

## HERE'S WHAT'S HAPPENING

### Pin Sales a Huge Success



April was Sexual Assault Awareness Month, and the Student Personal Counseling Center, the Office of Student Affairs, and JeffHELP partnered to raise awareness and funds for this important matter. We'd like to thank all those who helped in getting the word out about the sales, particularly, Scott Memorial Library, Jefferson Facilities and Jefferson Scheduling Department. Thank you to all those who purchased pins, and those who helped us sell pins to their particular department - University Health Services, Jefferson Outpatient Lab, and especially Jefferson Obstetrics & Gynecology, 833 Chestnut location, who sold over 40 pins! In total, \$876.00 was raised, which will be split between Women Organized Against Rape (WOAR) and JeffHELP.

## Boards Wellness Program for 2nd Year Medical Students

The Student Personal Counseling Center and the Office of Student Affairs invite you to subscribe to the Boards Daily Booster (BDB). As a subscriber to the BDB, you will receive an e-mail every weekday during your boards preparation time to support you in your path towards successful completion of the USMLE Step 1.

When you open your BDB e-mail, you may be surprised by what you find. It may include:

- a study tip from a Student Affairs Dean
- a fitness tip from the Wellness Center
- a positive affirmation
- a list of healthy "brain foods"
- words of advice from an esteemed faculty member
- a life hack to improve productivity
- a link to a mindfulness download
- an inspirational TED talk or podcast to restore meaning after a long day of studying
- something to make you laugh



- or simply a short message of support

We hope that the BDB will help to build upon your strengths, foster resilience, build positive emotions, and give meaning to your hard work. Some of you signed up at the USMLE meeting held on April 15 in Brent Auditorium. If you did not get a chance to sign up there and want to be on the email list, please send an email to [skmc.student.affairs@jefferson.edu](mailto:skmc.student.affairs@jefferson.edu) with the Subject "Boards Daily Booster"

We have had some great interest in the "Mindfulness Meditation 4.0 – Boards (re)Boot Camp Version!" For those of you who are interested, there are still spots available. For more information or to register for this program, please click on the link below:

[http://www.jeffhelp.org/event-registration/?regevent\\_action=register&event\\_id=140](http://www.jeffhelp.org/event-registration/?regevent_action=register&event_id=140)

## UPCOMING EVENTS

### Suicide Prevention Night at the Ballpark

**Friday, June 26, 7:05 PM**

**Philadelphia Phillies**



Come out and support JeffHELP and the SPCC in their efforts to prevent suicide on college campuses. JeffHELP is partnering with the Pennsylvania Youth Suicide Prevention Initiative (PAYSPI) and the PA Adult/Older Adult Suicide Prevention Coalition for Suicide Prevention Night at the Phillies on Friday, June 26.

Come out and be a presence to support suicide prevention. In addition to great baseball, the winning submissions for the 2015 PAYSPI youth suicide high school PSA contest will be on display, including the winning videos being shown on Phanavision. The contest winners will be present for a special honor – and some-

one will throw out the first pitch! To learn more about how you can support suicide prevention in Pennsylvania by attending this game and purchasing your **DISCOUNT/HALF-PRICE tickets**, please go to [www.jeffhelp.org](http://www.jeffhelp.org) and click on the baseball slider. Any student organization that purchases 25 or more tickets together will have their organization listed on the scoreboard during the game. Follow the instructions once you get to the Phillies ticketing page for more information.

Please distribute this information as broadly as you are able. We would love to have a huge presence of Jefferson students, faculty, and staff supporting suicide prevention at the games.

## App of the Month!

### Happy Note (Iphone)

Happy Note is a diary app that allows you to record 3 happy thoughts each day to help build a positive image and self-esteem. Happy Note users can post their happy thoughts to social media such as twitter or facebook and attach photos with thoughts. Happy thoughts can even be sent to friends ! Check it out!



### Happier (Android)

Happier is a similar app for Android. It allows you to keep a journal of happy moments throughout the day and share them with others.



## Monthly Poll Question

What is your favorite activity to do during the summer months?



[Click here to vote!](#)

## April Poll Results

Last month we asked, “With spring right around the corner, what do you look forward to most in the new season?”

