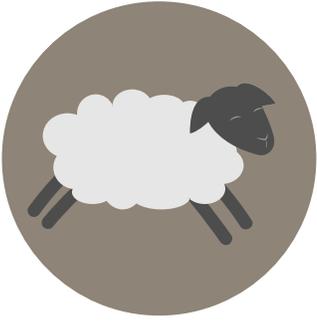




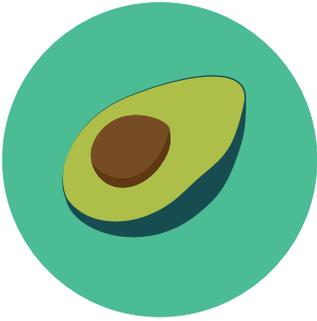
MIT COMMUNITY WELLNESS

2016-2017 year in review





MISSION



Community Wellness at MIT Medical guides and assists individuals in adopting and consistently pursuing the lifestyle of healthy, self-confident, joyful people; works with groups to create an empowering environment where healthier choices are easier; and strives toward fostering a vibrant culture of wellbeing.

ABOUT COMMUNITY WELLNESS

Community Wellness is a department at MIT Medical that works with the entire MIT community to provide resources and programs that can help you make healthy choices. Our services and offerings address all aspects of wellness, including exercise and fitness, stress reduction and mindfulness, family support, student wellness consultations, and group health and wellness coaching.

Comprehensive service portfolio

At Community Wellness, we provide a wide range of programs and services that empower MIT community members with the information and skills necessary to adopt and maintain healthy behaviors and attitudes that lead to a more balanced and active lifestyle, a better mood, and thus a more enjoyable life overall. We strive to create and maximize opportunities for healthier physical, mental, and emotional well-being, ensuring our clients have access to all the resources they might need.

Exceptional team

The talent, commitment, and expertise of the highly professional Community Wellness team are what make our programs so successful. We value every person's contribution to the common cause, and focus on bringing in and

retaining the best talent. As of June 2017, the MIT Community Wellness team is made up of 12 staff members and 16 wellness instructors.

Extensive network

Community Wellness works at MIT Medical with a large network of internal and external partners who help us to reach the diverse members of the MIT community, consisting of more than 11,000 students and more than 12,000 employees. Faculty, staff, students, postdocs, spouses and partners, and retirees can access our services regardless of health plan membership. We aspire to foster a culture of open communication about wellbeing on campus by spreading awareness about healthy lifestyle habits, providing educational trainings, and offering services on the individual and group level.



FUTURE OF COMMUNITY WELLNESS

Dear friends,

Community Wellness at MIT Medical, alongside our campus partners, works to promote a community environment in which **wellness is a core value**. This is essential in supporting and improving the quality of learning, research, and work and life experiences for all members of the MIT community.

Our ongoing goal is to ensure that the programs and services we offer are easily accessible and can help empower all community members to take a proactive role in their own health.

Moving toward a total student- and community-health approach to care, Community Wellness will be well-positioned to further align with MIT Medical on clinical and population-based efforts. We are excited to share that over the course of the next year, MIT Medical will be renovating a new space for Community Wellness on the third floor of the Medical building. This new space will allow us to develop our current services and classes as well as expand our services to include on-site acupuncture treatment.

These new milestones in the development of Community Wellness open exciting opportunities for us to grow while retaining a leadership role in campus health promotion. We look forward to helping you thrive in all areas of your life.

Sincerely,

Shawn Ferullo

Shawn Ferullo, MD, Chief of Student Health, Sports Medicine/Orthopedics

Caitlyn McCourt

Caitlyn McCourt, Assistant Director of Community Wellness.

SPECIAL ANNOUNCEMENT

Starting August 1, 2017, Assistant Director for Community Wellness Caitlyn McCourt and the Community Wellness team have begun reporting to the Chief of Student Health, Shawn Ferullo, MD.

MIT COMMUNITY WELLNESS TEAM



GREGORY BAKER, M.S., M.A.
PROGRAM MANAGER
Manages the MedLinks program, and works closely with volunteers who help their fellow students feel more comfortable accessing services at MIT Medical and in the MIT community.



SHAWN M. FERULLO, M.D.
CHIEF OF STUDENT HEALTH, SPORTS MEDICINE/ORTHOPEDICS
Oversees that all students receive high-quality medical and mental health care during their time at MIT.



KATHERINE BARLETT, M.ED.
PROGRAM MANAGER
Develops programs for groups and individuals at MIT Lincoln Laboratory on workplace wellness, healthy living, family health and nutrition, childhood obesity, and more.



MARYANNE KIRKBRIDE, M.S./M.B.A., R.N.
CLINICAL DIRECTOR FOR CAMPUS LIFE
Focuses on advancing the Institute's strategic objectives by supporting MIT Medical initiatives to improve health and wellness on campus.



SUSANNA "ZAN" BARRY, M.A.
SENIOR PROGRAM MANAGER
Develops programs to support the wellbeing of groups and individuals, including stress management, sleep health, mindfulness, and eating and body image concerns.



RYAN KRUIS, L.I.C.S.W.
SENIOR PROGRAM MANAGER
Develops the MindHandHeart Initiative, a campus-wide community effort focused on enhancing mental health and overall wellbeing at MIT.



RACHEL BIGLER
PROGRAM ASSISTANT
Supports the getfit program, the wellness classes, handles department outreach, organizes seminars/workshops and other special projects.



BARBARA LIPOHAR STAPLES, M.A.
PROGRAM ASSISTANT
Works on planning and development of the MIT Spouses & Partners Connect program.



NANCY BOUDROW
ADMINISTRATIVE ASSISTANT
Provides support to Community Wellness managers and patients. In addition to overseeing office operations, Nancy also fosters collaborative relationships with medical and campus colleagues.



CAITLYN MCCOURT, M.S.
ASSISTANT DIRECTOR
Involved with developing flexible health and wellness programs that cater to the diverse needs of all MIT community members.



ELIZABETH CARBONE, B.S.
SENIOR PROGRAM MANAGER
Works to ensure that getfit is shaped by feedback from the community and reflects the participants – from events to website usability.



MAISIE O'BRIEN, B.A.
COMMUNICATIONS SPECIALIST
Develops MindHandHeart communications strategy, including publicity for health-related resources, events, and news.



JENNIFER RECKLET TASSI, B.A.
SENIOR PROGRAM MANAGER
Works with international students, scholars, and their families, supporting their cultural adjustment during their time at MIT.

EXECUTIVE SUMMARY

The 2016 - 2017 Year in Review" report looks at the Community Wellness team efforts made to sustain and improve the culture of wellness on campus. These infographics explore the scope and impact of our programs and services.

COMMUNITY NEEDS



OUR WORK

We help community members live up to their full potential.



 **81,000** healthy sleep and safer sex supplies

 **12** campus partners ordered custom Stress Reduction Classes

 **89** private undergraduate health coaching sessions

 **548** Notice and Respond training participants

 **83%** of students said they could rise to the challenge when overwhelmed with their academic workload

- **Mind the Moment** and **Community Wellness** offer mindfulness programs for MIT departments
- Free monthly drop-in meditation sessions
- New training, **Notice and Respond**, to help students in distress
- **MindHandHeart** works in the framework of the JED Campus Program

ENGAGEMENT

We strengthen bonds within community.

