

## HERE'S WHAT'S HAPPENING



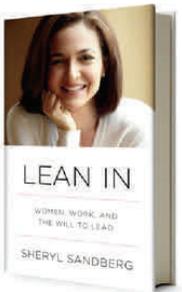
**We've extended the contest!**  
**It's not too late to check out the new Wellness Site and Message Board and be entered to Win an iPad Air!**

**JeffHELP launched its new Wellness Site and Message Board, and you could win an iPad Air just by checking out the new websites.**

- Go to [www.jeffhelp.org/wellness](http://www.jeffhelp.org/wellness) and create your own wellness plan
- Then go to the JeffHELP message board, [www.jeffhelp.org/messageboard](http://www.jeffhelp.org/messageboard). If you're not already registered, then sign up for the message board.
- Once you're registered, go to the JeffHELP Wellness group and post your feedback about creating your wellness plan.

Once you post your feedback, you'll be entered to win an iPad Air! Contest ends September 30th.

Our initial intention was to promote the contest during Flu Fest, however, due to the unavoidable delay, the official contest deadline is now Friday, October 31, and we will draw the winner on Monday, November 3. Winner will be announced via the Message Board, and in the November E-Newsletter. Any questions, contact [JeffHELP](mailto:JeffHELP).



## **Jefferson SPCC** **Co-sponsored by Jefferson Book Club** **presents:** **Lean in: Women, Work and the Will to Lead** **by Sheryl Sandberg and Neil Scovell**

“Lean In”...and join us in reading a book!

Do you miss reading for pleasure? Got your nose stuck in textbooks? Was the last thing you read off of PubMed? Practice your listening skills with the SPCC! In this four part series, we will read aloud and listen to excerpts from the New York Times best-selling book, "Lean In: Women, Work, and the Will to Lead", by Sheryl Sandberg. No advance reading required. Just sit back and enjoy in this no-pressure setting - where you won't be tested on the material discussed! :) Open to all Jefferson students and TJUH House Staff.

**When: Mondays in October (6, 13, 20, and 27) from 12:15pm – 12:45pm**

**Where: 833 Chestnut Street, Suite 230, SPCC Group Room 2304**

Feel free to bring your lunch. For more information, contact [Dr. Deanna Nobleza](mailto:Dr. Deanna Nobleza)

# UPCOMING EVENTS

## National Day without Stigma Therapy Dog Event

Monday, October 6, 12:00-1:00 PM

Lubert Plaza

Sponsored by Active Minds in conjunction with JeffHELP & the SPCC

Come cuddle with therapy dogs and help us erase the stigma surrounding mental illness! Or check out the "Stamp out Stigma" table for a fun stamp activity. Active Minds and the SPCC will also be providing resources on how to keep your mind healthy and happy.

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## Minding Your Mind: Coping with Stress, Anxiety, and Depression



Wednesday, October 22, 2014 7:00pm-8:00pm in the Solis-Cohen Auditorium

Jefferson Alumni Hall

Sponsored by Active Minds in conjunction with JeffHELP & the SPCC

Help us to reduce the stigma surrounding mental illness, and join us as Carl Antisell, a dynamic speaker from the Minding Your Mind Foundation, shares his personal struggle with mental illness and his journey to recovery.

Carl is in long-term recovery, which for him means he has not used drugs or alcohol for over three years. At a young age, Carl began using addictive substances as a way to relieve his ongoing anxiety and depression. His use quickly progressed and eventually spun out of control. In his recovery process, he has learned healthy, effective ways to handle his emotions as well as life's ups and downs.

**This event counts for ICM Diversity Credit. Dinner will be served!**

# STUDENT SPOTLIGHT

## Active Minds

[Active Minds](#) at Thomas Jefferson University is a club working to utilize the student voice to improve education, advocacy, and awareness about mental health on campus.

There's a lot going on! Join the Active Minds club in celebrating National Day Without Stigma. Come hear the Minding your Mind speaker. (See both ads above) Also make sure to check out Active Mind's NEW yoga and meditation classes being offered weekly. They also hold monthly discussion groups and monthly planning meetings. All of the specific info on these and more can be found on the [Active Minds](#) website. For more information contact [Brittany Heckel](#), co-president of Active Minds.

