

1 **Report Title:** Feasibility for Council on Wellness Report, Response to Resolution 205-2024

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3 **Reference Committee Assignment:** Professional Issues and Governance

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5 **RESOLUTION**

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7 **Resolved,** that the 2024-2025 Board of Trustees be tasked with investigating the feasibility of a
8 Council on Wellness that focuses on the needs, barriers and concerns faced by all dental
9 students and student leaders; and be it further

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11 **Resolved,** that the board report back to sponsors the week following the 2024 Fall Council
12 Meeting and report back to the 2025 House of Delegates.

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14 **REPORT BACKGROUND**

15 At their April meeting, the 2024-25 Board of Trustees approved a task force to research items
16 included in the resolution and report back to the Board.

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18 **Task Force Members:**

- 19 • Tareina Rogers, Tufts '25, 2024-25 Vice President, Chair
- 20 • Kristen Johnson, New York '25, 2024-25 District 2 Trustee
- 21 • Mollie Falchook, Michigan '25, 2024-25 District 6 Trustee
- 22 • Seth Hartman, El Paso '25, 2024-25 District 9 Trustee
- 23 • Kerri Roesch, ASDA Director of Meetings and Education, Staff Liaison

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25 The task force reviewed the following resources:

- 26 • Standing Rules of the Board of Trustees to understand the objective of a standing
27 committee, also referred to as a council.
- 28 • A summary of the wellness initiative history, such as goals, programming and
29 engagement data.
- 30 • A member survey on wellness resources needed from national ASDA.

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33 **REPORT FINDINGS**

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35 Based on the findings in the survey, the task force presented the 2024-25 Board of Trustees
36 with options to create a new Council on Wellness to focus on initiatives noted in the survey or
37 redistribute those initiatives to existing councils and committees. After reviewing the proposed
38 initiatives as outlined in Appendix A, the 2024-25 Board of Trustees approved creating a Council
39 on Wellness that will take effect in the 2026-27 leadership term.

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APPENDIX A

- Create an Advocacy Manual for Wellness Curriculum to be encouraged in dental schools.
- Create interactive educational programming focusing on areas like ergonomics.
- Create webinars Addressing Mental Health and Wellness
- Create Guide for Planning Wellness Events this includes templates for event planning, funding sources, and marketing strategies to enhance student participation.
- Create Peer Support Program How to Guide to demonstrate how to develop a mentorship or buddy system where upperclassmen can guide new students through the transition and challenges of dental school.
- Create Mindfulness and Resilience Training such as offer workshops or courses on mindfulness, meditation, and resilience to help students manage stress effectively.
- Create Physical Activity Initiatives such as organize regular group activities, such as yoga, running clubs, or sports tournaments, to promote physical health and camaraderie for chapters to complete locally.
- Create Wellness Challenge Campaigns such as launch wellness challenges (e.g., step challenges, hydration challenges) with incentives to encourage healthy behaviors among students.
- Investigate creating a platform for students to anonymously share their wellness concerns or suggestions for improvement, ensuring their voices are heard.
- Create Resource Library develop a comprehensive online resource library that includes articles, videos, and self-help tools related to mental and physical wellness tailored for dental students.