 **380** volunteers supporting our efforts

 **2,400** interactions initiated through MedLinks

 **395** community members participated in Language Conversation Exchange

 **300** MIT spouses and partners developed professional skills through our workshops

SATISFACTION

 **97%** would recommend wellness classes to friends

 **96%** would recommend the getfit challenge to a friend

 **85%** would be interested in enrolling in wellness classes again

 **90%** of staff felt better prepared after completing Notice and Respond training

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EXERCISE & WELLNESS CLASSES

Community Wellness at MIT Medical offers a wide range of classes in a number of topic areas, including those that positively affect physical and mental wellbeing.

Mission

Designed to fit into your busy schedule and help improve the quality of your life, Community Wellness classes are offered in a friendly, welcoming atmosphere that fosters an environment of social support. Groups are kept small, enabling instructors to offer personal attention to each student.

Movement Based Wellness Classes

Movement is an essential component to living a healthy and happy life. Regular physical activity has multiple health benefits, including longer lifespan and a lower risk of heart disease, type 2 diabetes, depression, and even some cancers. Moreover, an exercise routine can help with managing weight, reducing stress, and increasing motivation and focus. While more than half (53%) of a national sample of respondents reported exercising three or

more hours on average per week in the last 30 days, less than half (38% UG; 36% Grad) of MIT respondents did so. We hope that by offering a variety of classes on campus, students and employees will find it easier to commit to exercising regularly.

Essentrics (including Gentle, Express, and Stretch & Tone classes) help to strengthen the core, increase flexibility, and keep the joints healthy. You will leave feeling rebalanced, elongated, and strong! The exercises draw from ballet, tai chi, and physiotherapy.

Pilates focuses on building core strength and developing body awareness and a deep sense of well-being. The **Stretch+Strengthen+Tone** class presents an integrated approach to resistance training, using light free weights. Exercises are crafted to develop strength and to improve coordination and balance. **Zumba**



My passion is helping individuals to feel and function better in their bodies so that they can perform any activity. It brings me joy to witness my Essentrics class participants becoming stronger and more flexible, improving their balance, and finding relief from chronic aches and pains.

Lauren Mayhew, Health and Wellness Coach

is a full-body workout that mixes low intensity and high intensity moves for an interval style, calorie burning, dance fitness party. **Gentle Yoga**, focused on moving with breath, is excellent for anyone seeking stress relief, improved flexibility, increased body awareness, and a reprieve from aches and pains.

We offer a variety of classes for free, including the “**Breath of Fresh Air**” outdoor summer series, promotional classes during the getfit challenge, a **MindHandHeart Zumba** class for postdocs, and several workshops, such as **Movement is Medicine**, that are free for our community members.

Stress Reduction and Mindfulness Classes

In recent years, many research studies have shown that universities are struggling with an increased number of mental health concerns. According to the 2017 MIT Student Quality of Life Survey, 55% of respondents reported they often or very often felt overwhelmed by what they had to do within the current school year.

However, students noted that they felt self-driven and motivated to work through academic pressures: 83% somewhat or strongly agreed that “even if they felt overwhelmed by academic workload, they could rise to the challenge.”

Considering the demands that come with an MIT education and/or career, we are invested in facilitating greater emotional balance and mental health, as well as in helping people build a variety of mindful coping skills. We offer a number of classes and workshops focused on mindfulness and meditation practices that have been recognized as useful tools to reduce stress and improve mood, sleep quality, and academic performance in college.

Yoga and Mindfulness teaches how to use your embodiment as an anchor – a way to find peace and inner strength during busy and difficult times. **Koru Mindfulness** is an evidence-based curriculum specifically designed for teaching mindfulness meditation and stress management to college students with busy lives and many

As an instructor for Community Wellness at MIT, I find it deeply satisfying to teach students and employees a variety of tools for alleviating stress and living up to their full potential. Knowing the important contributions the brilliant and hard-working people of MIT make to the world - it is a true joy and privilege to support them in their efforts to optimize their physical and mental health.



Ashley Norwood, Health/Wellness Coach, MBSR/Yoga/Mindfulness Instructor

I participated in the Koru Mindfulness class because I wanted to explore a healthy way of dealing with the intense emotions of life... During the course I've learned about meditation and experienced it in a very beginner-friendly environment. I have to say that Koru has given me some tools, which I have relied on in difficult times ever since. I hope that many other grad students will take this class.

Anonymous, Graduate student

competing “top” priorities. Training helps create greater emotional balance and improve sleep, focus, and stress management skills. The **Mindfulness Based Stress Reduction (MBSR)** course teaches how to decrease stress by applying mindfulness to everyday life. MIT Libraries is offering drop-in **Meditation Under the Dome** 30 minute silent relaxation sessions. **Qigong** is an extremely powerful practice for bringing out one’s natural human potential and optimal fitness; it gives rapid deep therapeutic results producing a unified and balanced ‘mind, body and breath.’ We also offer free monthly drop-in meditation and relaxation sessions **Meditation for your Wellbeing.**

New Parents Classes

Becoming a parent is as exciting as it is stressful, so we want to help members of the MIT community prepare for this very important moment in their lives. Our **Getting Ready for Baby** class covers hands-on care for your baby during the newborn period, including breastfeeding information. **Childbirth Classes** teach coping techniques such as relaxation, position practice, massage, and breathing. In addition, they cover choices of hospital and how to understand risk reduction for both mother and baby. **Prenatal Yoga** prepares your body for childbirth with movements

that stretch, strengthen, and tone muscles; breathing techniques for focus; and meditation to connect with one’s inner self and center of intuition.

CPR Classes

According to the American Heart Association, 70% of out-of-hospital cardiac arrests happen in homes. This means that people’s lives depend on immediate cardio-pulmonary resuscitation (CPR), which might double or even triple a victim’s chance of survival. At Community Wellness, our goal is to increase public awareness of the importance of early intervention and to provide greater access to learning life-saving skills on campus. In 2016-2017, 165 people attended our classes on adult and infant CPR.

Heartsaver Adult and Child CPR & AED is a video-based instructor-led course that covers adult and child CPR and the use of an automated external defibrillator (AED), as well as how to relieve choking in an adult. This course teaches skills with AHA’s research-proven Practice-While-Watching (PWW) technique, which allows instructors to observe the students, provide feedback, and guide the students’ learning of skills. Participants receive a course completion card. Similar to the adult course,

our **Infant CPR and Choking Management** class is based on the 2015 AHA Guidelines for CPR and Emergency Cardiovascular Care (ECC), but is applicable for infants up to 1 year old. Participants have ample opportunity to practice the skills of performing compressions and providing rescue breathing and to get real-time feedback from the course instructor.

Wellness at Lincoln Laboratory

Community Wellness offers a number of services and resources to assist employees at MIT's Lincoln Laboratory to help them maintain a balance between work and personal life. We are strongly committed to supporting them on a path to better health and wellbeing. We have developed programs onsite that meet the staff's broad and ever-evolving needs, including **health and wellness coaching sessions; nursing mothers support groups; elder caregiving support; nutrition, exercise and meditation classes;** and much more. In 2016-2017, more than 500 people attended over 60 events.

