



## October 2023

### Observances

- 10 | **ADHD Awareness Month, Health Literacy Month, Breast Cancer Awareness Month**
- 9/29-10/6 | **Sukkot** (A week-long Jewish celebration of the harvest and protection granted to the people of Israel after they escaped slavery)
- 10/6-8 | **Shemini Atzeret** (Jewish fall festival to commemorate the dead)
- 10/7-8 | **Simchat Torah** (The completion of the annual cycle of reading the Torah in synagogue)
- 10/15-24 | **Navaratri** (A Hindu Festival celebrating the triumph of good over evil.)
- 10/17 | **Birth of Bahá'u'lláh** (A holiday celebrating the birth of Bahá'u'lláh, the founder of the Bahá'í Faith)
- 10/31-11/1 | **Samhain** (A Wiccan/Pagan/Druid holiday to celebrate the lives of those who have died and to reflect on significant recent major life events.)
- 10/31 | **Halloween**

### Events

- 10/11 | **Gender Equity Education Series – Leadership Panel** with Debra Leonard, M.D. and Jason Sanders, M.D. [Join via zoom](#)
- 10/13 | **Department of Neurological Sciences Health Equity Grand Rounds– Working with 2STQIALGB+ People** with Kell Arbor [Join via zoom](#)
- 10/30 | **Health Equity Summit**

Missed an event? [Visit our video library](#)

## Join the Gender Equity Listserv!

Want to keep up to date on Gender Equity events and initiatives? Join the [Gender Equity Listserv](#).

## Register for the 2023 Health Equity Summit!



### Register for the 2023 Health Equity Summit!

Registration is open for **Closing the Margin: Avenues to Health Equity**, the second annual Health Equity Summit co-sponsored by the University of Vermont and the University of Vermont

Health Network. The Summit will showcase the exciting initiatives being implemented across our local and extended communities to dismantle institutional inequities that can lead to poor health outcomes while improving patient experience, inspiring our communities and advancing health equity.

In person seating is limited and livestream options are available.

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## Announcements



**Become a Faculty Mentor to a Medical Student!**

The [LCOM Mentors](#) program pairs medical students who are members of groups underrepresented in medicine with faculty members and/or residents who have common interests and goals. This relationship can support the medical student (the mentee) to become familiar with institutional expectations, networks, and practices that are relevant to productivity and advancement at the Larner College of Medicine (LCOM).

Research has supported the importance of mentoring for medical education satisfaction and achievement. Research reports that mentors also gain a variety of tangible and intangible benefits from the mentoring process.

For more information or to sign up, please [fill out this short form](#).

## **Updated COVID-19 Vaccine Booster Now Available**

The FDA approved the new updated COVID-19 vaccine on September 12th, and it is now widely available across Vermont. The updated vaccine targets the dominant XBB variant which, along with its descendants are predicted to be circulating this fall. Through insurance, the Vermont Immunization Program or the CDC's Bridge Access Program, most people can be vaccinated for free.

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## **Free Covid Tests Available**

The U.S. government is making at-home rapid antigen tests available for free. Each household may place an order to receive four free tests which will be delivered by mail.

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## **Professional Development Opportunities**

### **New England Board of Higher Education North Star Collective Faculty Fellowship**

This semester-long fellowship in spring 2024 was created by BIPOC faculty for BIPOC faculty to support their professional development. It is focused specifically on supporting fellows' writing and publishing endeavors and overall wellbeing, which are both essential to advancement,

tenure, and promotion. The Fellowship will provide a support network for BIPOC faculty to help navigate the challenges they face in their academic careers, to promote wellness and healthy work-life balances, and to foster a community of care for Fellows' holistic growth.

[Click here for more information→](#)

## **National Health Equity Grand Rounds Event**

Registration is now open for a National Health Equity Grand Rounds event, *Creating Accountability Through Data*, sponsored by the American Medical Association, and livestreaming Tues., Oct. 10 from 2:00-3:30 PM ET. Healthcare and equity experts will discuss using quantitative and qualitative data to advance health equity and identify the unique needs of historically excluded populations.

