

THE STUDENT DOCTOR DIGEST-IVE

THE OFFICIAL SGA NEWSLETTER

WELCOME TO LECOM 2022-2023

MEET YOUR SGA TEAM

President: Khin Oo (LDP)

Vice President 1: Abhay Dhillon (LDP)

Vice President 2: Tyler Dobratz (DSP)

Secretary: Ananya Koka (LDP)

Treasurer: Anthony Di Cecca (LDP)

Webmaster: William Kim (DSP)

MHTF: Serene Bahi (DSP)

MENTAL HEALTH

TASK FORCE

Serene Bahi (DSP)

Safiya Farooqi (LDP)

Suhani Patel (PBL)

Minahil Mustafa (PBL)

Wendy Weaver (DSP)

Sandres Aodish(DSP)

THIS MONTH

WELCOME PARTY

This month, SGA hosted our annual Welcome Party/Club Fair to commence the new year and welcome our new class of 2026. To introduce our MS1s to the organizations we have at LECOM, we held together a club fair to glean interest in medical specialties (surgery, family medicine), osteopathic organizations (SOMA, SAAO), and social activities (Running club and DO2 max).

Throughout the 3 hours of the event, over 300 students (MS1s and MS2s) and 10 faculty members showed up to participate.

If you missed it and want to join a club, be sure to check out our website to contact them!



<https://com.erie.lecomsga.org/>

 @lecomsga

SOMA

HIGHLIGHT ON ADVOCACY!

As many of you know, SOMA is the club that advocates for Osteopathic Physicians, Osteopathic Medical Students, and all patients. So, exactly what is advocacy, and how does SOMA accomplish it?

Advocacy is defined as the act or process of supporting a cause or proposal. SOMA advocates for Osteopathic Physicians by ensuring equality and fairness between DO's and MD's when it comes to hiring and salaries. Since DO's and MD's have unique trainings, SOMA and the AOA advocate to maintain the individuality of each profession, but while ensuring that osteopaths are treated fairly in a historically discriminatory system.

SOMA advocates for the complete education of Osteopathic Medical Students by ensuring that Colleges of Osteopathic Medicine follow guidelines to teach medicine that are up to date, follow evidence-based medicine, and promote professionalism and equality for all patients. Several resolutions have been written by SOMA students that address the education of OMS, including a resolution to create lectures with increased representation from different skin colors written by our very own LECOM-Erie Diversity Chair!

Lastly, SOMA advocates for the treatment of all patients. At the AOA House of Delegates in Chicago in July, a resolution was passed to recognize cardiovascular disease in African American patients as a public health crisis. This resolution was started in the SOMA House of Delegates last April, and despite being recommended to be rejected by the AOA Reference Committee, the legislation was passed and is now AOA resolution.

Medicine is always changing, and it is our responsibility to advocate for the future and ensure that the osteopathic profession is up to date with the times. This is SOMA's passion and why we were founded on advocacy.

SOMA at LECOM-Erie's Upcoming Events:

- Mentorship in Medicine – September 9th 5-6PM
- Addiction Medicine Talk – October 18th 6-8PM
- Resolution writing workshop
- Holiday card drives

If you are interested in learning more about SOMA or becoming a member, please reach out to Cassie Holub (cholub60290@med.lecom.edu).



PET ADOPTION

Consider pet adoptions! When you adopt dogs and cats, you save a loving animal by making them part of your family and opening up shelter space for another animal who might desperately need it. Below are links to a few places within Erie with rescue dogs and cats available for adoption:

1. [Erie Animal Network](#)
2. [Erie Humane Society](#)
3. [The Anna Shelter](#)
4. [Happy Bark](#)



WELLBEING PLACE

WellBeing Place provides you with a wide array of tips, tools, and resources to improve your overall health and well-being. Link: www.wellbeing.place



AREA HEALTH EDUCATION CENTER SCHOLARS

Interprofessional certificate program for health professions students designed to increase understanding of health care for vulnerable populations in rural and underserved areas. Reach out to SGA if you are interested.

