

**SCMS “Healing Off the Clock”
Art, Poetry and Essay Contest
2025 Contest Winners Announced**

The Spokane County Medical Society’s (SCMS) Medical Education Committee is pleased to announce this year’s three \$500 award winners for their “Healing Off the Clock” Art, Poetry & Essay Contest held in March, with prizes generously funded by the Spokane County Medical Society Foundation.

The Medical Education Committee (MEC) hosted its 5th annual arts and humanities contest in a continuing effort to help promote wellness and social wellbeing among our Spokane medical/PA students and residents, receiving 12 submissions this year. This contest is one way to show these individuals the supportive nature of the Spokane Medical Community, allowing for a platform to engage all the schools involved in UME and GME that exist in the community.

All current Spokane-based medical residents, medical students and physician assistant students were invited to submit an entry by March 28, 2025, on the topic of “Healing Off the Clock” in one of three categories: Best Poem, Best Essay, and Best Image (unpublished original art, photograph, or video). The winning entries were chosen by the committee’s contest judging panel and were blinded to the entrants’ names and programs.

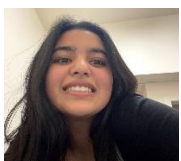
Best Poem “Healing off the Clock” winner Mitali Kumar provided insight on her inspiration for her entry. “As a first-year medical student, winning the “Best Poem” award in the Spokane County Medical Society’s “Healing Off the Clock” competition has been deeply meaningful. Amid the long hours of studying and clinical exposure, writing has become a quiet refuge — a way to process, reflect, and reconnect with the human side of medicine. This poem was my attempt to explore how healing often happens not just in clinics or classrooms, but in the still moments outside of them — in stories, in silence, and in self-expression. I’m honored to have that perspective recognized by the medical community and grateful for the space this competition creates to celebrate the art of healing beyond the clock.”

Bryce Dreslinski, PA-S, Best Essay “Healing off the Clock” winner, stated, “I am honored to accept the Spokane County Medical Society scholarship and deeply grateful for your recognition of my essay, Healing Off the Clock. This award reaffirms my commitment to advocating for the well-being of healthcare providers. When we care for ourselves, we are better equipped to care for others. Thank you for supporting my journey in medicine and my dedication to building a more compassionate, sustainable future for both patients and providers.”

“This artwork is a reflection of my favorite ways to decompress: painting and spending time outside hiking and camping,” explained Caitlin Murray, PA-S, Best Image winner. “Taking time to be creative and get outdoors has been critical for stress management during PA school. Thank you for this award!”

“The members of the contest judging panel were moved and impressed by the heartfelt words and images expressed in all the submissions,” stated committee chair Dr. Geoff Jones, “but selected the entries which most closely captured the essence of the goals of the contest.”

We’re pleased to present all submissions in the [SCMS Healing Off the Clock Art, Poetry and Essay Contest digital book here](#).



Best Poem

Healing off the Clock

Mitali Kumar, MS

WSU Elson S. Floyd College of Medicine



Best Essay

Healing off the Clock

Bryce Dreslinski, PA-S

MEDEX Northwest PA Program



Best Image

Exhale

Caitlin Murray, PA-S

MEDEX Northwest PA Program