

2017-2018 Board of Directors:

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Invitation to the 2017 AOA House of Delegates Attendees

Event: Heart on Your Sleeve

Date: Saturday July 22, 2017 8:00am-3:00pm

Location: AOA House of Delegates Meeting, Chicago Marriott Downtown

Invitation:

The SOMA Foundation in collaboration with the Student Osteopathic Medical Association (SOMA), the Council of Osteopathic Student Government Presidents (COSGP), and the Mental Health Awareness Task Force (MHATF) would like to invite all attendees of the 2017 AOA House of Delegates to participate with us in the following mental health awareness project – Heart on Your Sleeve.

Heart on Your Sleeve is a DOsomething.org campaign that was designed to encourage individuals to “share your feelings publically to decrease the stigma of counseling services”.

The event entails wearing a paper heart armband that states:

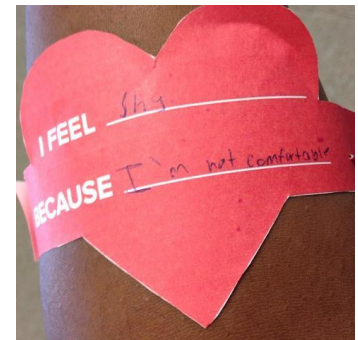
I Feel _____

Because _____

Examples: I Feel scared, Because I am afraid of failing.

I Feel worried, Because I do not know if I am a good Doctor.

I Feel anxious, Because I started clinical rotations.



Why is this Important?

Over the past few years, the osteopathic community has emphasized the need to increase mental health resources available for medical students and physicians. By participating in this event, we are encouraging students and physicians to share their feelings and decrease the stigma behind reaching out for help.



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How to participate:

- 1) Stop by the SOMA Foundation table in the Marriot lobby outside the meeting hall to pick up your armband.
- 2) Wear your armband throughout the day.
- 3) Post on social media a picture of your armband with the following text:
 - a. “Don’t be afraid to wear your heart on your sleeve. Seeking help is a sign of strength, not weakness. #HeartBand #fightingthestigma”

Additional:

Dosomething.org - <https://www.dosomething.org/us/campaigns/heart-your-sleeve>

On behalf of the SOMA Foundation, I would like to thank the leadership of SOMA, COSGP, and the MHATF for their committed support of this event and their enthusiasm to participate.

We hope you will join us as we strive to enhance the osteopathic community by encouraging the use of mental health counseling services.

Sincerely,

Katherine D. Kirby, OMS IV
SOMA Foundation Chairperson

