



Thank you for signing up for a MedWell well-being check. We'd like you to review the information below carefully so you can make a fully informed decision about participating in the program.

MedWell checks are an outreach program co-sponsored by the School of Medicine (SOM) and Mental Health Services (MHS) to provide an opportunity for every first-year medical student to meet with a MHS clinician for a brief conversation about mental health.

Medical school is an exciting but challenging endeavor. Medical students have reported experiencing symptoms of depression, anxiety, burnout, substance use, and suicidal thoughts¹. This is in part related to the inherently stressful nature of this learning environment; evidence also suggests that some students experience barriers, such as stigma or time limitations, while seeking mental health support.² SOM and MHS are committed to taking an active approach in connecting students to opportunities for care and fostering an inclusive, understanding environment.

MedWell checks are brief assessments of mental health that do not include psychiatric diagnoses or treatment plans. A universal outreach initiative, these appointments are not considered mental health psychotherapy or treatment. However, should you and the provider agree that a direct referral to enter mental health treatment is appropriate, we have the option to convert this outreach meeting into an encounter that establishes you as a client.

How to schedule

To schedule your MedCheck visit, please:

1. Log into your health portal at myhealth.wellbeing.jhu.edu
2. After completing any request compliance forms, from the left-side menu please select Appointments, then the Schedule an Appointment option, before specifying an appointment with Mental Health Services.
3. The next page will include a screening question as to whether you have an acute need for crisis intervention. If you select Yes, you will receive information about how to contact our mobile crisis support team BHCST. If you select No, the next page will offer you a series of visit types to book – please select MedWell from the list.

¹ Rotenstein LS, Ramos MA, Torre M, et al. Prevalence of Depression, Depressive Symptoms, and Suicidal Ideation Among Medical Students: A Systematic Review and Meta-Analysis. *JAMA*. 2016;316(21):2214–2236. doi:10.1001/jama.2016.17324

² Hankir AK, Northall A, Zaman R. Stigma and mental health challenges in medical students. *BMJ Case Rep*. 2014 Sep 2;2014:bcr2014205226. doi: 10.1136/bcr-2014-205226. PMID: 25183806; PMCID: PMC4158203.

4. Specify details of search for visits (such as days, in-person, or virtual). You will next see options for booking below.
5. You will receive a confirmation email and reminder about your MedWell check.

We have several providers participating in the MedWell program, with whom you can make your appointment:

- Julie Butchart, CRNP-PMH, Psychiatric Nurse Practitioner at MHS
- Judy Grados, Psy.D., Staff Psychologist at MHS
- Gina Grinstead, CRNP-PMH, Psychiatric Nurse Practitioner at MHS
- Sean Heffernan, M.D., Director of Psychiatry for SHWB-MHS
- Devonte Joynes, LCPC, Staff Clinician at MHS
- Faye Park, CRNP-PMH, Psychiatric Nurse Practitioner at MHS

Students who are already engaged in mental healthcare with us or any other provider do not need to attend a MedWell visit, and can use the opt-out form here:

https://jh.qualtrics.com/jfe/form/SV_2hh3zkbx83Czbwi

What to expect during your visit

On the day of your appointment, please check in 15 minutes before the scheduled time (myhealth.wellbeing.jhu.edu). When you log into your portal or arrive, you will be asked to complete two short screening questionnaires (PHQ-9 and GAD-7). These questionnaires will help the provider quickly understand what sort of experiences you have had and will allow them to provide you with better feedback.

Our clinicians aim to provide medical students with consultation, emotional support, and guidance. We may offer you advice or suggestions, help you access useful resources, or simply provide a listening ear. Good things to talk about in the MedWell visit include academic performance, stress, social concerns, relationships and family, health problems, sexuality, doubts about your career path, or just chat about life as a medical student. Please know that the role of Mental Health Services is entirely supportive – we do not participate in grading, evaluations, or academic decisions of any kind.

Some common mental health concerns among medical students include depression, anxiety, obsessive behaviors and thoughts, alcohol and drug issues, eating issues, and suicidal thoughts. If you are experiencing any of these symptoms, please know we are here to help. With your agreement and permission, we can convert this MedWell outreach encounter into a clinical visit to establish you in care with our service. If this is recommended, your provider will review the potential benefits of such action and proceed only with your consent.

Privacy and confidentiality

We honor and practice the highest privacy and confidentiality standard.

The use and disclosure of your health records is protected under the Family Educational Rights and Privacy Act (FERPA) and Maryland state law. **Your personal healthcare records are separate from all**

other University records. We will not disclose information to the SOM administration or faculty even if you share that you are struggling emotionally, academically, clinically, or professionally.

There are specific exceptions to confidentiality required by law: (1) If you or another person is believed to be at imminent risk of harm, we are bound to take necessary steps to prevent such danger and protect safety. These steps could include contacting the appropriate authorities, contacting family members who can help, notifying any potential victims of violence, or even seeking hospitalization for you. (2) If you provide information that leads to suspicion of incidents of child abuse, elder abuse, or dependent/disabled adult abuse, we are bound to inform the proper authorities. (3) If a valid court order is issued for treatment records, we must comply.

MHS clinicians will write a brief note regarding the MedWell well-being check which will be entered as an outreach encounter in your electronic record. This note could include a brief summary of your self-care plan, a list of any current difficulties, and any follow-up plans. No element of outreach, counseling, psychiatry, medical, or treatment records can be released to any individual, authority, institution, or University agent without your written permission.

MedWell is a voluntary outreach encounter

It is your decision to engage with the MedWell program. If anything about this opportunity makes you uncomfortable or you simply elect to not participate, we invite you to share your thoughts via the [opt-out form](#).

Contacting us

If you are interested in connecting to care, or if you have questions or feedback about the program, please contact Mental Health Services. You may call our central phone number 410-516-3311 or send a secure message to staff through the MyHealth portal.

If you or someone else require urgent support during crisis, MHS clinicians are available 24 hours a day, 7 days a week. You can access the Behavioral Health Crisis Support Team via the phone number above or their direct line 410-516-9355.