We encourage people to be more active and participate in internal events, such as our annual **Biometric Screening event, Flu clinics, the getfit challenge, the SteptUp walking program, the Choose To Lose**

Weight management program, and external events, such as the Bay State Bike Week Mass Commuter Challenge. In 2017, our bicycle commuters pedaled their way to a first-place trophy with 10,436 miles logged over the course of that free one-week free competition.

Our comprehensive health and wellness plan also helps to develop a better relationship between employees. We are proud to announce that the results of our efforts were recognized at the 2017 MIT Excellence Awards, where Katherine Barlett, Senior Program Manager for Community Wellness at Lincoln Laboratory, received the Outstanding Contributor Award.

Wellness on the Go

Many of our wellness instructors are available to offer programs in other locations on campus (e.g. academic departments, offices, or student-group spaces). These tailored sessions are not only a great way to improve group wellbeing but also represent an easy team-building opportunity. In 2016-2017, we "delivered" our various services, including Yoga, Mindfulness, Meditation, and Stress management classes, to 12 locations on campus.

I love Yoga & Mindfulness class so much that I've been taking it every time it's offered for the past few years. Ashley is a fantastic instructor... It is clear that she is passionate about yoga, but she still prioritizes participants' enjoyment of the class rather than perfection in poses... I still feel good about each and every class I attend because of Ashley's attitude, encouragement, and teaching style.

Anonymous, MIT employee

 **25**
classes per week

 **2,096**
registrants

STUDENTS WHO EXERCISE 3+ HOURS PER WEEK:

 **53%** college students nationally

 **38%** MIT undergraduate students

 **36%** MIT graduate students

 **97%**
would recommend
classes to a friend

 **85%**
would be interested in
enrolling again

 **59%** faculty/ staff participated in physical activity less than 3 times/ week

 **53%** faculty/ staff described their health as a reason for causing them stress

 **72%** students described their health as a reason for causing them stress

Sources: The Healthy Minds Study, 2015; MIT Student Quality of Life Survey, 2017; MIT Faculty and Staff Quality of Life Survey, 2016.



STRESS REDUCTION, MINDFULNESS, & RELAXATION

Community Wellness supports initiatives aimed at promoting a mindful approach to life and offers a number of classes, workshops, and other services that introduce new ways to manage stress and revitalize both mind and body.

Mission

Our goal is to help the members of the MIT community improve their wellbeing and performance both at work and in their personal lives by employing mindfulness and relaxation practices to reduce stress levels.

Coping with Stress Effectively

According to the 2017 MIT Student Quality of Life Survey, 38% of students rated their academic and research workload as “too heavy,” and 95% admitted that balancing multiple commitments has been stressful for them. Similarly, the 2016 MIT Faculty and Staff Quality of Life Survey showed that 34% of faculty members often felt overwhelmed by all they had to do, while 56% stated they felt

this way occasionally. Moreover, 53% of staff described their health as a source of stress. These statistics prove that all members of the MIT community are affected by a very demanding culture of extraordinary intellectual and academic competence.

We believe that it is vital to promote the importance of stress coping techniques, such as mindfulness and relaxation, for the greater mental and emotional wellbeing of students, faculty and staff. Recent research has shown that mindfulness, a concentrated state of awareness that helps people see and respond to situations with clarity, can help reduce stress, anxiety, and conflicts in work- or study- spaces, while increasing resilience and

emotional intelligence. Additionally, numerous studies demonstrate the positive health effects of this practice, including reducing blood pressure and cholesterol levels and boosting the immune system.

Community Wellness offers mindfulness and relaxation classes and workshops that can help you stay focused and respond to life stresses in a positive and productive manner. You can read more about our offerings on page 9 of the report and on our website.

MindfulMIT and Hack Your Mind

Community Wellness created a MindfulMIT initiative that integrates mindfulness training into the curriculum of student and staff education programs across the Institute. Mindfulness training from Community Wellness has been incorporated into DAPER, the Department of Student Life, the Graduate REFS, PLEASURE, and other MIT programs. Community Wellness also co-sponsors the Hack Your Mind mindfulness speaker series at MIT, a forum for renowned speakers who work at the intersection of mindfulness, science, and technology.

Mind the Moment at MIT

Community Wellness is partnering with Mind the Moment to offer specially designed mindfulness programs for MIT departments and labs. Each four- to six-week course is designed to provide MIT staff and faculty with tools to better manage

stress and increase personal resilience through mindfulness. Classes may include sitting and walking meditation; body-scan practice that consists of bringing awareness to each of your body parts sequentially; mindful eating; and mindful listening.

Relaxation and Sleeping

MIT students sleep an average of 6.84 hours per night, which is within the recommended guidelines. However, students encounter major barriers when prioritizing sleep, including social pressure, academic deadlines, and lack of self-regulation. While the culture of college campuses across the nation, including MIT, often encourages sleep deprivation, a joint report by the MindHandHeart Wellness Working Group and MIT Medical, titled “Sleep at MIT: Until You Do It Seems Unattainable,” demonstrates that it is possible to meet academic and social demands while maintaining a healthy sleep lifestyle.

Community Wellness is devoted to teaching students to value adequate sleep so that they can see improvements in their physical, mental, and emotional wellbeing. Good sleep enhances memory and learning performance, improves metabolic and heart health, and contributes to a better immune system. We offer a variety of resources and downloadable materials about various relaxation techniques and other methods for sleeping better.

 **55%** of students and  **55%** of faculty members often felt overwhelmed by everything they had to do

 **65%** of students would like stress reduction info from MIT

Sources: MIT Student Quality of Life Survey, 2017; MIT Faculty and Staff Quality of Life Survey, 2016; MIT NCHA-ACHA survey, 2013.



HEALTH & WELLNESS COACHING

Health and wellness coaching is a free service provided by Community Wellness at MIT Medical that helps students achieve greater physical and mental wellbeing through goal setting, accountability, and support.

Mission

Our efforts contribute to creating a healthier culture on campus by teaching students about strategies that will help them reach their wellness goals independently.

Creating a Better Self

Coaching can help students increase their motivation, build confidence, and create and maintain healthy habits. This system of accountability and support helps people who have a hard time getting motivated or finding time in their schedule to take necessary actions on their own behalf to finally make health a priority. Adopting an individual approach in every case, our specialists provide students with tools to make lasting improvements in multiple areas of their lives. This includes better sleep, regular physical activity, eating well, coping with stress, maintaining a work-

life balance, quitting smoking, and increasing overall energy. In the 2016-2017 academic year, we coached 26 undergraduate students in 89 private sessions, which lasted 45 minutes each.

Creating the Life You Want

We offer a special eight week group coaching program **Change for Good: Creating the Life You Want** to assist graduate students in taking charge of their own wellbeing. The course focuses on topics such as organizing life, getting better sleep, becoming more active, increasing energy and focus, cultivating mindfulness and positivity, adopting better eating habits, and becoming financially fit. The coach takes into account students' own agendas, provides opportunities for reflection, and offers guidance on how to break down goals into realistic, incremental weekly tasks.

Each class incorporates evidence-based tools to support students in the process of change, including mindfulness practices, journal writing exercises, goal setting, and coaching psychology.

Accountability and Support System

Health and wellness coaching focuses on guiding students through the process of behavioral change that is essential for them to reach their self-care goals. Our professionals, trained in behavior-change theory and motivational strategies, assist students in identifying their health priorities and then help to design a personalized plan that will work best for them. Coaches support students by setting very manageable steps to reach the goals they identify as important. They also help people break through the barriers and

obstacles that may have held them back in the past and reframe problems to find better solutions.