Featured speakers include:

- **Linda Villarosa** – *The New York Times Magazine*
- **Ryan J. Petteway, DrPH, MPH** – *OHSU-PSU School of Public Health*
- **Elena Mendez-Escobar, PhD, MBA** – *Boston Medical Center*
- **Vikas Saini, MD** – *Lown Institute*
- **Fernando De Maio, PhD** – *American Medical Association (moderator)*
- **Emily Cleveland Manchanda, MD, MPH** – *American Medical Association and Boston Medical Center (opening remarks)*

Health care professionals may receive no-cost continuing medical education (CME) credit\* by attending.

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## **Anti-Racist Transformation in Medical Education (Art in Med Ed) Symposium**

Icahn School of Medicine at Mount Sinai is excited to announce a half-day symposium on Anti-Racist Transformation in Medical Education (ART in Med Ed) that will take place November 2, 2023, from noon to 3:30pm PDT in Seattle. There will be an option to attend in person or virtually. This FREE symposium will be an opportunity to learn about ART in Med Ed, an initiative that is funded by the Josiah Macy, Jr. Foundation and is disseminating our transformational change approach to 11 medical schools in North America.

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## Student Opportunity

### New England Public Health Training Center Health Equity Stipend Program

The NEPHTC Health Equity Stipend program aims to provide training and equip students with the experience to improve sub-population health outcomes throughout their professional careers. The program's intended impact on disparity is twofold: it will increase placement opportunities for students who are under-represented minorities or come from disadvantaged backgrounds. Additionally, the program will offer tailored projects and capacity building for all participants to increase their confidence and competencies to work with diverse communities.

The program provides stipends to 27 students per year for field placements and faculty-student collaborative projects throughout New England. To qualify you must be a graduate or doctoral student pursuing a degree in a health profession, or a 3rd or 4th year undergraduate student pursuing a public health degree, and work with a public health or nonprofit agency supporting underserved areas and populations.

Information Sessions

Thursday October 12th 1:00pm [Register Here](#)

Friday November 3rd 9:00am [Register Here](#)

Learn about the 2022-2023 student projects [here](#).

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## Articles of Interest

### 5 Wellness Resources for Doctors

*By Bridget Balch*

Whether you prefer a book, a podcast, or an app, these resources can help physicians and medical students take a small step to support their own wellness.

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### My Story Matters: Diversity Impacts Health Care

*By Lee Jones, M.D.; Michael Walls, D.O., M.P.H.; Joel Bavel, MS4; Donna Tran, M.P.H.*

In this video series, medical students and physicians share how their backgrounds and life experiences inspired their career choice.

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## **Medical School Should Teach Students About Homelessness**

*By Kelly Doran, M.D.*

At any given time, nearly 600,000 people are experiencing homelessness, a situation that has profound negative health impacts such as higher rates of substance abuse, hypothermia, premature aging, and premature death. Yet medical students are often not required to learn about how to care for this vulnerable population.

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## **“A Daily Nightmare:” One Year into the ADHD Stimulant Shortage**

*By ADDitude Magazine Editors*

Roughly 38% of ADHDers who take medication have had trouble finding and filling their prescriptions. Many have resorted to medication switches and rationing or have even been forced to carry on untreated.

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## **Moving from Disorder to Difference: A Systematic Review of Recent Language Use in Autism Research**

*By Summer Bottini, Hannah Morton, Kelly Buchanan, and Kait Gould*

The neurodiversity paradigm positions autism as a neurological difference that is disabling in the societal context, shifting away from the traditional medical view of a disorder. Several recent publications recommend use of alternative neuro-affirming language (ANL) instead of traditional medical language (TML) with the aim to increase acceptance of autistic people and reduce prejudice. Examining language use within recent autism literature, including by journal and study characteristics, may offer insight into the influence of these recommendations and current disability discourse.

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