.

Please watch for the electronic version of this newsletter from David Towle, Ph D. each month. Copies will be distributed in the Learning Communities and other MERF locations as well. We hope you will take a moment to read through topics of interest and check out all we offer.

We want to remind you to take care of yourself. In addition to our newsletter, each week you’ll receive weekly Wellness Tips from Liz Schacht, PhD, ARNP, with some guidance on timely topics to help you stay balanced and focused on self-care.

As we all continue to navigate the COVID-19 pandemic, the MSCC is committed to continuously adapting our programs and services to meet your needs. We are currently offering appointments primarily by telephone and Zoom, and our workshops will be offered by Zoom throughout the semester as well.

These are challenging times for sure, but we truly are in this together. You are not alone. We are here to support you in achieving your goals and taking good care of yourself! Please keep us in mind throughout your time at CCOM!

Best Wishes,

Doreen Thomas, MA, LMHC, NCC
Director, Medical Student Counseling Center

Fall 2020 MSCC Appointment-based Services
MSCC counselors are available for academic, career and personal counseling appointments by telephone or Zoom during office hours (8AM-5PM, M-F).

To schedule a regular (non-urgent) telephone or Zoom appointment, please call the Center (319-335-8056) during office hours, or *email the MSCC at osac-mscc@uiowa.edu or your counselor directly. Your counselor will confirm the appointment with you, and prior to your appointment will provide important information about telehealth sessions.
In-person regular (non-urgent) appointments may be arranged when needed. Both a face shield and face mask are required for in-person appointments due to limited space in MSCC offices. Please contact your counselor or call the Center to discuss your needs with a counselor.

In the event of an emergency or if you need an urgent appointment during office hours (8AM-5PM, M-F), please go to the Center or call 319-335-8056 and let us know you need immediate or urgent assistance.

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

- CommUnity Local Crisis Line 319-351-0140
- UIHC Psychiatry Resident On Call 319-356-1616
- UIHC Emergency Treatment Center 319-356-2233
- UI Department of Public Safety 319-335-5022
- Mercy Hospital Iowa City Emergency Care 319-339-3600
- National Suicide Prevention Lifeline 1-800-273-8255

*Please note that staff check email regularly during office hours but email may not be read immediately and should not be used to communicate confidential information.*

Get Acquainted Appointments

We ask all incoming M1/PA1 students to schedule a 15-20 minute individual Get Acquainted appointment with one of the counselors. It's a chance to learn a little more about our services and ask any questions you might have, as well as an opportunity for us to get to know you. This year we are offering these appointments by telephone or Zoom (preferred).

To schedule, please email Scott Hansen, our Administrative Services Coordinator, at osac-mscc@uiowa.edu. In your email, please let Scott know:
1. If you prefer a telephone or Zoom appointment
2. A phone number where we can reach you if needed
3. Any preferred day(s)/time(s) to meet
4. If you’d like to schedule with a specific counselor

Academic Support

Academic counseling is available to help improve your study skills, become more organized, hone your test-taking skills, and prepare for board exams. Please feel free to reach out to Chiawen Moon, Learning Specialist at chia-wen-moon@uiowa.edu

Wellness Tips

Wellness Tips are sent by email each week and provide helpful advice and useful strategies for keeping yourself healthy. Watch for the email in your inbox.

All Wellness Tips are available on the MSCC website at: https://medicine.uiowa.edu/md/student-support/student-counseling/mscc-wellness-programs-and-resources
**Wellness Consultations**
Individual wellness consultations regarding sleep, nutrition, stress management are available with Liz Schacht, ARNP. Call the MSCC at 319-335-8056 to schedule a consultation.

**Gatekeeper Training**
Gatekeeper training can help you feel empowered and ready to reach out to help a friend, which can be even more important during this time of social distancing and isolation.

Two options are available for Medical and PA students:

1. **Kognito** Suicide Prevention Program is online, available 24/7 and free to all students, staff, and faculty at the University of Iowa. For information about Kognito go to: https://counseling.uiowa.edu/services/kognito/

2. **QPR (Question, Persuade, Refer)** Suicide Prevention training is offered by the MSCC for all Medical and PA students. QPR gives you the opportunity to practice the skills and receive feedback in real time and is currently being offered on Zoom. The next session is September 14 at 5:00 pm.