Many students who would like to lead a healthier lifestyle come to Health and Wellness Coaching sessions voluntarily. However, some students are sent for a consultation by their clinicians from MIT Medical. In most cases – often a sleep or stress management issue – a doctor or a psychologist refers patients to our service to equip them with supplementary knowledge about how to effectively reach a more robust behavioral health goal. Whatever reason brings these students to us, we aspire to empower them to find their distinctive voices and to make deliberate choices that will lead to desirable outcomes.

 **64%** of students report MIT is 'stressful'

 **58%** of students over-commit themselves

 **95%** of students find balancing commitments stressful

Students' top THREE priorities during health coaching

 SLEEP

 STRESS MANAGEMENT

 HEALTHY EATING

Sources: MIT Student Quality of Life Survey, 2017; Community Wellness data, 2016–2017.



EATING HEALTHFULLY

Presented by Community Wellness, Eating Healthfully is a campus-wide initiative aimed at fostering a culture of making nutritious eating choices and having a positive body image.

Mission

We aspire to improve the nutrition of the MIT community by creating an environment that supports healthy food choices, as well as by helping students to recognize the warning signs for eating and body-image problems.

Eating Well on Campus

Promoting a culture of eating well is one of the priorities of Community Wellness. Good nutrition balanced with adequate physical activity allows for improved concentration and academic success, strengthens the immune system, maximizes athletic ability, and reduces the risk of illness and disease. Our approach to addressing this issue is multi-pronged: identification of high-risk populations, development of programming and materials to increase awareness, interdisciplinary team consultations, and public health outreach.

Many students are struggling with an unhealthy relationship with food or weight, or they are thinking about food or weight so much that it distracts them from academic and social pursuits. Budget constraints, limited kitchen space, the habit of eating on-the-go, buying food from vending machines, and late night snacking contribute to poor food choices. By promoting the importance of nutritious eating, we hope to help students champion a healthier lifestyle. The goal is to learn how to practice mindful eating, which is paying attention to what you eat as well as building awareness of important physical cues such as hunger and satiety.

Connecting Students to Resources

We help MIT community connect to available resources on- and off-campus, including health coaching, classes, workshops, support groups, and weight-loss programs. For

I decided to try the iDiet because its basis in real science appealed to me. It's an eating plan that uses a simple formula to easily evaluate appropriate foods. Having regular meetings via video-conferencing was better for me... I lost 25 pounds with iDiet in 2016, and I heartily recommend it.

Anonymous MIT employee

example, the “Making Peace with Food” group helps students to foster healthy relationships with food, exercise, and body image. The 10-week course also provides practical strategies to manage food and body stresses. We work closely with MIT Medical Mental Health & Counseling and nutrition providers to help students recognize and reevaluate their eating habits.

Community Wellness provides free online resources on how to make healthier choices, such as a hunger scale, late-night eating tips, and a mindful eating journal. Additionally, people can sign up for the iDiet, which is eligible for the Blue Cross Blue Shield weight-loss benefit for individuals covered by an MIT employee health plan. This eight-week science-based online weight loss program helps participants learn to love foods that support weight loss, control portion size, create meal plans, and follow a high-fiber regime. Since its start in 2015, 119 employees have gone through the iDiet over the course of 11 sessions. Their total

weight loss amounted to 1,407 lbs.

Eating Disorders Awareness and Prevention

The National Eating Disorders Association reports that 30 million people in the US suffer from a clinically significant eating disorder at some time in their lives. We believe it is possible to fight illness with increased awareness and early detection and continue to have representation on the Eating Concerns Care Team (ECCT) at MIT Medical.

In 2017, as part of this interdisciplinary consulting team, we co-created a presentation on “Eating Disorders Prevention at MIT” and a clinical reference guide to give MIT Medical providers tools to help with eating disorders. In the 2016-2017 academic year, under the Eating Disorders Awareness and Prevention initiative, we coordinated events reaching 160 students, and provided outreach materials for athletics coaches, MedLinks, Active Minds, residential life staff, and other departments supporting students.

 **20%** of students do not maintain a healthy diet

 **70%** admit ‘ability to maintain a healthy diet’ is a source of stress

 **57%** of students would like nutrition info from MIT

Sources: MIT Student Quality of Life Survey (SQLS), 2017; MIT NCHA-ACHA survey, 2013.



MedLinks is a peer health advocacy program designed to foster an open and safe environment on campus, to ensure easy access to information concerning health and wellness issues, and to promote a culture of wellbeing in the MIT community.

Mission

The MedLinks program works to support MIT students in connecting to campus support resources and the policies and services of MIT Medical and in determining when and how to seek medical attention.

Safe and Sound

Students tend to choose friends as their first point of reference when they deal with a problem or need advice. According to the 2017 MIT Student Quality of Life Survey, approximately 20% of MIT undergraduate students are not sure about how to access care for physical and mental health concerns on campus. Moreover, almost one third of respondents indicated that they are not sure whom to contact outside of their group of friends if something is bothering them.

The MedLinks program addresses these issues by creating safer community environments where students can ask a MedLinks volunteer

for advice without leaving their residence. With 64% of undergraduate students and 35% of graduate students living in MIT residence halls, the MedLinks program increases the likelihood that students will reach out for help when they need it and receive timely assistance. The MedLinks program has taken many forms since its founding in 1993, but the emphasis on student wellbeing has always been front and center.

Program for Students Run by Students

MedLinks is building a healthier, more welcoming MIT community by creating a network of trusted health advocates who can connect their peers to relevant MIT resources and provide single doses of common over-the-counter medications, first-aid materials, and safer-sex supplies. Student volunteers (each one called a “MedLink”) contribute in many ways: whether through one-on-one interactions in the dorms and FSILGs or organizing and co-hosting community-wide

events that promote the benefits of a healthier lifestyle.

In the 2016-2017 academic year, there were over 150 MedLinks volunteers. The Executive Board, comprised of representatives that serve as the governing body for the program, gives voice to the concerns of the MedLinks members and works on program planning and development. Residential Directors, leaders within the living groups, facilitate active communication among MedLinks and are responsible for organizing monthly meetings, recruiting new volunteers, and hosting events in their communities.

Network of Trained Volunteers

Students who want to join MedLinks go through an application and interview process, after which successful candidates participate in a two-day training retreat led by healthcare professionals from MIT Medical and campus partners.

The training consists of informational lectures and interactive workshops about MIT Medical's policies, procedures, and resources for students. Volunteers also become more familiar with a variety of health topics, such

as mental health issues (including stress management and depression), responsible alcohol use, sexual health, and sexual assault prevention and awareness, to name just a few.

Volunteers receive continuing support throughout the year as needed. MedLinks are required to report to MIT Medical staff regarding any interactions with students and provide details about what was discussed through a comprehensive online portal. In the 2016-2017 academic year, MedLinks volunteers sent 2,415 reports (which is 18% higher than last year's report total). Overall, MedLinks volunteers devoted more than 2,300 hours in service to their community.

Making Positivity "Stick" on Campus

To raise awareness about eating disorders, MedLinks collaborated with DAPER and Community Wellness staff on the Operation Post-It campaign. This program, hosted annually around Valentine's Day, aims at fostering positive attitudes and self-love on campus. MedLinks volunteers put up post-it notes throughout campus with messages to inspire confidence, self-care, and healthy body image.

