

Mental Health Public Health Connections Newsletter



After many of the previous Executive Board leaders graduated, The Mental Health Public Health Connections (MHPHC) Club at Boston University School of Public Health retired. MHPHC was reinstated during the Spring 2022 semester. The Executive Board, which consists of President Dylan Gould, Vice President Devanshi Choksi, Director of Communications and Engagement, Hannah Loynds, and Newsletter Co-Editors Alexis Pinchuk and Michael Hanks, began working on several projects in order to make MHPHC's reinstatement successful.



Meet and Greet

MHPHC's first big event of the semester was the MHPHC Meet & Greet. The event included Monopoly, Jenga and, of course, free food for the members that attended. The Meet & Greet brought new members together, while also exposing them to MHPHC's mission: to create mental health connections among those in public health.

Not only did students have the opportunity to talk to each other, but they were able to engage with Boston University School of Public Health (BUSPH) professors as well. Dr. Jaimie Gadus, an Associate Professor of Epidemiology at BUSPH, made a guest appearance at the event and shared her research expertise in mental health epidemiology. Moreover, Robyn Volcy-Lee, the Wellness & Communications Manager at BUSPH, also made a guest appearance at the event, creating conversation among students about how to promote wellness during one's time in graduate school.

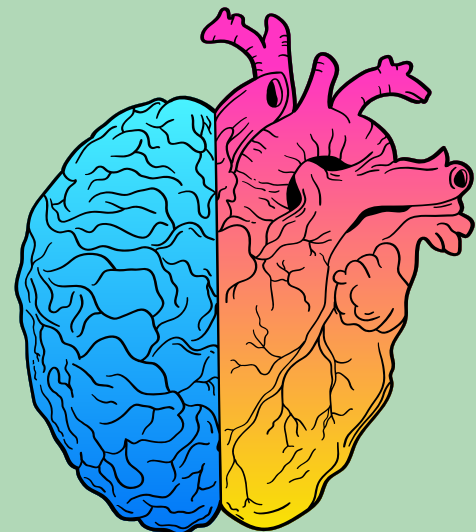
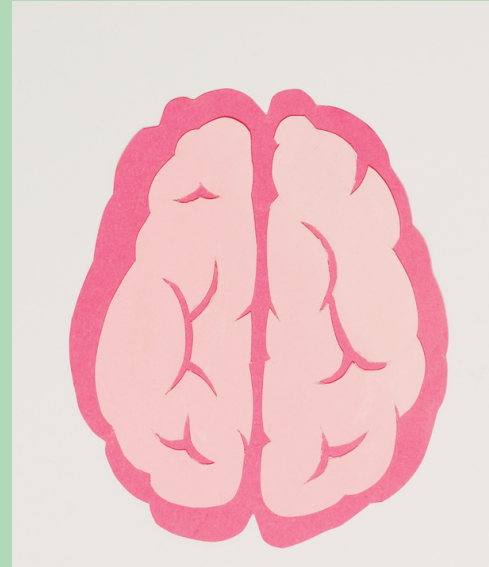
Mental Health Panel

MHPHC hosted its first-ever virtual panel: the Mental Health and Substance Use Career and Practicum Panel Discussion.

This panel provided an opportunity for the students to connect with alumni who are currently involved in the mental health field.

MHPHC hosted the panel to alleviate some of the anxiety and stress that comes along with navigating the BUSPH practicum search.