   To register for QPR, send an email to david-towle@uiowa.edu and you will receive a link to the Zoom session.

**MSCC Resource Library:**
In order to maintain social distancing and keep safety as a priority, the MSCC library will not be open for in-person browsing or self-checkout until further notice.

The good news is that we have updated our library system and now you can browse our catalog online!

MSCC Resource Library Website: https://uiowamscclibrary.follettdestiny.com

A simple way to start is to browse online by putting in the “keywords” or title search.

The books in MSCC Resource Library are mostly donated from students who graduated from Carver. There is no fee for the books. Books should be returned as soon as you are done using them, then you can check out more books.

**How to reserve books:**
1. Browse MSCC library online website: https://uiowamscclibrary.follettdestiny.com to search the books you would like to request.
2. Send an email to osac-mscc@uiowa.edu to reserve books. Please include the book title, edition, ISPN, as well as your Learning Community in the email. Scott will monitor the book requests and deliver books to students’ mailboxes in their Learning Communities.
3. You can check out 2 books at a time.
4. Scott will send you a confirmation via email and schedule book delivery times to your mailboxes twice a week.
How to return books: Please return books by leaving them on the table outside of MSCC office and send an email osac-mscc@uiowa.edu. Please let us know if you have any questions. We hope the library will be a good resource for you.

Thank you for your understanding and cooperation.

The Importance of Relationships
Vivek H. Murthy, MD, MBA, who served as the 19th surgeon general of the United States, recently published the book, Together: The Healing Power of Human Connection in a Sometimes Lonely World. You can get an overview of his ideas about relationships and suggestions for connecting with others by reading a Medscape interview with Dr. Murthy at: https://tinyurl.com/yyzdktdz

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/

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 or in-office appointments with Dr. Hristina Koleva and other providers in the UIHC Behavioral Health Clinic, or provide you with information about psychiatric services at Student Health and in the community. There is no charge to medical and PA students for psychiatric appointments with the designated providers 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. You can also schedule telehealth appointments with the MSCC staff by following the guidance included above in this newsletter.
## MSCC Fall 2020 Outreach Calendar

