

Mental Health Matters!

December
2020

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MSCC Semester Break Hours

The Medical Student Counseling Center is open 8:00 to 5:00, Monday through Friday, **except December 24 and 25 and January 1**. Contact us if we can be of help!

Wellness Tips

While there is often much to look forward to with the holidays, they can also involve some level of stress. Because of the impact of Covid-19 or other occurrences, this year may be more stressful than typical for many people.

The latest *Wellness Tips* reviews steps you can take to prepare for and cope with holiday stress with the pandemic in mind, many of these steps also apply to moderating stress you may experience associated with holiday celebrations.

The latest *Wellness Tips* is available on the MSCC website at: <https://medicine.uiowa.edu/md/student-support/student-counseling/mscc-wellness-programs-and-resources>

Wellness Tips are sent by email each week and provide helpful advice and useful strategies for keeping yourself healthy. **The Wellness Tips will take a break the last two weeks of December and will resume January 6th.**

Koru Mindfulness Workshops

Koru Mindfulness® is an evidence-based curriculum specifically designed for teaching mindfulness, meditation, and stress management.

The Koru Mindfulness program...

- is taught in four weekly 75-minute classes (a brief model to accommodate busy student schedules)
- is structured with daily homework of a mindfulness log and 10 minutes of mindfulness practice
- is taught in small groups

Participants will have free access to the Koru Mindfulness app.

The Koru Mindfulness Workshops are offered by Ulowa Student Wellness. The next session starts December 30. For more information about the workshops and to register, visit:

<https://studentwellness.uiowa.edu/news/koru-mindfulness-workshops/>

Contact Us!

Medical Student Counseling Center

- 1240 MERF
- Monday-Friday, 8:00-5:00
- 319-335-8056
- osac-mscc@uiowa.edu

Doreen Thomas,
MA, LMHC
Director

Doreen-thomas@uiowa.edu

Chiawen Moon,
MA Ed LMHC
Learning Specialist

Chiawen-moon@uiowa.edu

UCS Winter Break Offerings

University Counseling Services is offering workshops over winter break. Here is a link to their Winter Break Offerings.

<https://mailchi.mp/acc4b80c1722/ucs-winter-break-programming?e=751f9e8631>

UCS offers counseling, workshops, outreach programs, and support groups that complement services provided by MSCC to Medical and Physician Assistant students. For more information about UCS, visit their website:

<https://counseling.uiowa.edu/>

Academic Support for Step 1 Preparation

For students who are taking Step 1 in next few months:

Feel free to reach out to our Learning specialist, Chiawen Moon chia-wen-moon@uiowa.edu before and during dedicated time to discuss about study plans, resources, or anything you might need. For sample schedules, templates, Error analysis sheets, M4s advises summary, all on the MSCC ICON site under "USMLE Exams Resources" :

<https://uiowa.instructure.com/courses/54049/files/folder/USMLE%20Exam%20Prep%20Info>

Best of luck everyone!

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

MSCC Resource Library:

We are excited to let you know that you can now reserve/hold books with your HawkID online!

1. Go to: <https://uiowamscclibrary.follettdestiny.com/>
2. On the Left side, is the "Carver College of Medicine" (blue bar), click on that and enter your HawkID and your HawkID password.
3. Click on the "Catalog" tab at top. In the "Find" box, you can search for titles, keywords etc. Example: "Anatomy"

When the book pulls up that you want: Click on the link that is the title of the book (my ex. Is: "Anatomy Flash Cards, Anatomy on the Go")

At the top right, Click "Hold it" button.

Scott will monitor the book requests and deliver books to your mailboxes in Learning Communities.

We will also update the book titles on our ICON site.

If you have any questions, feel free to send an email osac-mscc@uiowa.edu

David Towle,
PhD, LP
Senior Staff
Counselor

David-towle@uiowa.edu

Liz Schacht,
PhD, ARNP
Senior Staff
Counselor

Elizabeth-schacht@uiowa.edu

Scott Hansen,
BA, MFA
Admin
Services Coordinator

Scott-a-hansen@uiowa.edu

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!***

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.

MSCC Appointment-based Services Fall 2020

MSCC counselors are available for **academic, career and personal counseling appointments** by **telephone or Zoom** during office hours (8AM-5PM, M-F). **The Medical Student Counseling Center is open regular hours, except December 24 and 25 and January 1.**

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.*

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.

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