MedLinks has been a wonderful way for me to talk to people while at the same time support my community. It's a chance to get to be there for others in a small but very real way. Would recommend to anyone interested in the same!

Liang Zhou '18, MedLinks volunteer



My dorm has a huge diversity of student backgrounds and financial situations, so having MedLinks around means that everyone can get the care they need without having to try to read the directions on the back of a bottle in a second language or worrying about cost.

Anonymous

MIT RESIDENCE HALLS ACCOMMODATE:

 **64%**
of undergraduates

 **35%**
of graduates

 **155** MedLinks volunteers

 **29** MedLinks locations

 **2,300** volunteering hours

 **137** events in residences

 **85%** of students are aware of student support services

Sources: MIT Student Quality of Life Survey (SQLS), 2017; MIT Office of the Chancellor data.

Being a MedLink made me more aware of the everyday struggles of MIT students.

Anonymous

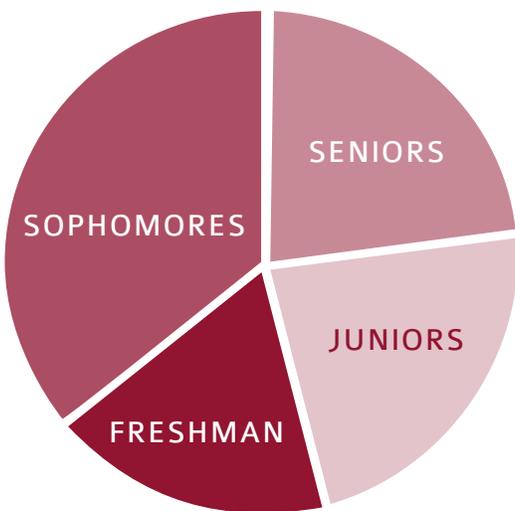
 **85%**

of MedLinks interactions are initiated by students

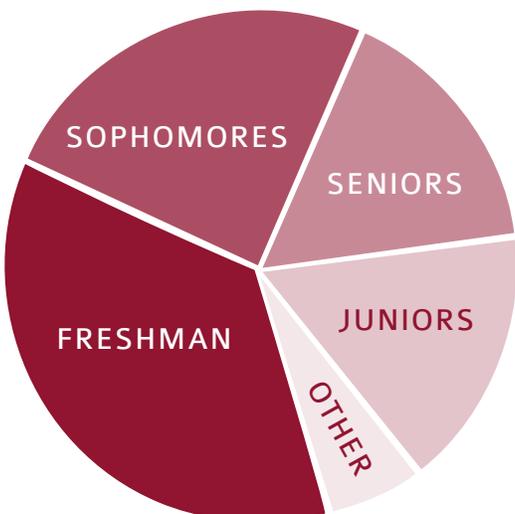
 **13%**

of students feel comfortable asking their advisor for help

MEDLINKS VOLUNTEERS



ASSISTED BY MEDLINKS



2,014

SUPPLIES DISTRIBUTED

- bacitracin
- cough drops
- bandages
- gauze pads
- instant cold packs
- instant hot packs
- acetaminophen
- bismuth subsalicylate
- diphenhydramine
- guaifenesin
- ibuprofen
- phenylephrine
- & more

MedLinks volunteers create a connection with the community. The opportunity to connect to the student body is something I cherish.

Anonymous



MIT Spouses & Partners Connect is a dedicated network for the significant others of MIT students, postdocs, staff, and faculty who have relocated to the Boston area. We organize activities that help them meet people, discover work and career opportunities, improve English proficiency, share experiences and passions, and get information about living and parenting in Boston.

Mission

We support the personal, social, and professional growth of all spouses and partners of MIT community members. We provide consultations, programs, events, and other opportunities for our members to connect with and support each other.

You'll Always Find Home with MS&PC

The program, originally launched in 1972, has undergone a gradual transformation over the years. However, while we are constantly trying to adapt our offerings to the changing needs of our members from all over the world, one thing always stays the same – we aspire to do our best to make spouses and partners feel at home, thrive in a new community, and create a fulfilling life.

We recognize that even positive life events like accepting a position or starting studies at MIT can cause stress on couples and families because of the numerous changes that come with this decision. A shift in living conditions, social and business readjustments (including temporary unemployment, pregnancy, or revision of personal habits), and many other factors may dramatically affect the lives of individuals who come to the Boston area with their significant others.

Acknowledging that for some families the amount of stress can be overwhelming, MS&PC is dedicated to providing the necessary social support that, according to recent research studies, highly determines the ability to adjust. The availability of such services is also one of the determining factors for

couples in accepting enrollment or a job offer. We are among a small number of institutions in the US that offer a comprehensive program targeting the contemporary needs of accompanying spouses and partners, whose successful adjustment is pivotal to the academic achievement of the student spouses.¹

Programs and Services

MIT Spouses & Partners Connect offers a variety of programs, services, activities, and opportunities to help its members facilitate their adaptations to a new environment and develop social and professional networks. The variety of activities do not depend solely on language skills, and they represent the diverse interests of our members. We also provide free childcare during some of our events. The four pillars of the MS&PC program are Newcomers Connect, Career Connect, Social Connect, and Parents Connect.

Newcomers Connect

Newcomers Connect is a comprehensive program for newcomers that helps them to start organizing their new life in Boston. In the beginning of the academic year, we collaborate with MIT's Graduate Student Council to connect newcomers with the most important resources at MIT and facilitate the process of meeting new friends. We co-host a series of events during Orientation, including a campus tour, a resource fair, and a First

Day of Class Brunch. New members also are encouraged to book a meeting with our staff during the weekly Newcomers' Office Hour.

Career Connect

Career Connect is a skill-building workshop series aimed at MIT spouses and partners who are new to the US job market. We first hosted this series in 2011. We invite career counselors and experts in human resources to speak on a range of topics, including American culture, cover letters, résumés, interviews, and networking. We expanded the program in 2013, offering five to seven workshops and one mock interview opportunity per semester. Our participants have diverse career goals and backgrounds, and the workshops enable them to share experiences and build connections as they adapt to their new lives in Boston.

 77

Career Connection consultations

 287
attendees 18
hours of training

¹Teshome, Yalem N/a, "Social and institutional factors affecting the daily experiences of the spouses of international students: Voices from the Midwest and implications to academic institutions" (2010). Graduate Theses and Dissertations. Paper 11477.



MS&PC is an anchor of my life here now, which makes me feel a strong sense of belonging. We are all here for each other.

MJ Lee, MS&PC Member & Volunteer

Parents Connect

Becoming a parent is a challenging task by itself, and we understand that facing it while adjusting to a new place might be even more stressful. However, everything becomes easier if there is someone you can ask for advice and have a meaningful conversation with. That is why we facilitate peer-led groups for parents-to-be, new parents, and parents of toddlers. These interest groups help our members to get information about useful resources and find a community of support as they begin their parenthood journeys. Most of our regular events and activities are also kid-friendly.

Social Connect

We are proud to say that MS&PC is a place where many lifelong friendships have been born. We aspire to help our members create community bonds while always learning something new. From our weekly gatherings on campus, where we invite speakers from MIT, the community, or our group to share their expertise, to evening social events and trips around town, our diverse menu of opportunities offers something for everyone – individuals, couples, and families. We also use Facebook to create a connected community of MIT spouses and partners online.



