



The Monthly Follow-Up

Clinic Updates

- Physical Therapy will be hosting their first Women's Health & Pelvic Floor PT day on 12/11.
- Law is back! They are in the upstairs library and are happy to take neighbors for a variety of legal issues, immigration, healthcare, and more.
- We continue to have monthly Ophthalmology and Psych/Mental Health days. Soon, we will also have Dermatology days! If anyone is interested in establishing new partner/specialty days, please reach out to the SOC Vice Chair at vicechairiusoc@gmail.com.
- Please make sure all neighbors are checking out with VIDA (undergrad volunteers) before they leave the church!
- There is a push to keep raising funds and resources for our new clinic space. Our hope is to have the building finished by June. Pray, push, and be encouraged by this!

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- We will be closed on Christmas Day (12/25), and New Years Day (1/1) will have limited capacity operations.
- SRFC Abstract submissions are open until 12/12. If student volunteers have specific write-ups they'd like to submit, check out the website and reach out to Eric Aksu for coordinating submissions and more information.

**Best wishes to everyone studying for finals and completing residency interviews! We hope you all have a restful break.
Happy holidays!**

From the Chair's Chair: Parting Words

AIDA HADDAD

2021 is drawing to a close, and, along with it, my tenure as Chair of the IUSOC Medical Executive Board.

I want to first express deep gratitude for my fellow board members and our volunteers--their persistent work resulted in the clinic not only reopening, but serving record numbers of neighbors this fall. We also had a record turnout for the positions of Operations Chair and Chair during the 2022 Executive Board elections--many incredibly capable candidates chose to pursue these positions which typically intimidate more often than inspire.

When I started this journey as Chair, my friends and colleagues from prior boards privately expressed concern for the year ahead. This was, of course, from a place of love, and their candor helped me better understand the task at hand. I was scared. The legacy of the SOC has lasted over one decade, and after a year of learning loss due to closure as a result of the pandemic, I had no idea how 2021 would unfold.

Our board was mostly pre-clinical and new clinical students; 14 members of our 18-person board were newly elected. We only had one board member who was an MSTP student and thus carried the wisdom of approximately six years at the SOC. But what we lacked in experience, we made up for with courage, resolve, and incredible volunteers. I am proud of the IUSOC family for their work to reopen the clinic--allow me to elaborate on what that work involved, in part:

From the Chair's Chair: Parting Words

Our board members and volunteers attended weekly quality improvement meetings upon our reopening in early 2021 to make sure neighbors were being cared for as efficiently as possible while keeping both neighbors and volunteers safe by reworking clinic flow to avoid COVID-19 outbreaks. They rolled out a hybrid telehealth protocol to make sure our neighbors received care when we had to limit in-person volunteer roles. They attended our first annual leadership retreat to get to know themselves and each other, not only as leaders, but also as friends. Our board welcomed a new Women's Health Co-Chair with open arms when we knew the development of the Women's Health Coalition resulted in too much work for a single person to lead. We published the IUSOC newsletter--a years-long dream finally fulfilled! We also formed new clinic roles to ensure that pre-clinical students were able to experience the place we love so much before they ran for election to the board. And this fall, we formulated the IUSOC's first-ever mistreatment policy, which will be sent out to volunteers with our monthly signups.

Together, we did what our wise predecessors thought would be incredibly difficult, if not impossible. I thank you for being a part of this journey with us. Without your love of community and grit, we would not be able to share the above successes and many others as an IUSOC family.



Some of the 2021 Medicine Board!



Alumni Spotlight

MOHAMMAD AREF

Positions held: Research Chair (2017), Chair Elect (2018), Chair (2019), Research Chair (2020)

Where are you now? General Surgery Resident at Johns Hopkins Hospital

How have you taken your SOC experiences with you into next steps of training?

At the SOC, I was blessed to meet, care for, and work alongside some amazing humans that have left their marks on my heart of service for as long as I am privileged to serve. Within those old brick walls, I learned the power of kindness, deepened my passion for service, witnessed the impact of teamwork, and exercised the oath that we all took on our first day of medical school. Our patients and neighbors taught me humility, inspired me with resilience, encouraged me with purpose, and I was often devastated by their pain from injustices. I am a better human, and a better physician, for my time at the SOC, and I am thankful for each time I got to walk (and sometimes skip) through those worn out church doors.

Mohammad's words of advice for students:

"If you don't at first find people who manifest the reasons that you wanted to become a physician in the first place, keep looking. They're out there.

And if you don't love the reasons that you wanted to become a physician in the first place, keep looking. They're out there."

SOC Partner: Psych/Mental Health

As of 2015, around 56% of those suffering with mental health issues in the state of Indiana were unable to receive mental health treatment or counseling of any form. The Mental Health Clinic at the SOC was created with the goal of providing a free, safe space for our neighbors in order to address any mental health concerns they may have or any concerns that the clinic has on their behalf. One goal of the Mental Health Clinic is to triage at-risk neighbors to both acutely treat their illnesses.

We also connect them with long-term outside mental health resources to ensure that they receive the help that they need and deserve. Neighbors can be referred to us for psychiatric screenings, diagnostic interviews, therapy recommendations and referrals, medication management, and more. We are in the process of integrating psychology students into clinic so we can also provide on-site therapy. We are thrilled to continue this project and watch it flourish within the already well-oiled machine that is the IUSOC.



Thank you for all you do to advocate for our neighbors!

SOC Partner: Ophthalmology

The Ophthalmology Clinic at the IUSOC is a monthly clinic with the goal of improving eye and vision health. We do this through screening for common eye diseases like diabetic and hypertensive retinopathy, glaucoma, cataracts, and other ophthalmic diseases using various equipment to measure visual fields, measure intraocular pressure, photograph the retina, examine the eye's anatomy, and help determine lens prescriptions. We also provide materials to improve vision, including over-the-counter reading glasses, referral to a local LensCrafters location that provides our neighbors with free prescription glasses, and education on ocular health. We have served nearly 1,000 patients since we started in 2016. We are continually improving our ability to refer patients to local eye clinics for advanced eye care that our screening clinic cannot yet provide. To do this, we connect our neighbors with our patient navigators that guide them in overcoming these access barriers. This patient navigation team has expanded from 4 to now 10 medical student volunteers. We are currently studying the outcomes from this program on improving follow-up.

Another area of growth is collaboration with other student-run free eye clinics around the county. OSIG is starting a consortium of student-run free eye clinics to reach a wider geographic scope of underserved neighbors across more locations in the state beginning with the up-and-coming OSIG eye clinic at Bloomington's LGBTQ+ outreach clinic. Reaching more neighbors will also allow us to optimize our own practices by having a larger sample size for our quality improvement studies. A long-term goal of ours is to acquire higher quality equipment that may allow us to directly diagnose eye disease in-house rather than merely screening for potential problems. Then, we'd be able to prescribe treatments for such diseases in-house without having to refer to outside facilities.



Thank you for all you do to educate and enhance visual health for our neighbors!

Ways to get Involved!

- Sign up to volunteer at comet.soic.iupui.edu
- Follow us at **iu_soc** on Instagram
- Make a donation to our Venmo (**IUSOC**) to contribute to our EMR, clinic phone, and medical supplies fund!

We are currently building a new clinic to be able to serve more in our community with the goal of expanding our operations from 1 day to 4 – 6 days a week! Learn more about our future space at **compassionclinics.org**

Have a story you would like
featured in a future newsletter?
Share using the QR Code!



Email us at iusoc@iupui.edu with any questions!