



Tulane SOM Wellbeing Newsletter Fall 2024

Upcoming Wellness Events:

- **September 24th – Flu Shot Clinic** – 9:30 am-2 pm, Hutchinson Room 1810 (Old Bookstore)
- **September 25th – Flu Shot Clinic** – 9 am-2 pm, Murphy Room 220
- **September 25th – How We Keep Each Other Afloat** – 7-8 pm, Uptown – Diboll Gallery, Commons 300 ([SIGN UP HERE](#))
- **September 26th – Flu Shot Clinic** – 9:30 am-2 pm, Tidewater, Diboll Gallery
- **September 26th – QPR (Question, Persuade, Refer) Training for Staff & Faculty** – 1:15-2:30 pm, Murphy 1220 ([SIGN UP HERE](#))
- **October 12th – NAMI Walk** – Audubon Park
- **October 14th – Flu Shot Clinic** – 10 am-1 pm 1555 Poydras Street, Bower’s Auditorium
- **October 15th – Mental Health First Aid Training** – 9am-3pm, Virtual via Zoom
- **October 17th – Flu Shot Clinic** – 9 am-2 pm, Tidewater, Diboll Gallery

Weekly Events:

- **Every Monday (Zoom) & Thursday (In-Person) – Mindfulness Break w/ Dr. Anadkat**
 - 12-12:15 pm
 - Zoom link: <https://tulanehipaa.zoom.us/j/7667992136>
 - In-Person: Murphy Building, 2nd floor, Meditation Room
- **Every Monday & Thursday – Zumba for Faculty and Staff**
 - 5:30-6:30 pm
 - Tidewater Building room 1225
 - Bring a towel and water!
 - These free classes are for all levels of fitness!
- **Every Wednesday – Swing Dancing w/ Ken and Farhana**
 - 5:30-6:30 pm
 - Tidewater 1225

Weekly Group Meeting For
Mindfulness Meditation Practice
(15 mins Investment!)

Zoom
Every Monday at 12 pm
Meeting ID: 766 799 2136

In Person
Every Thursday at 12 pm
Meditation Room, 2nd Floor, Murphy

ALL are welcome.

Questions? Contact Dolly Anadkat, Ph.D. ananadkat@tulane.edu



Free Swing Dance Lessons

Instructors: Ken & Farhana

Every Wed. 5:30-6:30pm
Tidewater Rm 1225

No partner or experience needed

Questions?
ktyrolf@tulane.edu
fchaudhr@tulane.edu

Flu Shots Clinics

No appointment necessary, bring your employee Splashcard ID and completed flu screen form found [here](#).

Date and Time:

September 24, 2024 9:30 AM to 2 PM

September 25, 2024 9:00 AM to 2 PM

September 26, 2024 9:30 AM to 2 PM

October 8, 2024 9:00 AM to 3:30 PM

October 14, 2024 10:00 AM to 1 PM

October 15, 2024 9:00 AM to 3:30 PM

October 17, 2024 9:00 AM to 2 PM

October 22, 2024 9:00 AM to 3:30 PM

Location:

Downtown, Hutchinson Room 1810 (Old Bookstore)

Downtown, Murphy Building Room 220

Downtown, Tidewater Building, Diboll Gallery

Uptown, LBC, Pederson Lobby

Downtown, 1555 Poydras Street, Bower's Auditorium

Uptown, LBC, Pederson Lobby

Downtown, Hutchinson Room 1810 (Old Bookstore)

Uptown, LBC, Pederson Lobby

QPR (Question, Persuade, Refer) Training for Staff & Faculty

September 26, 2024 | 1:15 – 2:30 PM | Murphy 1220

QPR is a life-saving intervention that teaches three simple steps anyone can use to help prevent suicide. Just as CPR saves lives in physical health crises, QPR provides the skills needed to recognize the warning signs of a suicide crisis and take action. **Registration is required for this in-person workshop.** [Please register here.](#)

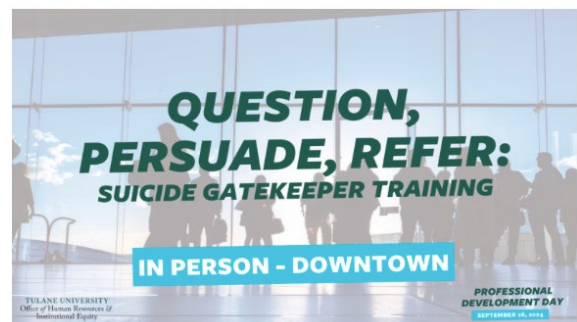
What to Expect:

Participants will learn and practice QPR skills and will receive a certificate of completion at the end of the session. This training is offered in collaboration with [Professional Development Day](#) from [Human Resources & Institutional Equity](#) and [Wave of Support](#).

