

MARIAN UNIVERSITY

Indianapolis®

College of Osteopathic Medicine

Inspiring a new generation of physicians in a great American city.

It Takes a Village: Staff and Student Wellness Collaboration

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www.marian.edu/medicalscool





- MU-COM Doors Open August 2013
- Student Affairs Team in place a week before 1st orientation
- August & September – lots of student excitement
- December – first signs of student burnout



- Student-organized Health and Wellness 5K
- Student-organized Resiliency Conference
- COCA Report Writing and Site Team Visits
- Inaugural class as source of input and feedback

- Student development model
 - Harness the energy of the students
- Simple idea –
 - Student input & feedback, excitement & energy, and ownership of programs can lead to greater involvement, satisfaction, and outcomes



- Several groups hosting wellness activities
- Student Organizations
 - Sports Med – Physical Fridays
 - House system task force
- Student Affairs
 - Therapy Dogs
 - Coffee/tea and snack bars
 - Counseling center presentations
- Competing for time, space, and population



- Student organization leaders
- Student Affairs staff
- Identify wellness needs
- Establish student-led organization
- Create role on student government

Wellness League

- Established Summer 2015
- Health & Wellness Executive Officer on Student Government Association
- Organize and Manage -
 - Annual Celebration of Wellness 5k
 - Fit Fridays
 - House System
 - Monthly Donation Drives
 - Awareness Months – Movember, Sexual Assault
 - Mental Health & Wellness speakers
 - Spirit Week



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The House System

- Established Spring of 2015
- Six houses
 - Students randomly and evenly distributed into Houses
 - Named after famous physicians
 - Student designed House crest
- Healthy, spirited point competition
- Supportive family-like atmosphere
- Monthly House events



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Example House Events

- Dodgeball tournament
- Donation Drives
- Spirit Week
 - Dress-up days
 - Care Bear Hunt (instead of eggs)
 - Chili Cook-off
 - Cornhole Tournament
- End of the Year
 - Super Sized Jenga
 - Life-size Hungry Hungry Hippos
 - Life-size Angry Birds



Daily Events

Mondays: Mindfulness Coloring and Yoga

Tuesdays: Knitting and Crocheting

Wednesdays: De-Stress Events (painting, cooking, crafts)

Thursdays: Therapy Dogs

Fridays: Fit Fridays and Board Games

Tea and coloring always available in Wellness office



- Coordinator of Student Activities and Wellness –
Advisor, daily programming and campus committees
- SGA Wellness Executive – League chair and 5k chair
- House Leaders (x6) – Monthly events and messaging
- Mental Health Chair –
Counseling center liaison and guest speaker chair
- Fit Friday Chairs – weekly activities



- Assessment and Evaluation
 - Attendance/Participation
 - Identification of outcome themes
 - Develop measurable wellness objectives and learning outcome statements