A message from Dr. Dunbar



MENTAL HEALTH RESOURCES

As this semester starts flying along, I want to take this opportunity to walk you through support resources available to you and how you can access them. First, in my role as Director of Behavioral Health, I am available to you for consultation and support. This can be around any number of needs you may be experiencing: adjustment concerns, relationship issues, stress management, anxiety, mood, etc. I can also assist you in facilitating referrals to outside resources that can provide confidential services. You can access me by email, phone, or by showing up at my door. My goal is to support you academically and personally and help you be as successful as possible. This is a stressful process and environment and I want to help you to get what you need. Seeking behavioral health services has no impact on your academic or professional progress or standing (unless there are concerns about safety, zero tolerance issues, or significant concerns impacting functioning requiring mandated intervention.)

There are also numerous resources that you can utilize outside of LECOM. First is **Crisis Services**. *This is a 24/7/365 service that can be accessed by phone.* They have a wide range of offerings that can be provided to you. They are a resource just to talk about whatever is going on at that time. They can provide referral to resources in the community as well or talk you through a situation where you may be trying to assist someone else. (You do not need to be in it alone.) They assist in management of crises by phone and are also able to come directly to the situation. They can assess the situation and determine what intervention is needed. This can include de-escalation and referral to appropriate level of care. If hospitalization is needed they also facilitate that process. They are there to support you in any way that is needed.

Millcreek Community Hospital offers a variety of behavioral health and substance abuse services. They provide both inpatient mental health and substance abuse treatment. These can be accessed through Crisis Services or the Emergency Department at MCH. There is also a wide array of outpatient treatment available in the community. **Safe Harbor Behavioral Health** offers outpatient counseling and psychiatric services. **Stairways Behavioral Health** offers outpatient mental health, substance abuse, dual diagnosis and psychiatric services. Both agencies offer walk-in intake assessment and no external referral is needed. These are just two of the options in the community available to you. There are other organizations and individual providers I can help direct you to, based on your specific needs and what you are looking for.

There are some other specialized services in our community that are very important for you to be aware of. One is **SafeNet**. This agency provides counseling, legal advice, and shelter services for those dealing with relationship violence. **The Crime Victim Center** offers support for victims (and families) of those impacted by violent crime of any type. This includes individual and group counseling and support through the legal process. Both agencies provide their services free of charge.

You also have access to the **Met Life Student/Employee Assistance Program**. This is free and provides expert advice for work, life, and your well-being. The program's experienced counselors provided through LifeWorks — one of the nation's premier providers of Employee Assistance Program services — can talk to you about anything going on in your life, including:

- **Family:** Going through a divorce, caring for an elderly family member, returning to work after having a baby
- **Work:** Job relocation, building relationships with co-workers and managers, navigating through reorganization
- **Money:** Budgeting, financial guidance, retirement planning, buying or selling a home, tax issues
- **Legal Services:** Issues relating to civil, personal and family law, financial matters, real estate and estate planning
- **Identity Theft Recovery:** ID theft prevention tips and help from a financial counselor if you are victimized
- **Health:** Coping with anxiety or depression, getting the proper amount of sleep, how to kick a bad habit like smoking
- **Everyday Life:** Moving and adjusting to a new community, grieving over the loss of a loved one, military family matters, training a new pet

It provides convenient and confidential help when you want it, how you want it

- Your program includes up to 5 in person, phone or video consultations with licensed counselors for you and your eligible household members, per issue, per calendar year.
- You can call 1-888-319-7819 to speak with a counselor or schedule an appointment, 24/7/365.
- When you call, just select "Employee Assistance Program" when prompted. You'll immediately be connected to a counselor.
- If you're simply looking for information, the program offers easy to use educational tools and resources, online and through a mobile app. There is a chat feature so you can talk with a consultant to guide you to the information you are looking for or help you schedule an appointment with a counselor.

Log onto:
metlifeeap.lifeworks.com
user name: metlifeeap
password: eap
Lifeworks Mobile App
user name: metlifeeap
password: eap

Please feel free to seek me out with any questions about these resources and how to access them. I am happy to answer any questions you have and assist you in getting what you may need to take care of yourself and your overall wellness on this journey you are on.
 Wishing you a wonderful week!
 Take care, Dr. Dunbar

Wanna stay in the loop on events?

Add our SGA event calendar to your devices!

[LECOM Calendar](#)

On the website, you'll see an iCal subscription method for IOS devices. Our VP1 updates the calendar as events are approved.

Nominate a Student of the Month!

[Nominate a Student](#)

Log your Volunteer Hours here

[Log Volunteer Hours](#)