673

members



45

volunteers



1,132

volunteering hours



18

campus partners



424

events



5,523

weekly impressions (250% YTY growth)



570+

followers on facebook



LANGUAGE CONVERSATION EXCHANGE

The MIT Language Conversation Exchange (LCE) is a program that helps people find a conversation partner with whom they can practice a language they want to learn or improve.

Mission

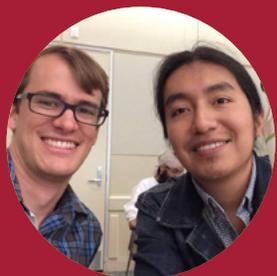
The Language Conversation Exchange is designed to help anyone in the MIT community, including students, staff, visiting scientists and scholars, faculty members, and spouses and partners, to acquire or to improve a foreign language competency, often considered a bridge to successful adaptation in a modern society.

on campus, including those in exchange programs, MIT never ceases to attract bright minds from all over the world. This diverse multicultural environment creates a perfect setting for a language exchange program. The LCE is the only group on campus that brings all the existing on-campus languages and cultures together, creating cross-campus connections and cultivating the MIT community.

Bringing People Together

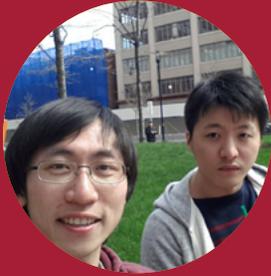
With more than 30% of international students

People join our community for a variety of reasons. Internationals and newcomers are



As a foreign student who wants to learn English and other languages, LCE has been a great resource... I have met many friends, including Owen who is a graduate student in physics. Our friendship has given us the opportunity to learn about not only languages, but also each other's culture. Here, we're learning and sharing experiences while we are speaking in different languages.

Felipe Males Lema



Hiro and I first met at the LCE special lunch event. I was looking for a Japanese partner to practice my speaking skills and Hiro kindly offered me the help. Since then, we've been having our regular lunch meetings once every week... I really appreciate the LCE program which provides an excellent opportunity to meet other people from all over the world in a quite surprising way!"

Chris Lau

connecting more easily with English-speaking partners who can help them navigate both American and MIT cultures through the program. Students planning to travel abroad want the opportunity to improve their proficiency and learn something from the locals about the country they will be visiting. Moreover, thanks to the LCE, language and cultural exchanges, as well as new friendships, blossom across campus.

The LCE operates with the assistance of two active Graduate Community Fellows and volunteers, who help with programming. Apart from managing membership and organizing events, we also help members find language partners. Matchmaking is a crucial aspect of our program because some students are hesitant to find conversation partners on their own. With vigilance and alacrity, we simplify the process of making these connections for our members.

Teaching Life-Skills

At Community Wellness, we believe that learning a foreign language is an almost indispensable life skill nowadays. Apart from obvious advantages such as a means of communication with the world and acknowledgement of other cultures, foreign language proficiency contributes to an individual's well-being on a broader level.

While in existence for over 40 years at MIT, the LCE program aims to assist its members in gaining the academic, professional, and interpersonal skills necessary to succeed in life. These skills may include assertiveness, logical thinking, memory and problem-solving abilities, negotiation skills, planning and setting goals, and so on. All these skills are essential for social and economic well-being and as a means for career advantages, mobility, and personal growth.



We met for the first time in Spring 2013; I was a sophomore at MIT and Agathe the wife of Séverin, a Sloan MBA student... We became close friends over the years, and we are now both fluent in French and English... Agathe and her family have truly become my "French family", and I am forever grateful that we met as language partners via the LCE!"

Beth Hadley

Engaging People in Learning Activities

We aspire to develop the LCE program as a bold and innovative educational movement. Besides providing our members with an online platform to meet each other, we organize multiple in-person events during the semester to introduce students to a global perspective and to strengthen the community of language learners. During the 2016-2017 academic year, we hosted events for hundreds of MIT community members, including significant representation from China, India, Japan, France, Brazil, Italy, and Egypt. We also organized special interactive lectures "Intro to Language" and also hosted "Around the World" lunches during IAP, which brought together more than 60 people speaking in seven different languages.

In 2016, we started a pilot program to incorporate a language exchange program into the MIT curriculum. We integrated the LCE into the classroom by facilitating partnerships between 12 students in the GSL Portuguese Program of Professor Nilma Dominique and native Portuguese speakers from the MIT community. Conversations with native speakers represented a complementary activity to the language course. According to a survey, 42% of participants stated that their fluency in the language they were practicing was "beginner" before participation in the exchange, whereas only 14% said the same after completing the program. Given the success of the pilot program, we are hoping to continue working towards including structured weekly conversation exchanges into the foreign language curriculum in the future.

2016

 100

membership
applications

 5 events

 120
attendees

2017

 395

membership
applications

 12 events

 425
attendees



getfit is an annual 12-week team-oriented fitness challenge open to the entire MIT community and managed by Community Wellness.

Mission

The getfit challenge, created more than 10 years ago, is designed to encourage members of the MIT community to make lasting lifestyle changes by introducing them to the benefits of a regular workout routine and incentivizing a higher level of commitment through group accountability.

Get the Community Moving

The getfit challenge, presented by MIT Medical, MIT Health Plans, and Community Wellness, encourages members of the MIT community to become more self-aware about wellness and fitness and to make healthier choices daily. Regardless of their exercise routines, interests, schedules, age, or gender, we want participants to recognize the importance of movement for their health and wellbeing. The challenge strategically takes place every year from early February through April. This helps keep participants motivated to stay active during a cold Boston winter, as well as to reevaluate their habits and to prioritize their New Year’s resolutions.

We are also constantly working on making participation in the program as user-friendly as possible. In 2017, we launched a brand new responsive website with an easier authentication flow, developed an online forum where potential challengers could search for a team and vice versa, and added the ability to send emails via the team page. About 80-90% of the participants reported that it was either “very easy” or “easy” to create an account, accept or send an invitation to join a team, and use a teammate forum.

 **37%**

of students do not regularly participate in physical activities

 **17%**

of staff members admitted not exercising at all (in the last 7 days)



Getfit has been wonderful for our team over these many years. We motivate each other and compete – each week we recognize the person with the most minutes. And last year we were perfect – each member met the goal each week, one of only six teams that did that. For me, personally, it’s been especially important; my bone density has increased, which is important for someone my age. Thank you, getfit!

Lotte Bailyn, MIT faculty member

Striving for Progress Not Perfection

getfit is a unique program that is designed to be challenging and exciting for everyone regardless of their level of fitness training. We set a comprehensive definition of what is considered to count as exercise by enabling participants to do any physical activity at a level that increases their heart rate and tones their muscles. This way, people can honestly determine where they are in terms of their health and stick to a manageable routine that will work for them. We hope that giving participants the freedom to make their own fitness journeys will empower them to stay motivated and enjoy the process more.

Despite being a group challenge, getfit encourages people to focus on their personal progress by setting minimum weekly exercise goals, which increase over the course of the challenge. Starting with only 150 exercise minutes during Week 1 and progressing to 300 minutes in Week 12, we provide participants with attainable, realistic, and measurable goals that are more likely to drive positive behavior change and to bring them sustainable results. We do not focus on exercise intensity, in order to make the program suitable for everyone, including individuals with no prior exercise knowledge.