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## App of the Month

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### buddhify 2

\$2.99 (Currently available for iPhone only, but will launch the Android version soon. Android users, in the meantime, check out The Mindfulness App, for \$1.99, which is very similar)

buddhify for iOS is the #1 mindfulness app for modern life. Beautifully designed and full of specially designed content to suit your busy city life, buddhify helps bring calm, concentration and compassion to whatever you're doing and wherever you are. Since our focus this month is on emotional health and wellness, we thought we'd feature an app in line with that.

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## Monthly Poll Question

Which of these areas of humanities interest you most? [Click here to vote!](#)



## Last Month's Poll Results

Over 80% said they first turn to a significant other, friend, or parent, when they need to "talk it out", while 11% said they first turn to a professional or a mentor.

# Resource of the Month

## Do We Really Need Arts in Medicine

Salvatore Mangione, M.D.

This is a recurrent and now even more timely question given the recent suicide of two Manhattan interns. That physicians have the highest suicide rate of any profession is well known. More than 400 die yearly, which is roughly one per day and akin to an entire medical school's student body, yet still an underestimate since many suicides are labeled accidents. The pain also starts early, with 10% of students having suicidal ideations and half burning out by end of training.

Why this dark side for an art that should promote life and healing? Why such a high burnout and suicide rate?

A recent New York Times Op-Ed explored this question and suggested the usual suspects: high workload, pervasive machismo, and stressful responsibilities. Yet, there is another major player, and one that may even cause the other disturbing trend in modern medicine: the loss of empathy.

I'm referring to the disappearance of the humanities in medical education.

That the humanities can provide help in processing the burdensome emotional situations we face daily is nothing new. In fact, they are the universal language for journeying into the human experience, thus turning pain and suffering into growth-promoting catharsis. As Osler put it, "Grievous damage has been done to medicine in regarding Humanities and Science in any other light than complementary. They are twin berries on one stem."

To the Greeks who invented our craft, poetry, music, theater and patient care were indeed intertwined. They made no distinction between "art" and "science", both being indicated by the same word ("techne"). Even the great bedside diagnosticians of the past were passionately interested in everything human. In fact, most were humanists.

Of course, being well-versed in the humanities is not the same as being humane. Yet, the humanities can be a crucial ingredient in that unique mix of scientific, emotional and personal traits that ultimately make a good doctor. As "hormones of the mind" they can provide a shortcut to wisdom, teach ethics and offer self-awareness. In fact, they can telescope a lifetime of personal experiences into a flash of insight. They can also allow physicians to better process the pain that is an unavoidable staple of the profession. In fact, they help us draw meaning from pain. Hence they foster empathy, nurture tolerance for ambiguity, and ultimately prevent burnout. In other words, they help us become more rather than less.

In the end, what the humanities may do is to provide wisdom, an ancient concept and esteemed human value and yet something so elusive we don't usually strive for, preferring instead to focus on knowledge and information. Still, wisdom might very well be the trait that encapsulates all those other traits whose absence we lament in today's medicine: empathy, tolerance of ambiguity, openness to possibilities, emotional resilience, the power to cope with

adversity, mindfulness, humility, altruism, a knack for learning from life experiences, and, to wrap it all, a delicious sense of humor.

Theater is uniquely suited to foster empathy and provide meaning to what otherwise would be utterly meaningless. The Greeks themselves, who invented the medium, were the first to notice its function not as entertainment but as a tool to understand the human condition. Aristotle wrote about its value as catharsis by proxy, Greek cities mandated attendance, and many Hippocratic centers required patients to watch plays as part of their therapeutic regimen.

Theater can also teach about life's uncertainties, since great drama is typically rife with ambiguity. Be it the mystery Oedipus tries to solve or the nature of Beckett's elusive Godot, some of theater's most powerful stories center on characters taking action in the face of uncertainty.

Empathy and tolerance of ambiguity are the cornerstone of professionalism, yet they are neither taught nor tested. We have recently shown that watching drama might increase empathy, and we are now asking whether writing and performing drama might actually achieve a longer-lasting effect. To this end we just received a 2-year grant with the Lantern Theater Company of Philadelphia to help physicians, students, nurses and residents metabolize their daily pain into theatrical vignettes for an end-of-the-year performance. Anyone interested may contact me at [Salvatore.mangione@jefferson.edu](mailto:Salvatore.mangione@jefferson.edu).

Boundaries between art and science are illusory. Medicine is an art that uses science. So, how can we practice it without becoming proficient in the humanities? Or, as Leonardo put it, how can we be healers without being adept at "the science of art and the art of science"?

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