



Annual Report 2006-2007

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**Wellness Classes · IAP · 253-CALM ·
Residence Life Staff Training · How to Help a
Friend · FSILG Health Promotion ·
Childbirth Education · Health Education
Library · Eating Concerns · CPR/First Aid ·
Healthy Relationships · Eat Well@MIT ·
Sexual Assault Prevention · Parenting ·
Childbirth Education · Cold & Flu Poster
Contest and Clinic · LBGT Support · Cross-
Campus Coordination · Sexual Health ·
MITOasis Relaxation CDs ·
MedLinks**

Center for Health Promotion and Wellness Mission Statement

The Center for Health Promotion and Wellness of the MIT Medical Department supports the individual and communal practice of healthful living through evidence-based programming which empowers MIT community members to use the information and skills necessary to adopt and maintain healthy behaviors, attitudes, and lifestyles.

The Center for Health Promotion and Wellness works collaboratively with students, staff and faculty to create a safe and caring environment committed to the academic, research and community goals of the Institute. The long-term vision of the Center is to contribute to measurable improvement to the health of the campus community and its members.

While the CHPW is a service of the Medical Department, we appreciate the substantial support of the Dean for Student Life and the generous collaboration of all the departments in the Division of Student Life.

CHPW Overview in Numbers and Narrative

Numbers:

- **1,000** Number of documented MedLink to student interactions this academic year
- **2,000** Number of copies of MITOasis and MITOasis² Relaxation CDs distributed (**twice as many as last year**)
- **650** **Number of EAT WELL water bottles distributed to the campus**
- **400** Number of students who received a flu shot at the MedLinks sponsored Flu shot clinic at the Student Center
- **245** **Number of fraternity students exposed to alcohol and other drug programs.**
- **210** **Amount of graduate and undergraduate students exposed to the “LGBT Ally Training Program”**
- **113** **Number of students who went through the 2 session, one-on-one BASICS Program (Brief Alcohol Screening and Intervention for College Students)**
- **65** Number of students in the “Upgrade Your Health and Happiness” wellness course
- **100** Percent of clinicians who rated the continuing medical education presentation on MIT’s National College Health Assessment “good” or “excellent” in relevant content
- **180** Number of “Study Break ToolKits” created on Stress, Sleep, and Nutrition
- **127** Number of community members participating in our CPR or First Aid classes
- **35** Percent more residences with a MedLink representative
- **30** Number of graduate students who participated in the Graduate Student Contemplative Life Retreat (in collaboration with MIT Prajnopaya and DSL)
- **50** Number of student enrollments in “Yoga for Stress Management” classes

Comments from the community:

Residence Life Trainings

- “In my seven years as an RA, this was the best communication training I’ve ever received.”
- After a training on healthy study breaks, a Residence Life Associate reported that the Graduate Resident Tutors, “found this great cookie dough with no *trans* fats. Whatever you’re doing, it’s working!”

Health and nutrition presentation to sorority

- “For once, it was great to hear about nutritional issues that actually pertain to our every-day lives and to hear ways we can improve our diets without actually dieting. All of the sisters learned a lot and really enjoyed your presence.”

“Yoga for Stress Management” for student patients

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- “Your yoga classes have been instrumental for my overcoming anxiety. I see them as part of my health maintenance routine...your yoga class is possibly the best part of my week.

Upgrade Your Health and Happiness wellness course taught through DAPER

- **“It offered comprehensive information about how to integrate healthy habits into the life of a college student.” “This course was awesome...add more classes like this to the MIT PE schedule.”**

21-Day Breakfast Challenge: Students set a healthy breakfast habit for 21 days

- “Thanks for organizing this! I'm in a pretty regular schedule now and I've found a bunch of foods that I can make quickly and easily that'll do the job. I'll stick with it, even without a mystery prize to motivate me!”
- “I noticed that throughout the *entire* day I felt more balanced. I had energy without coffee in the morning, and was able to fall asleep quickly that night.”

Graduate Student Contemplative Life Retreat

- “I had not experienced such calm in a long time”

Working with Residence Life to support students following a student incident

- “On behalf of the office, thanks for coordinating with MedLinks and for all your time and effort this weekend. Your great outreach means so much during this difficult time.”