Most looked forward to warmer weather in the new spring season, while choices were selected as followed:

- ◇ Daylight
- ◇ Planting seedling/starting a garden
- ◇ Spring flowers
- ◇ Spring Break
- ◇ Green Trees
- ◇ Spring Rain

# Resource of the Month

## May 2015 is 'National Mental Health Awareness Month'

The Obama Administration decided to bring mental health issues to the national forefront, by announcing May 2015 to be 'National Mental Health Awareness Month'. In a letter from the White House, the President stated, "we must bring mental illness out of the shadows and encourage treatment for those who might benefit". Given the high prevalence of mental illness in the United States, and in the aftermath of mass shootings like the Sandy Hook incident, this national spotlight on mental health was a much-needed step. Let me cite a few statistics about mental health, to show why mental health should be a priority for all of us. One in four Americans suffer from mental health problems. Of these individuals, one in 17 suffer from a serious mental illness, like schizophrenia, bipolar disorder or major depression. Despite these astonishing numbers, 60 percent of adults, and 50 percent of adolescents do not receive treatment for their mental illness.

There's certainly a lot of work to be done. The President has therefore taken a targeted approach, by promoting mental health via three different venues:

1. Targeting insurance companies to reduce payment restrictions for mental health treatment.
2. Reducing stigma surrounding mental illness.
3. Funding research for mental health problems.

The President has already made some commendable changes towards improving mental health. However, all of the aforementioned targets may not reach their full potential unless the succeeding president is as dedicated to the issue.

First of all, Obama has expanded the Affordable Care Act (ACA) to include mental health treatment for those who need it, as an attempt to remove the stigma around mental illness. Next, the Administration has also signed a legislation that provides mental health treatment for veterans. First Lady, Michelle Obama, has also done her part by launching "The Campaign to Change Direction", which aims to raise mental health awareness. One of the positive manifestations of these efforts is that mental illness is no longer considered a preexisting condition, based on the reforms made by the ACA. This means that Americans can access treatment for mental health issues, just as they would for any physical illness. This reform has led to a 7 percent increase in the number of people accessing services for mental health and substance abuse. It's postulated that this increase in mental health treatment is due to young individuals, many of whom are remaining on their parents' insurance plan for a little longer, as permitted by the law.

While mental illness is no longer a preexisting condition, mental health services are still not accessible to all. The existing reimbursement for services is too low, which is a hindrance to patients. The sub-optimal reimbursement by insurance companies has caused many mental health professionals to become frustrated with the payment system, and to leave their profession. As a result patients have access to fewer mental health professionals, with less experience. Additionally, even if patients have access to mental health services, they may have no control over the duration of their treatment, or they might not have a choice over which health provider they see. Insurance companies make these decisions for patients.

Finally, many states have not been able to meet the increased demand for mental health services. States like Arizona, Mississippi, Nevada, and Washington have the lowest access to care for mental illness.

Nonetheless, it's really exciting to see that mental health is finally getting the attention it needs. In fact, two pieces of legislature are currently being debated by the House of Representatives, namely 'Helping Families in Mental Health Crisis Act', and 'Strengthening Mental Health in our Communities Act'. At the same time, this progress serves to highlight the additional advances that are necessary. We need more mental health services especially in certain states, and better reimbursement for patients. Patients should also have more flexibility regarding the duration of their treatment, or what practitioner they seek. Moreover, the stigma surrounding mental illness needs to be constantly addressed. And finally, funding for mental health research should remain a priority. We hope that these changes are a small spectacle representing the flood of efforts that need to be made for mental health promotion in the United States.

By Anupriya Ganguly, First Year Medical Student, SKMC at TJU and Active Minds Co-President

Sources:

<http://thinkprogress.org/health/2015/03/13/3633203/obama-mental-health-care-legacy/>  
<https://www.whitehouse.gov/the-press-office/2015/04/30/presidential-proclamation-national-mental-health-awareness-month-2015>

For more information @  
[JeffHELP contact](#)  
Rose Milani  
Project Coordinator  
[jeffhelpinfo@jefferson.edu](mailto:jeffhelpinfo@jefferson.edu)



JeffHELP is funded under award 1U79SM060468 by the Substance Abuse and Mental Health Services Administration (SAMHSA). The views expressed herein do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government