October 2020

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Fresh Check Day

FRESH CHECK DAY is going virtual! Tune in @uiowaucs on FaceBook Live on Wednesday October 21 at noon or 7:00pm for the annual mental health fair. Enter to win a $20 Amazon gift card while learning strategies to enhance your mental health. Please contact ucs@uiowa.edu with any questions.

Depression Screening

National Depression Screening Day was October 8th, but you can still be screened for depression and anxiety. Call the MSCC at 319-335-8056 to schedule a confidential screening appointment.

An additional option is anonymous on-line screening, which is available any time. The screening is taken anonymously and results are available in a few minutes.
https://screening.mentalhealthscreening.org/hawks

Academic Skills Workshops

Study Resources and Flashcards: October 26

We will have a panel of M3 and M4 students who will share their experience with study resources.

10/26 Monday 5-5:45pm
Zoom link: https://uiowa.zoom.us/j/93352903957
Meeting ID: 933 5290 3957
Please log in with HawkID

If you have any questions, feel free to send to chia-wen-moon@uiowa.edu ahead of time!

M3s and MSTPs taking Step 1——Save the dates!
- November 16: Step 1 prep planning
- November 30: Crush Step 1 – Guides’ experiences
Watch for details in November.

Tutor Groups
M1/PA1 and M2/PA2 students can get up to date information about Tutor Groups on the MSCC ICON site. The new MOHD1 tutor groups are listed here:
https://uiowa.instructure.com/courses/54049/files/folder/tutoring%20program/Fall%202020%20PUBLIC%20Tutor%20List

**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

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 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.

**Get Acquainted Appointments**
The MSCC counselors are continuing to meet with M1/PA1 students for 15-20 minute individual Get Acquainted appointments. 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

**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).

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.*

**University Counseling Services On-Line**

UCS is offering counseling, workshops, outreach programs, and support groups on-line for University of Iowa students. For more information, visit their website:

https://counseling.uiowa.edu/fall-2020/
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