CPR/First Aid

- “Excellent course that should be available to all departments”
- “Great course, the instructor simplified steps and gave tips so it is easier to remember what to do.”
- “Best CPR class I have ever taken!” (from a clinician participating in the MIT Medical Healthcare Provider CPR classes).
- “Excellent course! Real-world examples and easy to follow directions. Instructor was a great communicator! Best CPR course of 4-5 I've taken.”
- “I've taken this course every 2 years for 12 years and this is the first time I feel I learned a lot; great instructor.”

Center for Health Promotion and Wellness: Leadership and Management

- Held a strategic planning retreat to promote intra-office coordination, reassess campus health promotion needs and set priorities.
- Provided leadership to a broad team of staff, students and community agency experts to bring MIT Medical's clinical sexual assault care policies up to best practice standard.
- Used a staff vacancy to re-tool a health educator position to focus on the health promotion needs of employees (on campus and at Lincoln) and graduate students.
- Health Education Library was very active, about 41 books, videos, DVDs checked out each month – extra copies of sensitive-topic materials distributed through health educators. Title list made available to clinicians on the electronic medical record
- Championed the inclusion of student specific guidelines defining sexual assault behavior into the DSL student handbook for the 2006-2007 academic year.
- Helped develop guidelines with the Inter-Fraternity Council on CPR trained students per house; and additional, “How to overcome barriers in seeking help during and emergency situation,” part of the training.
- ACHA-National College Health Assessment - MIT findings
 - Provided Continuing Medical Education to MIT Medical clinicians on the state of MIT student health
 - Facilitate student health promotion strategy based on survey data
- Workplace 2.0

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- Served as advisors for a project on creativity, engagement, and wellbeing in the workplace, commissioned by the Council for Work and Family at MIT
- Supervised research and development of a white paper presented to the Council
- “Upgrade Your Health and Happiness” – health and wellness curriculum
 - Peer-reviewed curriculum developed and piloted through DAPER
 - Dean-level Health and Wellness Advisory Council convened to advise the project
 - Created curriculum enhancement pieces on nutrition, sleep, hydration and more that were implemented by coaches and P.E. instructors to more than 1000 students per quarter.
- Coordination with DSL – increasing effectiveness by consultation and coordination
 - Critical Incident Stress Management assistance
 - New for 2006: Development of “When Coaching Gets Personal” training for DAPER coaches
 - Collaborator and wellness content provider for Dean on Call system
 - Collaboration with the FSILG office on a variety of topics for FSILG students.
 - Collaboration with the CDSA around alcohol and other drugs in a variety of programs.
 - Participated in Sports Medicine review process
 - Content development for planned 2007 Housemaster Retreat
 - Content development for SLP Program Planning Calendar
- Developed staff expertise in: QPR (train-the-trainers certification for suicide prevention and awareness); Situational Leadership II; Yoga and the Brain; Stress Management for Anxiety, Insomnia and Depression; Mind/Body Medicine (Benson-Henry Institute Clinical Training in Mind/Body Medicine)

Chronic Disease Prevention: ‘Helping people live to 80 to get that Nobel Prize, not die at 50 of heart disease.’

- CPR and First Aid Training:
 - Four of each of the following courses were offered to the MIT community this year; Basic First Aid, First Aid w/Adult CPR, Heartsaver AED (Adult/Child CPR) and Heartsaver Adult, Child and Infant CPR.
 - 127 Members of the MIT community were trained in CPR and/or First Aid
 - More than 50 new MedLinks were trained in First Aid, CPR and AED use
 - More than 20 existing MedLinks received a refresher course in First Aid, CPR and AED use.
 - Offered a variety of off-site community trainings to Eastgate and Westgate residents, Alumni office staff, MIT Tech camp counselors, etc.
 - Worked with MIT Medical Human Resources to create a Basic Life Support recertification program for healthcare providers. Classes are offered quarterly; approximately 35 providers have been trained to date.
 - In addition, our office collaborated with Heartsafe to coordinate a Mass CPR training at MIT in April 2007 where over 100 students and staff were trained in CPR and AED use in one day.
- Wellness Classes/ IAP
 - 18 IAP sessions, average 20 participants per session, approximately 360 participants total
 - Offered wellness class sessions in the fall, winter, spring, and summer, each session was 10 weeks long and approximately 6 classes offered per session, with approximately 12 participants per class
 - Parenting classes continued to be offered on a weekly basis
 - Childbirth preparation and infant care classes were offered every month
 - Health lectures were offered on campus and at Lincoln Lab, one talk per month
- Get Fit
 - Provided health promotion content to team.

