10th Annual SIC Crawfish Boil: A Look Back

“Work hard, play hard” is an adage easily applied to students at the UTHealth Science Center - Houston. UTHealth students have spent the academic year working towards ambitious goals and achievements. They have researched to find cures and create policy change. They have treated patients, and advocated for them, as well. UTHealth students have worked hard, and thanks to Auxiliary Enterprises (AE) and the Student InterCouncil (SIC), had the chance to relax during the 10th Annual Crawfish Boil.

For a decade, AE and SIC have hosted a university-wide crawfish boil for students and their guests across all six UTHealth schools. On the evening of Friday, April 5th, 2019 approximately 1600 pounds of crawfish were consumed by students, while enjoying great music, drinks, and perfect weather! The crawfish boil was hosted in the Cooley Center Courtyard, allowing students to spread out across the various picnic tables in order to enjoy their southern delicacy. The purpose of the event was to bring students from all six schools together and encourage networking in a very informal social environment; the event did bring plenty of people together – over 650 were in attendance!

Students and their guests entered from the south side of the courtyard to check in and receive food and drink tickets, as well as door prizes. To the right of check-in was a lively DJ who did an amazing job curating sounds for such a fun and relaxing occasion. Students were then able to jump in line to get food and drinks. For those new to the tradition, informational posters lined the courtyard, showing students how to peel and enjoy their crawfish. The words “work hard, play hard” took on an entirely different meaning for the evening – work hard at peeling your crawfish and play hard by eating them up!

While the Crawfish Boil is generously hosted by AE for the benefit of students at UTHealth, the event had a reach that extended beyond the university’s campus. Student Regent for The University of Texas System, Brittany Jewell, made her UTHealth Houston campus visit the same day as Crawfish Boil, and was able to attend and enjoy as well! Even during times of relaxation, UTHealth students are reminded of ways to benefit their communities; soda-can tabs were collected and donated to support the Ronald McDonald House Charity, and the soda-cans themselves were collected and donated to support the Houston Humane Society.

SIC would like to thank Auxiliary Enterprises for organizing and executing such a fun and relaxing evening for students and their guests. **Mark your calendars for Crawfish Boil 2020 on April 3rd!**

Brennan Welch
SIC Alumnus
School of Dentistry, Class of 2019
SIC Mental Health Initiative

Mental health is one of the most prominent issues faced by both trainees and professionals in health-related fields. In alignment with this trend, the Student InterCouncil (SIC) has made mental health a topic of primary interest the past two years. Last Spring, in support of the continued focus on mental health resources across the UT System, the Board of Regents released additional funds specifically allocated to the support of mental health resources for students.

In 2018, in an effort to better understand how mental health effects students here in Houston, SIC hosted an internal review of the problems currently being faced by our students. Topics discussed include many things ranging from burnout and fatigue to lack of protected time for students to seek counseling services when involved in clinical hours.

Both SIC and System have shown in the past year that mental health is a primary concern and still remains an area upon which we can improve. With that in mind, SIC has decided to continue our mission to support mental health resources and provide insight to the administration. As the 2019-2020 academic year continues, we hope to create meaningful products that improve both the effectiveness of mental health resources and the availability. Stay tuned for our Spring update!

THRIVE at UT now live!
Download here: https://www.healthyhorns.utexas.edu/thrive/index.html

Need help FAST? Dial IMUT
Crisis Hotline
IM·UT
713-500-I-M-UT (4688)

Things To Know

UTH ealth Houston now has an Academic Ombuds office!

What is the Office of Academic Ombuds (OAO)?
A confidential, informal, impartial/neutral and independent place to discuss concerns, resolve disputes, manage conflicts, and increase skills regarding communication, negotiation and problem solving.

Who does the OAO serve?
All UTH faculty, students, medical graduates, and postdoctoral fellows.

Who is the Academic Ombuds?
Robin Dickey, PhD serves as the UTH Academic Ombuds. Robin is a Licensed Professional Counselor, professional mediator, and certified integrative wellness coach. Robin currently serves as the Faculty Assistance Specialist within the UTH Faculty Assistance Program and will continue serving UTH through both supportive capacities. Robin is a member of the International Ombudsman Association (IOA) and practices according to the IOA Code of Ethics and Standards of Practice.

How do I contact the OAO?
Phone: 713-500-3457 or confidential mobile: 713-705-5005
Email: ombuds@uth.tmc.edu
Web: www.go.uth.edu/ombuds
Office: University Center Tower (UCT) 7000 Fannin, suite 165

UPCOMING SIC SPONSORED EVENTS

AMBR EMPOWERMENT IN SCIENCE SERIES
This is a five-part teach-in series designed to inspire students and the UTH Health community to engage in discussions about important social justice issues in science in medicine, learn how to navigate them, to be active allies, and find resources. This event is hosted by AMBR with sponsorship from SIC.
Part II. “Implicit Bias 101” - January 22, 2020 at 11:30 AM in the BSRB GSBS Large Classroom (S3.8371)

HEALTHCARE INNOVATION CHALLENGE
This event aims to create interdisciplinary teams of 6 which work together to address a current healthcare issue and develop a solution within a given timeline.

