

Mental Health Matters!

Medical Student Counseling Center

March 2021 Newsletter

March is Nutrition Month!

Can Food Treat Depression?

The answer is not settled but the first RCT to test that hypothesis is encouraging. The study used a modified Mediterranean diet which encourages **more** veggies, fruits, nuts, beans, whole grains, fish, lean meats, and healthy oil; and **less** fried, fast, or processed foods. Eat better, feel better?

<https://www.psychiatrictimes.com/view/can-diet-treat-depression>

FDA Changes Nutrition Labeling

The FDA changed required nutrition fact labelling for packaged food and drinks in 2020. Included in these changes were adjustments to serving sizes for some foods. A serving size reflects the amount most people consume, and some current serving sizes listed may differ from serving sizes listed in the past. For

example, a serving of ice cream is now listed as 2/3 cup (increased from 1/2 cup) and a serving size for soda is now 12 ounces (increased from 8 ounces). And calories listed will also differ accordingly. It is important to remember that serving size listed on nutrition fact labels is not a recommendation for how much should be consumed. And some packages may contain more than one serving (which might surprise you at times).

www.FDA.gov/NewNutritonFactsLabel

Are Some Foods Addictive?

What happens when you eat ultra-processed foods?

<https://www.nytimes.com/2021/02/18/well/eat/food-addiction-fat.html>

Wellness Consultations

Individual wellness consultations regarding **nutrition, sleep, or stress management** are available with **Liz Schacht, ARNP**. Call the MSCC at 319-335-8056 to schedule a consultation.

March is Women's History Month

The Learning Community Diversity Chairs are sponsoring a "Belonging at CCOM" session in celebration of Women's History Month.

Exploring Gender Equality in Medicine. Concerned about the role gender plays in the imposter syndrome, family life balance, specializing in a certain discipline? Explore, share, and discuss those issues with fellow students.

Monday March 29 at 6:00 on zoom.

Zoom link: <https://uiowa.zoom.us/j/97878609501>

Meeting ID: 978 7860 950

Welcome New MSCC Counselor!

Christina Sowers, MA, LMHC, joined the Medical Student Counseling Center as Senior Staff Counselor Monday, March 22. Christina has over 12 years of experience in the counseling field. Her previous positions include Behavioral Health Clinical Specialist at UI Student Health and Wellness, Crisis Counselor at the Crisis Center of Johnson County (now CommUnity Crisis Services and Food Bank), Counselor at Prelude Behavioral Services, and most recently Licensed Mental Health Counselor at the Department of Veteran Affairs Outpatient Substance Abuse Treatment Program.

MSCC Workshops

QPR Workshop Suicide Prevention Gatekeeper Training

QPR – Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide.

You can help a friend, classmate, family member, or colleague in distress by using QPR.

Tuesday March 30, 5:30-6:30 pm on Zoom.

<https://uiowa.zoom.us/j/98229034683?pwd=RWpMK3F4VksxcjdFK1JqamRuR1Jtdz09>

Meeting ID: 982 2903 4683 Passcode: 971863

Academic Skills Workshop

Overcome Impostor Syndrome and Increase Resiliency under Academic Stress (Open to all).

Discuss factors for impostor syndrome, and tools to increase resiliency and confidence in learning during medical school.

Thursday April 1, 5:30-6:20pm

Zoom link: <https://uiowa.zoom.us/j/94757464898?pwd=SGtuVWd3TXEwZTNMY0c3dFIUbWI3dz09>

Meeting ID: 947 5746 4898, Passcode: 161484

Questions? Feel free to contact Learning Specialist Chiawen Moon: Chia-wen-moon@uiowa.edu

Choosing a Specialty: M4 Panel Discussion—A Careers in Medicine Workshop

April 20, 5:30-6:15 pm

Zoom link: <https://uiowa.zoom.us/j/94431010400?pwd=eFE0WmhNeHRLM3IEa2w0TE4rbFhIUT09>

Meeting ID: 944 3101 0400, Passcode: 307333

Wellness Tips

Read the latest **Wellness Tips**, as well as previous issues, 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.

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 chiawen-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

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 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). Special arrangements may be made for appointments outside of regular office hours.

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

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