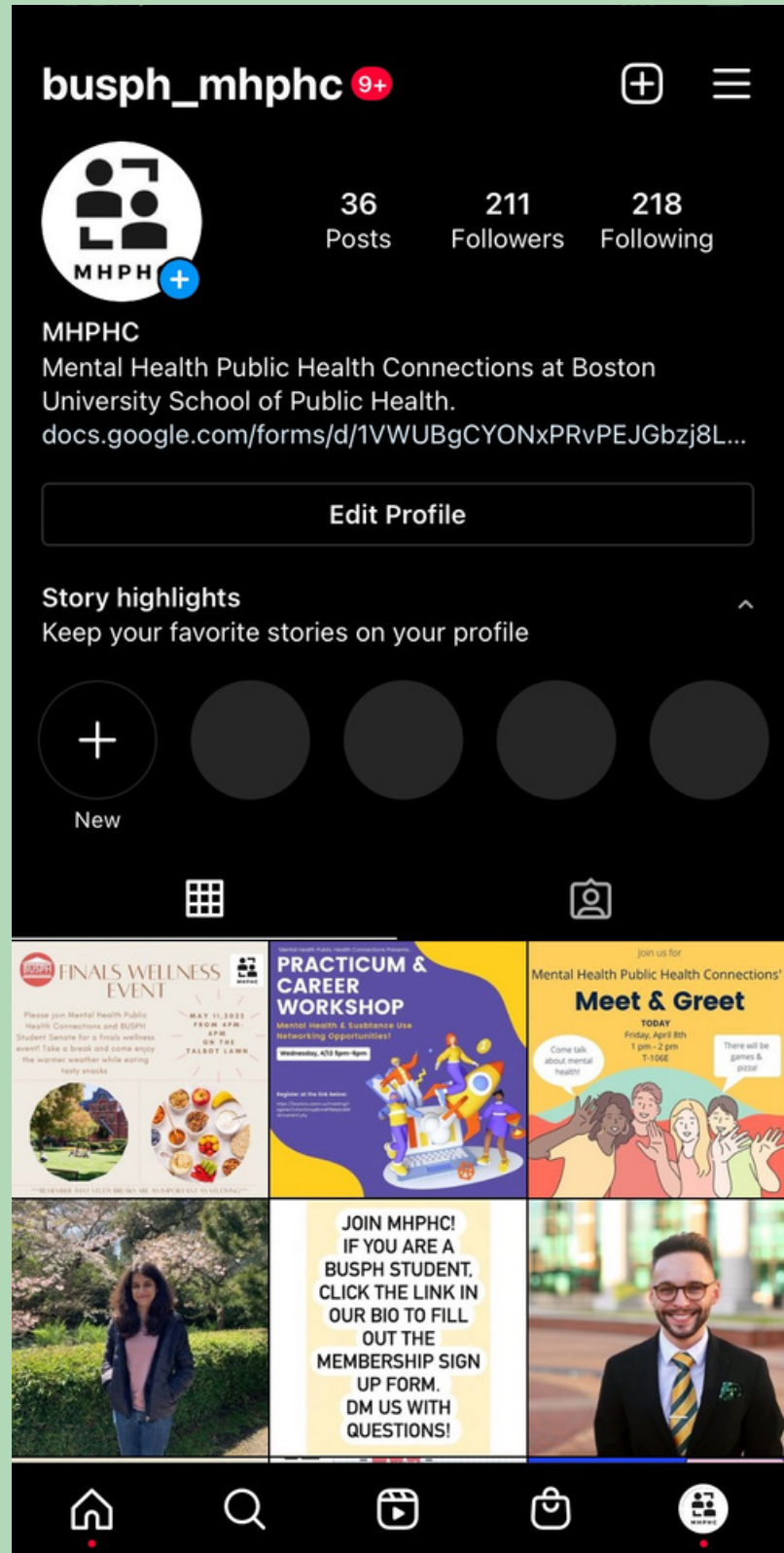
Our panelists Sam Heller, Agata Berzenicka, Jesse Boggis, and Sarah Singer, offered some advice and insight regarding the search process. MHPHC plans to host more engaging discussions in the future.



Communications



Instagram: Loynds followed more accounts relevant to MHPHC and the Boston community. The Instagram account, **@bu_mhphc**, kept students up-to-date on MHPHC's upcoming events and executive board features, while also reposting educational posts on mental health and substance use. MHPHC also worked alongside other student organizations, including the Activist Lab, Graduate Student Life, Students of Color at BUSPH, and the BUSPH Senate, to share information about each other's events. Currently, @busph_mhphc has 211 followers and 36 total posts.



Communications



LinkedIn: Loynds also created a LinkedIn account to increase MHPHC's reach and engagement. LinkedIn posts were more formal. They focused on MHPHC's events. The account also shared other professional posts by major organizations such as the Substance Abuse and Mental Health Services Administration (SAMHSA) and Mental Health America. Each week, MHPHC gained new followers (currently, MHPHC's LinkedIn page has 45 followers) and received positive engagement with each post. On average, MHPHC's engagement and views are at 147 searches a week!



See You Next Year!

Although it was reinstated later into the spring semester, MHPHC was able to make connections with students and staff, as well as bring the public health and mental health communities a little closer together.



MHPHC is already looking forward to the 2022 - 2023 academic school year. Individuals who want to get involved can reach out to any of the current E-Board members or contact the club through its social media channels.