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- Offered two sessions on nutrition on eating well on campus; one on East Campus (Stata Center) and one on West Campus (Student Center).
- Team won an MIT Excellence award
- Graduate Student Health Ambassador Program
 - Conducted four focus groups among the graduate student community to assess health information needs
 - Designed innovative health promotion program for graduate students to be piloted in the Fall 2007 with volunteers from the MIT spouses and partners community
- Initiated Staff Training in Tobacco Treatment

Nutrition – Eating Healthy@ MIT – Eating for academic and physical performance

Improving the nutrition of the MIT community continues to be a priority at the Center for Health Promotion and Wellness. Good nutrition allows for improved concentration and academic success, strengthens immune systems, maximizes athletic ability and reduces the risk of illness and disease. Our approach to addressing this issue is four pronged; identifying high risk populations, developing programming and materials to increase awareness, environmental assessment and change and advocacy via policy development.

Some new initiatives include:

- Created and branded EAT WELL at MIT, <http://web.mit.edu/medical/wellness/eatwell/> a website where community members can go to access MIT specific materials and brochures on eating well on campus and overcoming common barriers.
 - Designed and distributed EAT WELL water bottles
 - Worked with Lauren Rosano from the communications team to design EAT WELL tip t-shirts. First two tips (on *trans* fat and whole grains) will be launched Summer/Fall 2007.
- Campus Dining – co-authored a joint campus dining mission statement and partnering to create a point of purchase awareness campaign around the EAT Well principles and website.
- Health Educator, Julie Banda serves as a member of the Campus Dining Board. She currently is working to build support for a renewed vision of the board that will have a clear mission and role on campus. One that develops recommendations and then advocate for positive change.
- Working to develop resources and support for athletes with weight-based participation standards to support healthy weight loss. Will be offering initial trainings to female athletes in August 2007 with more to follow.
- Creating an Orientation program for incoming students on “Testing YOUR MIT Food Personality”. A way to increase awareness about finding the dining choice that works for each student. Supporting documents for each choice will be developed (shopping, cooking, eating in dining halls, quick breakfast, lunch and snack ideas, etc.)
- Created a pilot for and IFC Chef and steward training program that will be piloted in August 2007. This training focuses on the skills needed to EAT WELL, COOK WELL and ORDER WELL. This program will address the barriers of eating well in fraternities and will be supplemented with a member EAT WELL program. Full launch Fall 2008.
- Nutrition programming for dorms, ILGs, sororities, student groups, athletic teams, graduate students and department/offices. Some of the workshops developed cover topics such as:
 - Eating Healthy at MIT
 - Healthy Cooking
 - The Language of Nutrition
 - Portion Control
 - Eating with no money and no time
 - How to Prepare and Repair for workouts
 - Dispelling Diet Myths
 - Finding an Eating Plan that works for you

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- Eating for academic and athletic performance
- And many more...
- More than 40 individual nutrition, fitness and/or health eating -related consultations via office visits, phone calls or e-mail
- More than 25 nutrition, fitness and/or health eating- related programs for residences, academic classes, student groups and employee groups.
- Each program offered resulted in requests for one-on-one consultations. This topic often is an entry way for identifying unhealthy or high risk behaviors and attitudes around food. Several students with eating concerns or dysfunctional eating were identified and connected to appropriate resources based on this programming and the subsequent consultations.
- A few of the programs conducted are highlighted below:
 - NEW Food and Mood workshop offered during IAP