Can't attend in person?

You can complete QPR training online in just one hour by following these steps:

1. Navigate to qprtraining.com/setup
2. Enter the organization code: **TULANE**
3. Create an account using your Tulane email address
4. Log in and complete the training at qprtraining.com



Speakers



Rachel Weber
Wave of Support



Sam Bruce
Wave of Support

NAMI Walk

October 12, 2024 | 8AM – 12PM | Audubon Park

NAMI Walks Southeast Louisiana is the largest fundraising and mental health awareness event in the area. Every year hundreds of community members gather in our community to promote mental health care, reduce stigma and raise funds to support NAMI Southeast Louisiana's mission of providing free education, advocacy, support and resources to anyone affected by mental health needs. The funds raised from this event remain in our community to provide free support groups and education programs. This united front shows that "You Are Not Alone" and there is help and hope for recovery through NAMI Southeast Louisiana.



If interested in joining, sponsoring, or donating, please join the Psychiatry Interest Group [HERE](#).



Mental Health
FIRST AID

Mental Health First Aid Training
October 15, 2024 | 9AM – 3PM | Virtual via Zoom

Join the upcoming Mental Health First Aid (MHFA) certification course on October 15, 2024, from 9:00 a.m. to 3:00 p.m. This virtual training includes two hours of self-paced work and six hours of instructor-led sessions (with breaks), focusing on recognizing and responding to signs of mental health and substance use challenges. Limited to 15 participants – secure your spot early! [INTEREST FORM HERE](#).

For more details, contact Bethany Branson (bbranson@tulane.edu and Ashley Hicks (ahicks3@tulane.edu).

Did You Know: Crisis Support Services in New Orleans and Jefferson Parish

Navigating a behavioral health crisis can be overwhelming, but there are now more resources available than ever before to help individuals in need. Below are some key crisis support services available to residents in the Greater New Orleans area.

New Orleans Mobile Crisis Intervention Unit (MCIU)

In collaboration with the City of New Orleans and its Health Department, the New Orleans Mobile Crisis Intervention Unit (MCIU) has been launched as a fourth branch of the emergency response system. This innovative service is integrated directly with the 911 system and provides a specialized response to behavioral health crises. Instead of involving the police or emergency medical services, the MCIU deploys licensed mental health professionals, certified peer specialists, and crisis workers to provide immediate face-to-face support.



Available 24/7, 365 days a year, the MCIU offers assessment, support, and connection to resources, ensuring individuals in crisis are treated with care in the least restrictive setting possible. Whether resolving calls over the phone or dispatching a team on-site, the goal is to provide quick relief, reduce the burden on traditional emergency services, and ensure long-term connection to appropriate care.

To access this service, contact the City of New Orleans 911 dispatch system and ask for this resource.

Eunoia Center Walk-In Crisis Support - Now Open 24/7

For residents of Jefferson Parish, the Eunoia Center, operated by the Jefferson Parish Human Services Authority (JPHSA), is a critical resource for those facing a mental health crisis. Expanding its hours to offer 24/7 support, the Eunoia Center is now available to anyone over 18 years old, with or without a provider referral.



The Eunoia Center is based on the "Living Room" model, providing a safe and calming environment staffed by experienced counselors, registered nurses, and peer recovery support specialists. This alternative to hospital emergency rooms allows individuals in crisis to receive immediate in-person intervention, counseling, and support. The center also connects visitors to ongoing services to sustain mental wellness.

For more information or immediate support, call the Eunoia Center at **504-332-7777**.

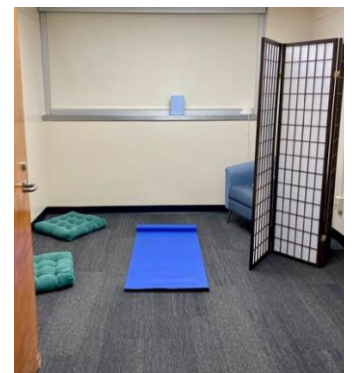
JeffCare Behavioral Health: Mobile Crisis Services

For additional crisis support in the Jefferson Parish area, JeffCare Behavioral Health offers mobile crisis services. Their team of professionals is ready to provide immediate assistance over the phone or on-site to those facing behavioral health emergencies. To access these services, call the mobile crisis hotline at **504-832-5123**.