<table>
<thead>
<tr>
<th>August</th>
<th>Workshop Type</th>
<th>Title</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>26</td>
<td>Wellness Workshop</td>
<td>Creating Healthy Habits. Register for the workshop and receive the Zoom link by sending an email to: <a href="mailto:osac-mscc@uiowa.edu">osac-mscc@uiowa.edu</a></td>
<td>Noon-12:45pm</td>
<td>Zoom Session</td>
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<tr>
<td>31</td>
<td>Academic Skills Workshop</td>
<td>Adjustment to medical school: Active learning and balancing life demands (M1/PA1), Register for the workshop and receive the Zoom link by sending an email to: <a href="mailto:chia-wen-moon@uiowa.edu">chia-wen-moon@uiowa.edu</a></td>
<td>Noon-12:45pm</td>
<td>Zoom session</td>
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<tr>
<th>September</th>
<th>Workshop Type</th>
<th>Title</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>14</td>
<td>Academic Skills Workshop</td>
<td>Test taking strategies and Test Anxiety (open to all), Register for the workshop and receive the Zoom link by sending an email to: <a href="mailto:chia-wen-moon@uiowa.edu">chia-wen-moon@uiowa.edu</a></td>
<td>Noon-12:45pm</td>
<td>Zoom session</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>QPR Training</td>
<td>QPR – Question, Persuade, and Refer. The 3 simple steps anyone can learn to help a friend in distress. Register for the workshop and receive the Zoom link by sending an email to: <a href="mailto:david-towle@uiowa.edu">david-towle@uiowa.edu</a></td>
<td>5:00 to 6:00 pm</td>
<td>Zoom session</td>
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<tr>
<td>28</td>
<td>Careers in Medicine Workshop</td>
<td>Introduction to the Careers in Medicine Program, Register for the workshop and receive the Zoom link by sending an email to: <a href="mailto:osac-mscc@uiowa.edu">osac-mscc@uiowa.edu</a></td>
<td>Noon-12:50pm</td>
<td>Zoom session</td>
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<tr>
<th>October</th>
<th>Workshop Type</th>
<th>Title</th>
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<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>5</td>
<td>Academic Skills Workshop</td>
<td>Time Management and Pomodoro (open to all), Register for the workshop and receive the Zoom link by sending an email to: <a href="mailto:chia-wen-moon@uiowa.edu">chia-wen-moon@uiowa.edu</a></td>
<td>Noon-12:45pm</td>
<td>Zoom session</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>QPR Training</td>
<td>QPR – Question, Persuade, and Refer. The 3 simple steps anyone can learn to help a friend in distress. Register for the workshop and receive the Zoom link by sending an email to: <a href="mailto:david-towle@uiowa.edu">david-towle@uiowa.edu</a></td>
<td>Noon to 1:00 pm</td>
<td>Zoom session</td>
<td></td>
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<tr>
<td>19</td>
<td>Careers in Medicine Workshop</td>
<td>Role of Self-Exploration in Career Planning, Register for the workshop and receive the Zoom link by sending an email to: <a href="mailto:osac-mscc@uiowa.edu">osac-mscc@uiowa.edu</a></td>
<td>Noon-12:50pm</td>
<td>Zoom session</td>
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<tr>
<td>26</td>
<td>Academic Skills Workshop</td>
<td>Flashcard and study tips from Tutors/Advanced students-panel (open to all), Register for the workshop and receive the Zoom link by sending an email to: <a href="mailto:chia-wen-moon@uiowa.edu">chia-wen-moon@uiowa.edu</a></td>
<td>Noon-12:45pm</td>
<td>Zoom session</td>
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<tr>
<th>November</th>
<th>Workshop Type</th>
<th>Title</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>2</td>
<td>Academic Skills Workshop</td>
<td>M1 only- Metacognition mid-semester check-in (M1/PA1), Register for the workshop and receive an email to: <a href="mailto:chia-wen-moon@uiowa.edu">chia-wen-moon@uiowa.edu</a></td>
<td>Noon-12:45pm</td>
<td>Zoom session</td>
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<tr>
<td>9</td>
<td>Careers in Medicine Workshop</td>
<td>Exploring Specialty Options, Register for the workshop and receive the Zoom link by sending an email to: <a href="mailto:osac-mscc@uiowa.edu">osac-mscc@uiowa.edu</a></td>
<td>Noon-12:50pm</td>
<td>Zoom session</td>
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</tr>
<tr>
<td>9</td>
<td>QPR Training</td>
<td>QPR – Question, Persuade, and Refer. The 3 simple steps anyone can learn to help a friend in distress. Register for the workshop and receive the Zoom link by sending an email to: <a href="mailto:david-towle@uiowa.edu">david-towle@uiowa.edu</a></td>
<td>5:30-6:30 pm</td>
<td>Zoom session</td>
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<tr>
<td>16</td>
<td>Academic Skills Workshop</td>
<td>Step 1 preparation and practice tests planning (M3), Register for the workshop and receive the Zoom link by sending an email to: <a href="mailto:chia-wen-moon@uiowa.edu">chia-wen-moon@uiowa.edu</a></td>
<td>5:00-5:45pm</td>
<td>Zoom session</td>
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<tr>
<td>30</td>
<td>Academic Skills Workshop</td>
<td>Panel (from Guides)- Crush the USMLE Step 1 (M3), Register for the workshop and receive the Zoom link by sending an email to: <a href="mailto:chia-wen-moon@uiowa.edu">chia-wen-moon@uiowa.edu</a></td>
<td>5:00-5:45pm</td>
<td>Zoom session</td>
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<tr>
<th>December</th>
<th>Workshop Type</th>
<th>Title</th>
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<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>14</td>
<td>Academic Skills Workshop</td>
<td>Stress Reduction and Preparing for the Test Day (M3), Register for the workshop and receive the Zoom link by sending an email to: <a href="mailto:chia-wen-moon@uiowa.edu">chia-wen-moon@uiowa.edu</a></td>
<td>5:00-5:45pm</td>
<td>Zoom session</td>
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