



# WELL-BEING

Well-being and creating an environment that supports healthy learning and care is of the highest importance to Michigan Medicine.

Within the medical school, students can find a community of support through our M-Home, where activities and learning opportunities have been implemented to promote well-being inside and outside of the classroom. With vertical and horizontal integration of activities, our students have opportunities to engage with other cohorts, allowing time for peer to peer learning.

After receiving employee recommendations and understanding current national trends, a new Michigan Medicine Wellness Office has been established to bring together many initiatives through a system-wide approach for all faculty, staff and learners to support and coordinate wellness initiatives. This effort will utilize and build off of current campus resources such as MHealthy, the Office of Counseling and Workplace Resilience, the Office for Health Equity and Inclusion, the Office of Faculty Affairs, the Office of Clinical Affairs and Human Resources to enhance efforts around well-being.

## Resources are being allocated to directly address well-being for all.

Resources are being implemented and measured in multiple settings with current data showing that we are headed in the right direction. While there have been positive changes, we know there is more work to be done.

### HOUSE NAMES

 <b>FITZBUTLER</b>  Dr. William Henry Fitzbutler House	 <b>SALK</b>  Dr. Jonas Edward Salk House	 <b>HAMILTON</b>  Dr. Alice Hamilton House	 <b>SANFORD</b>  Dr. Amanda Sanford House
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## 4

HOUSES

## > 12

STUDENTS PER DOCTORING GROUP

## > 2

FACULTY COACHES PER GROUP

### ACTIVITIES

Doctoring Groups • House Social Events  
 M-Home Olympics • Well-Being Initiative  
 M-Home Book Group  
 eMpower Peer Mentoring  
 M-Home Serves • Near Peer Teaching  
 Parallel Universe Q&A  
 Board Game Night • CAMP

### PEOPLE

Med Students  
 Peer Mentors  
 Doctoring Faculty & Coaches  
 House Counselors  
 House Directors  
 Learning Specialist  
 Leadership Coach

### CORE LEARNING CONCEPTS

- Community Building
- Coaching
- Well-Being
- Culture of Authenticity
- Peer Mentorship & Development