Resources (Linked):

- [TUSOM Companion App](#)
 - All the resources in one place!
 - Download the App:

- [Apple](#)
 - [Google Play](#)
- [School of Medicine Research Website](#)
 - NEW! Tulane University School of Medicine encourages and supports medical student participation in research and scholarly activities. The Research Network website is designed to assist students in identifying their interests, finding suitable research projects, and matching them with mentors within our research community.
- [Employee Assistance Program](#)
 - Tulane’s Employee Assistance Program – also referred to as the EAP – is a no-cost benefit provided to you and your dependents that provides everything from short-term counseling, life coaching, and online tools to legal and financial consultation.
- [Tulane Living Well Clinics](#)
 - With locations both Uptown and Downtown, the Living Well Clinics are available to assist with same-day appointments for urgent care needs, as well as wellness visits including flu shots, biometrics, and long-term health coaching.
- [Tulane Telehealth](#)
 - In partnership with Tulane University Medical Group, Tulane Telehealth is your virtual urgent care service. Through the app or your computer, Tulane Telehealth gives you 24/7 virtual access to providers for most common conditions.
 - Visits for you and your covered family members are available anytime, anywhere. Get connected to a provider, get a treatment plan (including prescriptions when medically necessary), and get better.
 - \$0 copay for members enrolled in the POS or HRA plan.
 - For members enrolled in the HDHP plan, a \$0 copay will apply after your deductible is met.
- [TU Wellness & Annual Health Incentive](#)
 - The mission of TU Wellness is to create and maintain a culture of holistic health and wellness for all employees through health education and wellness activities. Employees enrolled in our medical plans are eligible to earn incentives by participating in the TU Wellness Program. Tulane’s Wellness platform, WellRight, is an easy way to learn more about your health and earn incentives.
- [All In](#)
 - A resource for staff, faculty, and students who have experienced sexual violence or are supporting someone who has.
- [The Wellness Map for Tulane's Campus](#)
 - Updated monthly, showing locations of resources on Downtown and Uptown campuses.
- [Mental Health Services for Faculty](#)
 - Resources provided by the School of Medicine Faculty Affairs office.
- [Distress Tolerance Activities](#)
 - List of activities which often help people manage distressing situations.
- [Brain Break Meditations](#)
 - Short, guided meditations brought to you by Tulane Campus Health
- [Food Pantry](#)
 - Leaders of the Students Against Food Insecurity group cut the ribbon for a new food pantry at 7215 Zimple St., part of The Chapel of the Holy Spirit, across the street from the uptown campus. The food pantry is open to any Tulane student or staff member.
- [TU Fitness Center Downtown](#)
 - Hours of operation may fluctuate with university holidays, home football games, Saints football games, maintenance projects, etc.
 - [Membership pricing](#)
- Tulane Prayer/Meditation Rooms
 - Tulane School of Medicine now has dedicated meditation/prayer rooms available for faculty, students, residents, and staff use. They are part of the school’s overall environment of learning and wellness initiatives and are accessible via splash card swipe during regular building hours.
 - Location: **Murphy 200B** and **Hutchinson 1000**



Counseling and Mental Health and Wellness Resources:

- Suicide and Crisis Lifeline: Call or text 988
- Stress/Crisis Hotline: 1-800-622-7276 (access code: TULANE)
- The National Grad Crisis Line: 1-877-472-3457
- Physician Support Line: 1-888-409-0141 (M-F, 7 am - 11 pm)
- Trevor Project LGBTQ Lifeline: 1-866-488-7386
- Trans Lifeline 1-877-565-8860
- RAINN Sexual Assault Hotline: 1-800-656-HOPE
- Domestic Violence National Hotline: 1-800-799-7233
- TUPD
 - Emergency: 504-988-5555
 - Non-Emergency: 504-988-5531

If you suspect any of the following, click the appropriate link for information from Tulane:

- [Sexual Assault](#)
- [Domestic Violence](#)
- [Alcohol or Drug Abuse](#)
- [New Orleans Drug and Alcohol Treatment Centers](#)