



Welcome to the third edition of The Wellness Wave! Our goal is to promote the mental and physical wellness of Tulane medical students by providing useful resources, advice, and information regarding these aspects of health. While you're looking after everyone else, we're here to look after you.

Alexandra Hashemi and Cali Lubrant, T4 Co-Editors-in-Chief

Tulane Spotlight: EPIC-NOLA Clinic

This month, we sat down with Dr. Ashley Weiss from Tulane Psychiatry to discuss her role as medical director for the Early Psychosis Intervention Clinic (EPIC-NOLA). EPIC-NOLA, founded by Dr. Weiss, is the only clinic in New Orleans serving individuals between the ages of 12-35 after their first episode of psychosis with the goal of decreasing the length of time between a first episode and treatment. The EPIC-NOLA team consists of a social worker, licensed counselor, and a psychiatrist. Additionally, Tulane medical students have had the chance to be involved. For example, Tyler Wright, T4, was instrumental in assisting Dr. Weiss with the development of the clinic, even presenting their work on a national level. Sav Nayak, T2, is in the process of initiating research projects investigating clinical outcomes of early intervention and the effects of trauma and family attachment styles on psychosis treatment.



Dr. Weiss (right) pictured with the rest of the EPIC-NOLA team

Dr. Weiss's idea for this clinic dates back to residency, when she treated a young patient after his first episode of psychosis and witnessed his improvement following early intervention. After that experience, she decided to "cold-call" Dr. Vinod Srihari, a psychiatrist at Yale who was spearheading early intervention psychosis work. He answered, and in time became her mentor, helping her with the plans for the EPIC-NOLA clinic, now over a year old and serving twenty clients. Her message to medical students is clear: "reach out to people who are doing the work you are interested in." To find out more about EPIC-NOLA, please visit their press release page [here](#). Also, stay tuned for Dr. Weiss's project CALM (Clear Answers to Louisiana Mental Health)- a community awareness campaign that students can become involved with during their fourth-year Community Health electives.

Article of the Month: What is Resilience?

In this month's article, Jamie Riches, DO, a Chief Resident in Medicine at Memorial Sloan Kettering Cancer Center, describes her program's response after one of their fellow residents committed suicide. Her colleagues, shocked by the sudden news, were lectured in the following weeks on topics like depression and anxiety, which were described as "inevitable" and "unpreventable" occurrences during residency training. Additionally, instead of being given protected time to heal, they were advised to "take on a positive attitude" during this time. Dr. Riches felt unsettled by her program's response and began to question how residency programs across the country were addressing the mental health concerns of their residents. In this article, she argues for change. For starters, she writes, "we can eliminate the word 'burnout' from our lexicon," which minimizes the "severity of depression, detachment and (at extremis) suicidal ideation among healthcare professionals." She also makes a poignant statement by emphasizing us to "end the stigma" associated with seeking mental health treatment and instead encourage residents and physicians at all levels "to actively seek out cognitive therapy as we do vaccines or PPDs." Click [here](#) to read the full article.

Upcoming Events

- *Tulane Med Run Club (TURF) weekly run at the Audubon Park Fountain every Monday at 6:30 PM.*
- *Yoga Social Club at Crescent City Park every Thursday from 5:45-6:45pm through the end of October*

Budget Bytes: "My Stomach is Full and My Wallet is Too"

As medical students, we all know the feeling of living on a budget. Being short on cash though doesn't mean you have to sacrifice creating delicious meals at home. **Budget Bytes** is a blog by Beth, a young professional who lives in New Orleans. She creates delicious meals like Sweet Potato Cornbread and Shrimp Fried Rice with Toasted Coconut while running a cost analysis on each recipe. This means that she maps out the cost of each recipe and each serving. If you're broke and love to eat, visit Beth's blog [here](#).

Meditation: Insight Timer App

In an interview several years ago, Jim Yong Kim, MD, PhD and President of the World Bank Group, was asked to provide medical students with helpful advice. In the interview, Dr. Kim urged students to make time to meditate throughout their rigorous years of training. If you're new to meditation, Insight Timer, a free and highly rated meditation app, is a great way to get started. If you're new to meditation, you can find over 2,000 guided meditations and a supportive community to lead you through this process.





When It's Time For a Break

Restaurant of the Month

Part of our mission here at The Wellness Wave is to emphasize enjoyment outside of school, and one way to accomplish this is to take the New Orleans food scene by storm. Each month, we'll recommend one healthy local restaurant in the hopes of sparking your interest (and your taste buds, of course).

This month, check out [Seed](#), a restaurant that puts a vegan spin on Nola comfort food classics. Perks include the amazing juice bar!

- Where: 1330 Prytania St.
- When: M-F: 11am-10pm; Sat-Sun: 10am-10pm
- What to Order: Southern fried tofu nuggets, gumbo, and the eggplant po-boy
- Price Range: Low-moderate

Activity of the Month: Super Saturday

On the first Saturday of every month, City Park hosts Super Saturday, a community volunteer event. Many groups from the community, including high schools, colleges, churches, and service groups attend the event. The day lasts from 9AM-12PM and volunteers can participate in various activities, including painting, planting, raking, and maintaining the grounds around City Park.

Super Saturday is a great way to meet people from all walks of life who share a common interest in the revitalization of the Park. Upcoming dates: September 3rd, October 1st, and November 5th. Click [here](#) for more information.