Monday Memo –July 24, 2017

Presentations

- Carolyn Langer presented at the 13th Annual Government Health Care Congress in Tysons Corner, Virginia on July 18. Her topic was “Massachusetts Case Study: Address Medicaid Sustainability, Reform and Alignment—MassHealth Delivery System Restructuring.”

- Mohammad Alhabbal was a panelist July 21 on, “Bridging The Gap: Across Levels of Care in the Addiction Treatment System in Massachusetts”, a conference sponsored by the Department of Public Health and Boston University.

Mentoring

- We are excited to share some results from the evaluation of the Department’s mentoring program which began in 2014 and has just recently launched its third cohort. Two groups have completed the 18-month program. The 2014-2015 cohort included 20 pairs of mentors and mentees and the 2015-2016 cohort included 14 pairs. The current group includes 13 pairs of mentors and mentees. A total of 25 (77%) females and 6 (23%) males have participated as mentees in the program thus far, with the average number of years out from graduation being 9.5. Mentees meet with their mentors on a regular basis and identify a specific goal to work on during the 18-month period. Goal topics from the first two cohorts fell into several categories: establishment and/or refinement of role/career goals (29%), improvement of teaching/leadership skills (23%), development of a presentation/publication for a conference or peer reviewed journal (19%), curriculum/project development (13%), application for promotion (10%), and grant development/navigating funding opportunities (6%). Combined outcomes from the first two cohorts have been positive. Self-reported satisfaction with the program was quite favorable with 90% of mentees and mentors indicating moderate to high levels of satisfaction. Additionally, 81% of mentees reported to have either partially or fully implemented their primary goal by the conclusion of the 18 months. Finally, 94% of mentees reported that participation in the mentorship program helped them in the advancement of their career. A full set of results is available for those who are interested; please contact: kate.sullivan@umassmed.edu for more information.
Resilience Week 3

Building Resilience Week 3: Maintaining a Hopeful Outlook & Keeping Things in Perspective:

Realistic optimism enables a person to expect that good things will happen in your life. Try visualizing yourself able to handle the obstacles in your path, rather than worrying about what you fear. Additionally, even when facing extremely stressful events, try to consider the situation in a broader context and keep a long-term perspective. Rather than viewing challenges two-dimensionally, try visualizing your path as a 3D topographic map so that each challenge’s elevation is relative to the situation. Rather than seeing every challenge as a mountain, maintain perspective by identifying minor challenges versus major challenges.

Building Resilience Exercise for Week 3:

For the next few evenings, rather than thinking about what needs to be done the next day, focus instead on three things about tomorrow you are looking forward to. It can be as simple as looking forward to enjoying the weather, eating something you like, spending time with someone you love, or listening to or watching something entertaining. Focus on looking forward to something!