

STUDENT WELLNESS COMMITTEE & SUB-COMMITTEES

Student Health and Wellness oversees the Student Wellness Committee, composed of students from each class who lead wellness programs for their peers. The committee consists of several different sub-committees, each focused on a different dimension of wellness: Health and Wellness, Community Building, Resilience & Mental Health. The committee works closely with medical students who also focus on promoting wellness. The student wellness committee has been instrumental in planning wellness events/activities, as well as developing their own programs - including a box with motivational messages for students, goody bags, yoga sessions and monthly spotlights stories of resilience and wellness life hacks.

Office Staff



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OFFICE OF STUDENT HEALTH & WELLNESS



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MISSION STATEMENT

The Office of Student Health and Wellness is dedicated to providing medical students with student life advising and counseling services to help them achieve optimal mental, emotional, and physical health and wellness. Our goal is to encourage self-care, resiliency, and improve their medical school experience, along with their professional development, as future practicing physicians.

ABOUT

The Office of Student Health and Wellness focuses on the interconnectedness of mind, body and spirit, and is designed to support students with opportunities to learn healthy coping mechanisms and other skills that can facilitate resolution of personal difficulties. Most importantly, the program seeks to convey to students the need of self-care and timely help-seeking when needed.



GUIDING PRINCIPLES

- Empower students to develop their professional identity and find meaning within their medical school experience
- Support students with opportunities to learn healthy coping mechanisms and other skills that can facilitate resolution of personal difficulties
- Convey the need of self-care, resiliency and timely help-seeking when needed
- Engage all students in the promotion of a sense of belonging
- Embrace the value of diversity and personal growth
- Enable students to succeed as lifelong leaders

OVERVIEW OF SERVICES

Student Counseling & Support

- A Mental Health Counselor is dedicated to medical students through SOM
- Telebehavioral Counseling offered to individual and couples

Supplemental counseling services

- MySSP- QR code below- Free 24/7 -365 access to tele- counseling (My Student Support Program)

Student Health

- Medical services are provided through the UTRGV Student Health Services

Student Groups

- Student Significant Others Support Group
- Debriefing Group Sessions (3rd & 4th year)
- Student Meditation Group

Physical Wellness Activities

- Dodgeball & Volleyball
- Walk and Talk during lunch
- Participation in the UREC Center & campus events

Social Activities

- Doctor's Day Celebration
- Relax Before the Exam
- Evening of the Lights

Culinary Medicine Class

Offers healthy cooking classes on a budget

Health and Wellness Fair

UTRGV departments & Community organizations provide information about programs and services available to our students.

Student Wellness and Events

- Yoga
- URec Center Wellness Activities & Events

Student Health and Wellness Newsletter

- Wellness resources, Student videos & stories
- News about upcoming Wellness events and more

ADDITIONAL RESOURCES

Counseling Center

Brownsville	882-3897
Edinburg	665-2574
Crisis Line	665-5555

School of Medicine

Dean On-Call **296-2502**

Office of Student Affairs	296-1410
Office of Admissions	296-1608
Office of Financial Aid	665-2501
Office of Diversity & Inclusion	296-1903

Dean of Students

Brownsville	882-5140
Edinburg	665-2260

Student Accessibility Center

Brownsville	882-7374
Edinburg	665-7005

Collegiate Recovery Program

665-2674

Military & Veteran Success Center

Brownsville	882-8980
Edinburg	665-7005

Download MySSP