Coping and Stress

- Stress Reduction
 - 48 individual stress reduction and mindfulness coaching sessions. Peak months: September-October and April-May
 - Convened Mind/Body/Spirit advisory council (MBS@MIT) to work interdepartmentally on student stress management (includes chaplains, DAPER, RLP, Mental Health Services, and S³)
 - 253-CALM: The MIT Relaxation Line
 - Callers are guided through a 2-3 minute relaxation break, emphasizing a variety of techniques which include: promoting sleep, reducing test anxiety, and regaining mental focus
 - Distributed over 4,000 253-CALM business cards across campus
 - "MITOasis" and "MITOasis²" relaxation CDs
 - Distributed 2000 CDs
 - 8 NEW relaxation MP3 files available for download on the MIT Medical website
 - "Yoga for Stress Management"
 - Twice weekly classes offered to undergraduate and graduate students who were referred to the Center for stress issues.
 - Stress Prevention Activities (collaboration with UAAP) during the final days of each semester – relaxation techniques, health promotion tips, and "Brain Food for Finals" information disseminated
 - Relaxation and Stress Resiliency Workshops provided for: Women's Orientation; McCormick; MIT-India program (MISTI); freshman advisory groups; MacGregor; Sloan School (various offices); MedLinks; Women's Tennis team; Women's Crew team; WILG
 - NEW Stress and Fertility talk (in collaboration with Deb Gowan) offered through Spouses and Partners and IAP
 - Graduate Student Contemplative Life Retreat
 - Weekly meditation sessions for graduate students, faculty and employees at the Media Lab
- Eating Disorders
 - Served on DAPER Student, Health, Safety, and Wellness advisory board to develop supports for athletes, especially on high-risk teams
 - "Making Peace with Food" therapeutic group - spring 2007; participants report positive outcomes

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- Eating Concerns Team at Medical: meetings with high-risk team coaches, athletic trainers, department administrators, and clinicians to provide support for students with eating disorders
- Healthy Women, Healthy Body image talks provided for: Sigma Kappa; Women's Crew

- Train-the-Trainers Program Dissemination
 - 180 Study Break ToolKits provided to residence life staff focusing on three key areas: Sleep, Stress, and Nutrition with educational materials and technical assistance in each area
 - Sensitive Communication training expanded to Summer RAs and Interphase Tutors

- Screenings
 - A spring Depression Screening included 51 participants, a more than 200% increase over previous spring screening

Conference presentation

“Our Stressed Out Students” program at New England College Health Association conference. Repeat session added because of high demand. Sample feedback:

- “Great ideas – lots to take back to my campus”
- “Great program; wonderful overview and great suggestions for incorporating stress management techniques; very creative.”

SHAC

- The Student Health Advisory Committee continued to deepen the student community's understanding of medical, and of medical's understanding of our student community:
 - Orientation: Distributed hundreds of T-shirts listing ways students can use the Medical department.
 - Patient-Provider Communication: Continued to work on pilot evaluation project (see Performance Improvement section of report)
 - Sexual Assault prevention: students worked in partnership with clinicians to update clinical care guidelines for people presenting with a concern of sexual assault
 - Wellness week: students worked with the UA and with medical to develop health related activities to expand beyond a focus on depression and other illness-specific programs.
- Structurally, SHAC has ‘right-sized’ its membership and strategically it is poised to work with the medical department to use the 2006 health survey results to create a strategic plan for the health of the undergraduate community.

MIT Medical Clinical Lunch Program, “National College Health Assessment at MIT 2006”

- **Results of the NCHA 2006 Data at MIT and Nationally was shared with clinical staff at MIT Medical including a discussion on what the result mean for MIT Medical.**

Sexual Health, Relationships, Women's Health, and LGBT Issues

Sexual Health, Relationships, Violence Prevention and Response

- Conducted more than 20 individual face-to-face consultations on sexual health and relationship concerns
- Conducted more than 20 programs and presentations for various campus groups including student residences, administrative groups, and health care providers. Topics include sexual health, contraception, sexually transmitted infections, relationships, and sexual assault.
- Managed the second year of the Department of Justice VAWA grant. Achievements include:
 - Conducted trainings on various aspects of sexual assault and relationship violence prevention and response to numerous campus groups including the Committee on Discipline, RAs, GRTs, Support

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- Staff, Freshman Advisers, Undergraduate Administrators, Spouses & Partners @ MIT, and Mental Health Clinicians.
 - Attended 3 national conferences for grant recipients; co-hosted June conference with Northeastern and Tufts
 - Convened the Community Resource Group three times per semester to centralize violence prevention and response efforts, identify programmatic needs and barriers to achieving programmatic goals, and develop a shared understanding of campus risks and resources.
 - Redesigned the new student orientation programming to include “Sex Signals”, which received favorable evaluations from students.
 - Conducted Residential Conversations programs in four undergraduate residences on healthy relationships, healthy hooking-up, and bystander intervention.
 - During Sexual Assault Awareness Month (SAAM), displayed Power Point presentation about sexual assault in the Infinite Corridor. Developed posters with information about sexual violence resources; distributed over 150 posters across campus.
 - Continued and deepened collaborations with community partners (Boston Area Rape Crisis Center and Asian Task Force Against Domestic Violence)
 - Hired new part-time program assistant
- Participated in inter-collegiate conferences around issue of sexual assault prevention and response. Attended the Inter-Ivy meeting at Dartmouth and helped organize the Boston Area Campus Sexual Assault Coalition (BACSAC) conference at Babson.
 - Collaborated with the Ob-Gyn department and the Women’s Health Working Group at MIT Medical to plan and conduct an information session on birth control options for female patients at MIT Medical. This information session was a pilot for a larger program that will increase efficiency in the Ob-Gyn service through more group-based education sessions.
 - **LGBT Ally Program**
 - Done in conjunction with Abigail Francis, Program Coordinator of lgbt @ MIT.
 - Provided trainings on how to be an ally to the LGBT community to all the Graduate Resident Tutors, MedLinks Peer Advocacy Trainees, and Orientation leaders.