Better Together

Another important feature that makes the getfit program so successful is its all-inclusiveness. Participation in the challenge is open to MIT students, postdocs, faculty, staff, and their family members aged 16 and older, who form teams of five to eight people. With 96% of participants eager to recommend the program to a friend or a colleague, positive feedback about getfit travels fast around MIT. As we aspire for getfit to become a truly campus-wide challenge, we are very happy that 66% of participants in 2017 learned about the program through word-of-mouth.

As a team-oriented challenge, getfit has multiple advantages, including an accountability factor and a friendly competitive environment that adds a strong impetus to keep a regular routine. Our online system requires each member of the team to enter exercise minutes that count towards both individual and group progress. Almost half of getfit participants – 45% – stated that their biggest motivation to continue exercising during the challenge was the fact that they “didn’t want to let their teammates down.” Besides intensifying the responsibility factor, the getfit team-based model helps to bring the community together and positively shape

campus culture by connecting classmates and colleagues in non-academic and non-work contexts.

Rewarding Achievements

As important as it is to set fitness goals, it is equally important to reward yourself when you reach them. To help our participants, especially those who are at the beginning of their journeys, to stay on track and give them a little extra boost, we introduced a rewards system. People are not required to meet weekly goals; however, if they do, they become eligible for weekly team and individual prizes. At the end of the challenge, we randomly select the Grand Prize Winner Team from all eligible teams meeting the minimum average exercise threshold for at least ten out of the twelve weeks of the competition. Two lucky challengers who struggled to meet their goals but recorded

exercise minutes every week and showed steady progress will receive a special Onward & Upward award. In 2017, we had a wonderful 85% of participants who met their goals most weeks.

We are proud to say that at least a quarter of participants reported weight loss, muscle toning, improved flexibility, reduced stress levels, improved sleep and eating habits, and better general mood. Moreover, results from past challenges have shown that getfit participants often make lasting lifestyle changes. Each year, nearly three-quarters of participants said they began exercising more and kept a regular exercise routine up for at least six months after the program ended. In 2017, participants on average reported a 30% increase in the time they allocated for physical activity after they completed the challenge.

 **3,608** participants

 **34** volunteers

 **530** teams

 **117** events

 **65** hours of tunnel walks

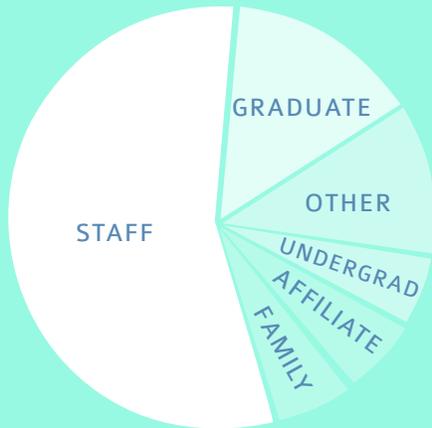
 **10,812,702** total exercise minutes



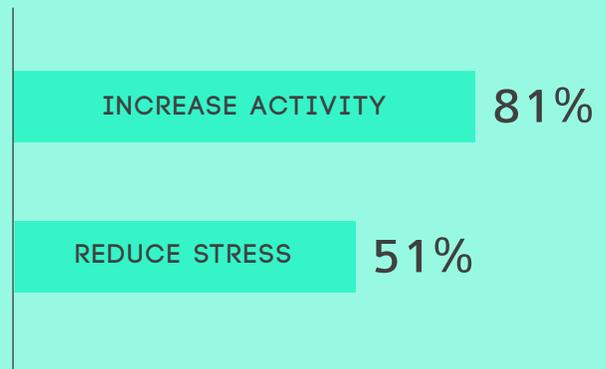
96%

of participants would recommend to a friend

PARTICIPANTS' AFFILIATION



MOST POPULAR REASONS TO JOIN GETFIT



PARTICIPANTS' PERKS

- T-shirts
- Discounted DAPER & Lincoln Laboratory Fitness Center passes
- Free fitness assessments
- \$99 off BikeBus indoor cycling team rides
- Marathon Sports free biomechanics and gait analysis
- InnerCity Weightlifting Discount
- Sports gear discounts
- Discounts on sponsors' online wellness programs
- Amazon vouchers
- Discounted registration for Annual Cambridge City Run



After the long winter, it's nice to have the getfit program to give me the momentum to be more active. The support of the getfit network helps me to be more mindful and more conscious, and the discounts and perks are wonderful incentives. The support does not end when you leave campus—getfit links to an array of fitness programs both on campus and in the community. Meeting new people while taking a power walk around the Charles, through the tunnels, or in after-work activities is an added bonus.

Kaisha Palmer, MIT staff member



MindHandHeart

MindHandHeart (MHH) is a coalition of students, faculty, and staff working collaboratively and strategically to make MIT a healthier, stronger, and more welcoming place.

Mission

Co-sponsored by the Office of the Chancellor and MIT Medical and led by Faculty Chair Rosalind Picard, MHH is filling a strategic niche in areas shown by research to promote mental health and well-being and reduce the risk of suicide. In academic year 2016-17, MHH did this through three main channels: an Innovation Fund, working groups, and strategic partnerships.

“Heart-focused” Program

MindHandHeart was launched in September 2015 to enhance mental health and wellbeing on campus. The program responded to a growing community sentiment – a powerful concept making ‘Heart’ as central to MIT as the words of MIT’s motto, Mens et Manus (Mind and Hand) . MHH is tapping into the creativity of the entire MIT community to spur action and positively shape our culture around wellness and mental health. Over time, MHH aims for awareness of our “heart” to be fully alive at MIT--inseparable from “mind and

hand” and equally valued as a component of our success in making a better world.

Supporting Innovation

MindHandHeart’s Innovation Fund is seeding novel approaches to well-being and mentoring passionate students as their innovative ideas develop. Open to all members of the MIT community, the Fund offers grants of up to \$10,000 to invest in cutting-edge projects and grassroots solutions to increase awareness about mental health and to promote wellness skills.

Projects that received funding this year include: “You belong @ MIT,” an initiative developed by the Teaching and Learning Lab (TLL), designed to increase students’ sense of academic belonging; “Sunshine Makes Us Happy,” an outdoor furniture installation conceived by faculty member Regina Bateson to encourage more communal gathering outdoors; and “Failures in Graduate School,” an event series where faculty share personal

stories of overcoming failure.

Collaborations and Campus partners

Since its launch, the MindHandHeart team has been as much of an innovation as our projects and programs. We have functioned as a think tank, as event planners, as questioners, and as conveners. We organize groups, projects, networks, and leaders to establish an ecosystem to promote mental wellbeing and reduce risks for self-harm. In our first two years, MHH engaged over 150 community members in formal volunteer roles. Our working groups bring voices from across the Institute together to solve problems and develop opportunities in new ways, while our strategic partnerships connect MHH to other culture-shaping initiatives promoting respect, health, and our shared humanity.

