

September 2020

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Suicide Prevention Month

September is Suicide Prevention Awareness Month. We all have a role in preventing suicide. Learn the facts, know the warning signs, reduce the stigma, reach out for help, and care for each other.

QPR for Suicide Prevention Workshop

The MSCC is offering a **QPR session on Monday September 14 from 5:00 to 6:00 pm** for Medical and PA Students. QPR--Question, Persuade, Refer—prepares you to help a friend, colleague, or family member.

- **Register** for the workshop and receive the Zoom link by sending an email to: david-towle@uiowa.edu.

More information about suicide prevention is available from NAMI, AFSP, and IASP:

- **NAMI**—National Alliance on Mental Illness
<https://www.nami.org/get-involved/awareness-events/suicide-prevention-awareness-month>
- **American Foundation for Suicide Prevention**
<https://afsp.org/>
- **International Association for Suicide Prevention**
<https://www.iasp.info/>

If you or someone you know is having a suicidal crisis, contact the MSCC at 319-335-8056 during office hours or use one of the resources listed in the Mental Health Crisis Services section of this newsletter.

Academic Skills Workshop: Test taking Strategies and Test Anxiety

Objectives:

- Discuss Test-Taking Strategies
- Understand Interventions That Can Help Manage Test Anxiety
- What to do with Anxiety Before, During and After the Exam
- Tips on Using Time Well During Testing

Open to all Medical and PA Students

Time: **Wednesday 9/16 5:00 to 5:45 pm** via Zoom

<https://uiowa.zoom.us/j/99187021729>

Meeting ID: 991 8702 1729

Please log in with your UIOWA email.

Please send me an email if you have questions you would like answers during this session. RSVP recommended but not required.
Hope to see you next Monday at noon via Zoom!

An Introduction to the Careers in Medicine Program

Zoom Workshop

Watch for the email announcement with a Zoom link

Monday, September 28, 5PM-5:45PM

Careers in Medicine (CiM) is a program developed by the AAMC to assist medical students with career decision-making. Students are guided through four steps: understanding themselves, exploring options, choosing a specialty, and preparing for residency. CiM offers a variety of resources online including self-assessment tools, information about specialties, and information about the residency match process. **You can access the site using your AMCAS ID and password or using your previously established CiM ID and password.** The MSCC provides career workshops as a part of this program. Workshops are open to all Medical Students.

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

Tutor Groups

M1/PA1 and M2/PA2 students can get up to date information about Tutor Groups on the MSCC ICON site. Use this link to find a tutor group that can help you with Foundations, Anatomy, or MOHD: [Tutoring group list](#) .

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

Contact Us!

Medical Student Counseling Center

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

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COVID-19 and Alcohol Misuse—Free Webinar

COVID-19 is having an impact on public health and well-being, including alcohol misuse. The National Institute on Alcohol Abuse and Alcoholism (NIAAA) is offering a free webinar on September 15 at noon. Register at:

<https://register.gotowebinar.com/register/5368065765283714320>

If you register but can't attend on the 15th they will send the recording to you at a later date.

If you are concerned about changes in your use of alcohol, schedule a consultation with David Towle at the MSCC. Call 319-335-8056 or email david-towle@uiowa.edu.

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

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, ISBN, 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.

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.