Program continues to be strengthened by adding First Aid, CPR and AED training as well as the accessibility of commonly needed over-the-counter medications and first aid supplies.

- Program interaction tracking system is being modified and updated. Documented interactions have slightly fallen; the new system and program focus will be on emphasizing the importance of documentation
 - The number of MedLink to student interactions:
 - Academic year 2006- 2007 – approximately 1000 total interactions
- Managed the data entry and archiving of past interactions into a Filemaker database. These interactions will be added to the launch of the new database for tracking as we move forward. We will have measurable program information dating back to 2002.
- Reviewed current Medlinks training and will be completing curriculum development on program training based on core competencies. Supporting training materials will be developed to support curriculum and the development of an instructor guide and member binder will be created. New training and supporting materials will be piloted in September 2007.
- Over-the-Counter drug training. We have added some new products based on community response. Working with clinical staff and director of the pharmacy to create training materials and guidelines for safe self-care and use (such as Safe Self-care Pads and the Cold and Flu symptoms analysis sheet, etc.).
 - feminine hygiene products – Fall 2006
 - Benadryl and hydrocortisone – Fall 2007

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- We have increased our coverage of MIT residences with at least one MedLink by 35%; we now have MedLinks in 35 dorms and FSILGs. We have had great success in recruiting from FSILGs and all but 6 are represented with MedLinks; this year we hope to achieve 100% saturation.
- In the Fall of 2006, 52 new members completed a 25+ hour training. With these new members the membership grew to over 110 active members; dispersed within all of the dorms and most of the FSILGs.
- MedLinks for the first year truly became student run with an active and effective executive board. The board revised and updated the program constitution and mission statement during a Strategic Planning meeting for outgoing and incoming positions.
- **Data Collection and interaction monitoring.** We have continued our work with IS&T to complete and launch the new “Members Section” and logging system and database. This system will allow MedLinks view reports for themselves, their residence and the program as a whole to monitor trends and concerns.
 - This information will serve individual medlinks, residences, Health Promotion and the campus at large by helping to identify areas of interest.
 - Guiding program and campus based resources and health priorities.
 - This demographic information is an untapped resource. The ability to analyze this data will allow for trend analysis, immediate response to illness or injury outbreaks and a more refined plan for MedLinks and Health Promotion programming, policy development and budget allocation.
 - New system will launch in August 2007.
- **Resource Binder update and review** – Working with the Public Service Bureau revised and designed the Staying Healthy at MIT resource binder. Each year is a unique opportunity to modify messages, content and design to make this binder serve those in times of need.
- **Continuing education session were coordinated and presented on the following topics:**
 - Updated First Aid, CPR and AED for members who have been a part of the program for two years
 - Sexual Health, Prescription Drug Use and Abuse, Fitness, Sleep, Anxiety, QPR – Suicide prevention training, Stress and Anxiety, etc.
- **Campus Outreach Events:** As always, MedLinks continues to support the community and promote them selves as resource by offering campus outreach events throughout the year. Some of the more memorable events include:
 - Send a Smile – Depression Screening Day outreach – 500 packets were sent to friends and delivered by MedLinks
 - Flu Shot Clinic – with MIT Medical – over 400 shots and “STAY Well” Packets given out. For the second year in a row, a MedLinks designed cold and flu prevention poster was used as the primary promotional item for campus outreach.
 - Take a break comedy events – TVs with popular comedy shows, snacks and information on the benefits of laughter and stress management were given out.
 - Fuel for Finals (Breakfast Program) Fall 2006 and Spring 2007 – MedLinks coordinated a breakfast booth in the Johnson Center each morning of finals. Giving out “Brain Food” such as whole grains, nuts, fruit, juice, green tea, etc.
 - *MedLinks and Friends charity dating auction – April 20th – Walker Memorial*
MIT Medlinks and friends held their 3rd annual dating and silent auction to raise money for Tutoring Plus. Tutoring Plus of Cambridge aims to support and encourage the academic, personal and social growth of children and youth in Cambridge through the use of volunteers and existing community resources.