Promoting a Safer Campus Environment

The bedrock of MindHandHeart is participation in the JED Campus Program, a national program to improve wellbeing and reduce risks for self-harm on college campuses. Sponsored by the JED Foundation, it is based on strategies implemented by the Air Force that reduced suicide by 30% over a 10-year period. In its first year, MHH brought together key stakeholders from across campus to

engage in a participatory process with the JED Foundation. Since then, MHH and its campus partners have identified opportunities within the JED Campus framework areas to improve wellbeing on campus.

Framework area goals include: aiming to enhance academic belonging in departments and classrooms; to increase connectedness among all members of the MIT community; to help normalize help-seeking for students; to teach practical life skills; to foster students' resilience; and overall, to increase campus safety and wellbeing.

In academic year 2017-2018, MindHandHeart intends to undertake a series of department-support projects to promote welcoming, caring, and inclusive academic climates.

SPECIAL ANNOUNCEMENT

The MindHandHeart Initiative, managed by Maryanne Kirkbride in partnership with the Chancellor's office, is no longer under Community Wellness. The program has been very successful and restructuring will allow Maryanne to focus more effort toward expanding MindHandHeart even further.

I don't know of any other initiative on campus that brings together faculty, students, and staff to work in such a collegial way. It's been a really rewarding experience getting to know members of the Increase Help-Seeking Working Group, and collaborating towards the shared goal of making MIT a more supportive place.

Jared Berezin, Lecturer & Head of House

 **229** sponsored events

 **4,400** event attendees

 **150** event volunteers

INNOVATION
FUND
2016-17

 **18** new projects

 **\$55,031** awarded

 **40** projects to date + **\$130K** awarded

 **2,871** connections via MIT Connect*

* MIT Connect is a digital platform connecting members of the MIT community for platonic, one-on-one lunches.

If there wasn't a MindHandHeart, I don't think there would be an outlet for people who want to apply their creativity to support mental health and well-being on campus.

Bettina Arkhurst '18



NOTICE & RESPOND

Notice and Respond is a brand-new curriculum aimed at helping students in distress and assisting all MIT community members in having sensitive conversations with those students, as well as in getting them immediate help.

Mission

Notice and Respond seeks to help individuals and groups recognize and respond to mental health issues through a thoughtfully designed open educational training.

campus, who continue spreading the program throughout MIT. In our first year, we enrolled 548 participants, including GRTs, GRAs, REFS, MedLinks, MIT Medical clinicians, faculty, and administrative staff from across the Institute.

System of Facilitators

In June 2016, we brought specialists from Cornell University to train our own facilitators in the Notice and Respond training model. Currently, our team consists of 10 certified facilitators from a broad cross-section of

The program also works on a peer level: students can undertake a voluntary training to learn how to keep their friends healthy and safe. It is vital to be able to notice and correctly interpret warning signs coming from a struggling person in a timely manner;

There is an emphasis on supporting each other as employees in support of students. Nobody has to do it alone; we can use our network.

Graduate administrator, Notice & Respond/ Friend2Friend Evaluations 2016-17

and their friends and acquaintances, if they possess the necessary skills, can be the first ones to assist them in finding support.

Stress and Challenges at MIT

According to the 2017 MIT Student Quality of Life Survey, about 40% of students rated their academic and research workload as “too heavy;” about 64% described the general climate as “stressful;” and nearly 20% strongly agreed with the statement that the academic environment negatively impacts the mental and emotional well-being of their peers. Distress is something that might touch the life of anyone; that is why we believe that skills that are taught during Notice and Respond training should be a common core competency for everybody at MIT.

Participants learn how to recognize a person in distress, including students who might be considered suicidal, and how to overcome potential barriers to taking on the responsibility to act. Every training is tailored to the needs of a particular group, whether it is comprised of faculty, students, or staff, in order to better arm individuals with action tools that will be the most appropriate in their social interactions.

College-Oriented Training Model

When our campus demonstrated an interest in knowing how to have sensitive conversations, Community Wellness stepped forward to provide a program that would not only explain the basics of dealing with such issues but also would be appropriate for university students. In contrast to other similar programs, which take weeks of training and often are not experimental or college-focused enough, the Notice and Respond training model brings together all these elements. The program takes a reasonable amount of time: the N&R/ Friend2Friend curriculum only requires 90 minutes for participants, while the certification process for trainers takes place over a period of two days. The model is focused on the campus environment and already has good evaluations from other campuses across the country.

 **548**
participants

 **10**
certified facilitators

Great to know which offices to contact at MIT when students are in distress, and also which are confidential.

MIT staff member, Notice & Respond/ Friend2Friend Evaluations 2016-17

 **38%** of students and  **31%** of faculty
rated their workload as 'too heavy'

 **62%** of students would like info about helping others in distress
from MIT

 **77%** felt isolated during the school year

 **27%** describe their mental health as 'fair'

Sources: MIT Student Quality of Life Survey, 2017; MIT Faculty and Staff Quality of Life Survey, 2016; MIT NCHA-ACHA survey, 2013.

NOTICE & RESPOND TRAINING

 **90%** of staff & GRTs felt better prepared

 **100%** of MedLinks rated the training as "good" or "excellent"

CARING FOR OUR CAREGIVERS

MIT Medical pays close attention to ensure a safe, healthy, comfortable working environment for all its employees. At Community Wellness, we care about staff and providers as well as our patients. Making a positive impact on the quality of life for caregivers is one of our top priorities.

Keep Learning

Community Wellness works with healthcare providers at MIT Medical to maintain awareness about new and developing wellness trends for patients and stressing the importance of developing personal self-care practices. As part of continuing medical education (CME) for providers, in 2016-2017 Community Wellness organized a number of presentations, workshops, and discussions, including panel discussions for Diversity Week, Notice and Respond training, and Eating Disorder presentations.

Keep Moving

At Community Wellness, we truly believe that it is essential to provide staff with easy access to wellness and exercise resources at a worksite. To keep our caregivers more motivated to stay active during winter, we introduced an internal 12-week team-oriented getfit challenge. During the challenge, we offer free exercise classes and free weekly community walks for staff members.

Keep Your Focus

Research indicates that mindfulness training – sometimes called “attention control training”

– can help increase our ability to focus while giving us greater energy and enthusiasm for life. We want to help our providers learn techniques to decrease stress levels by applying mindfulness to their everyday lives. A special 8-week program Mindfulness-Based Stress Reduction teaches participants how to use their innate resources and abilities to respond more effectively to stress, pain, and illness – in their own lives and in the lives of their patients. The program includes guided instruction in mindfulness meditation practices, mindful yoga with gentle stretching, group dialogue, daily home assignments, and half-day retreats.

Keep Showing Gratitude

To celebrate Random Acts of Kindness (RAK) Week, an annual Spring event dedicated to connecting the MIT community through small acts of kindness and spreading happiness around campus, Community Wellness made a special installation at MIT Medical. Clinicians, staff, and patients were invited to decorate the bare tree with leaves made from notes of recognition and positive messages. We also surprised the front desk staff by giving them beautiful origami bouquets.

FREE RESOURCES

2016-2017



4,000

foam earplugs



300

Aero snooze kits
(sleep mask + earplugs)



67,000

condoms



1,000

253-CALM cards



8,000

lube packets



700

dental dams



Cambridge

MIT Medical
Building E23
25 Carleton Street
Cambridge, MA 02142

Lexington

MIT Lincoln Laboratory
Annex V
244 Wood Street
Lexington, MA 02421