The day of the challenge, each team present to a panel of judges who then provide feedback to teams and independently rank each presentation to select a winner. This event is hosted by Healthcare Innovation Challenge with sponsorship from SIC.
Registration is now open and will close on January 20th.
When: February 22, 2020

SIC CRAWFISH BOIL
Come one, come all to our annual crawfish boil!
When: April 3, 2020
Where: Cooley Center Courtyard
**SIC Sports Day 2019**

First and foremost, SIC would like to thank all who participated in our 2019 Sports Day event on November 2nd!! This year’s event was a huge success, with highly competitive soccer and dodgeball teams battling it out to take home the ultimate championship basket. Teams representing students from across UTHealth attended our event, participating in either competitive or non-competitive events such as soccer and yoga, respectively.

As always, SIC was excited to see all of our students out here competing and forming new relationships, and we hope to see even more of you out there next year!!

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**OUTREACH COMMITTEE**

The 2019-2020 academic school year is in full swing and the SIC Outreach committee has been doing a great job! Here are some of the ways we’ve been involved this year:

**Star of Hope Turkey Donation**

Every year, SIC community outreach reaches out to Star of Hope to donate a large number of turkeys for their annual Thanksgiving meal. This year, SIC was able to donate thirty, fourteen pound turkeys!

**Casa de Esperanza**

This year SIC sponsored a household at Casa de Esperanza, an organization striving to break the cycle of child abuse and neglect by providing comprehensive residential and family support programs. In our donation, we were able to purchase a new Keurig, kitchen appliances, sheets, pillow cases, a baby sound monitor and soothing system for children and families in need.

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**UTPD Annual Children’s Gift Drive**

Annually, SIC helps promote the UTPD Children’s Gift Drive, going on through December 16th. This year, SIC donated over 50 toys to help benefit patients at the Lyndon B. Johnson Hospital, CE Odom Pediatric and Adolescent Health Center, and Harris County Psychiatric Center. For more info on the annual wish list visit this link: bit.ly/utph-giftdrive-2019.

**Houston Food Bank**

Student InterCouncil recently volunteered at the Houston Food Bank. After the November incident where 1.8 million pounds of food had to be thrown out, SIC felt called to assist the Houston Food Bank in a time of great need. Members from SIC volunteered to sort and check expiration dates on food donations for future distribution to those in need.

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**DIVERSITY COMMITTEE**

The Diversity Committee is the newest standing committee on the Student InterCouncil, aiming to increase diversity and inclusion through our cumulative student voice. This year, the diversity committee is working closely with the mental health initiative to generate a comprehensive review of current UTHealth mentorship opportunities and assess the potential for implementation of systems which address common student needs. This is a project that we at SIC are most excited about and we hope to see this systemic analysis realize fruitful mentorship practices at all six UTHealth schools!
Recycling at UT Housing

You spoke, and we listened! A huge thanks to Megan Short Hanson, School of Dentistry SIC Alumna, and Charlie Figari, Auxiliary Enterprises, for following through and making this a reality! If you live in University Housing, please be sure to use the new recycling bins and sort your recyclables appropriately!

2019-2020 SIC Officers

President: Tristen Tellman, GSBS
Secretary: Micaela Sandoval, SPH
Vice President: Jeffrey Ackroyd, GSBS
Treasurer: Sehej Hara, SPH
Historian: Evit John, SPH

Follow us!
Facebook: Student Intercouncil at UTHealth
https://www.facebook.com/UTHealth.SIC
Instagram: uthealthsic
Twitter: @UTHSIC
What is the Student InterCouncil?

The Student InterCouncil (SIC) is the official UTHealth student governance organization and is the recognized forum of student opinion and the primary vehicle for student participation in the governance of UTHealth. The organization is comprised of three representatives from each of the six UTHealth schools and three from underrepresented student groups and three international student constituencies.

The SIC contributes to the quality of student life at UTHealth by participating in the development and implementation of policies and procedures affecting students; providing funds to support special projects of other UTHealth registered student organizations; representing student interests on external and internal committees; improving communication among the schools through the publication of an SIC newsletter - Student Pulse, and planning and implementing activities that encompass all students across UTHealth. Remember that we are here to be your voice, so contact us anytime at sicgov@uth.tmc.edu.

### 2019-2020 SIC Representatives

**Graduate School of Biomedical Sciences**
- Tristen Tellman, President
- Jeff Ackroyd, Vice President
- Sonia Patel

**School of Nursing**
- Alexander Wheeler
- Kelsey Park
- Paul Emeonyi

**McGovern Medical School**
- Niharika Neela
- Rachel Pham
- Melissa Yang

**School of Biomedical Informatics**
- Ankita Podichetty
- Alexandra Zingg Guzzman
- Michelle Mun

**School of Dentistry**
- Brittany Trinh
- Rohail Momin
- Rachel Buckley

**School of Public Health**
- Evit John, Historian
- Alexandra Alvarenga
- Arlene Cortez

**International Student Representatives**
- Sehej Kaur Hara, SPH
- Jayanta Mondal, GSBS
- Liang Wu, SPH

**At Large Representatives**
- Micaela Sandoval, SPH
- Oluchi Nwaobia, SPH
- Anik Banerjee, GSBS

The 2019-2020 Student InterCouncil