Over 25 students volunteered their time to be auctioned off and MedLinks were able to fundraise and acquire gift certificates for outings and events for all of them.

In addition, 5 popular professors (including our president Susan Hockfield) agreed to auction off an outing with them to 5 of the highest student bidders.

This is a popular fundraising activity at MIT and the Medlinks hoped it would prove successful and indeed it did...this year's auction raised almost \$3800.00

- **Residential Grant Program – New program created to encourage MedLinks to address issues or concerns within their residence.** This year 4 grants were given for proposal that demonstrated a strategic approach to a clear community/residence need. These took place in the areas of stress, alcohol use/abuse and sexual health.

Alcohol, Other Drugs, and Violence

- **Violence Prevention**
 - **Engagemen Conference at MIT**
 - CHPW was a major contributor with time, resources, and money.
 - The purpose was to educate men and get them motivated to help stop sexual violence.
 - This was the second year of this conference.
 - **Bystander Program for the entire IFC (Inter-Fraternity Council) Leadership**
 - 30 IFC Presidents and executive board members were exposed to a bystander program aimed at giving students the tools necessary to combat sexual violence and sexism.
 - **Facebook/Stalking Program at McCormick Hall**
 - 25 female students were exposed to definitions of stalking, what to do when you are being stalked, and risk reduction of online pages.
 - This program was done in conjunction with MIT Campus Police Sergeant, Cheryl Vossmer.
- **Alcohol**
 - **Alcohol and other Drug Programs at Fraternity houses.**
 - Went to 7 different fraternity houses to do a program about alcohol and other drugs.
 - Content included: Alcohols physical, mental, and emotional effects; what to do in an emergency situation; how to help a friend who is abusing and what abuse looks like; how to maximize the positives alcohol can give you and minimize the negatives with an emphasis on abstaining from drinking; and how alcohol can and has affected the community in which they live.
 - **Alcohol fraternity and sorority program led by MIT students**
 - Done in conjunction with the CDSA (Community Development and Substance Abuse) Office at MIT.
 - Helped develop, implement, and advise the grant funded program.
 - Helped train student leaders to run the program in fraternity and sorority houses in Motivational Interviewing (MI) Counseling Techniques, Alcohol facts, and how to handle potentially difficult situations.
 - **BASICS (Brief Alcohol Screening and Intervention for College Students)**
 - First year this program is offered through the CHPW by the CDSA (Community Development and Substance Abuse) Office at MIT.

- 113 students went through the 2 session, one-on-one program with a health educator.
- **Other Drugs**
 - **MedLinks Continuing Education Session Around Prescription Drug Abuse**
 - Done in conjunction with Dr. Simon Lejeune a psychiatrist at MIT Medical.
 - Students received information about the drugs mostly abused, identified each of them and their potential for abuse, and gave information on how to help a friend.

Employee Health

- **Staff Training in Worksite Wellness**
- **Health & wellness workshops at Lincoln Lab**
 - **Healthy Computing**
 - **Cultivating Better Sleep**
 - **How to Pack a Healthy Lunch**
 - **Mindfulness Meditation for Stress Reduction**
- **Health Risk Appraisal Vendor Evaluation and Assessment**
- **Staff and organize Employee Health & Wellness Program Planning Workgroup**

CHPW Web Contact Information

Area	Web Address
CHPW	http://web.mit.edu/medical/a-center.html
CHPW staff	http://web.mit.edu/medical/services/s-consultations.html
CHPW library	http://web.mit.edu/medical/h-library.html
MedLINKS	http://web.mit.edu/medlinks/www/index.html
Power Series	http://web.mit.edu/activities/nh/power/index.html

Key Phone Numbers

Maryanne Kirkbride	Clinical Director for Campus Life	3-5240
Health Educators	CHPW Main Number	3-1316

