

# WELLNESS/RESILIENCY RESOURCES DOCUMENT

The University of Nebraska Medical Center has several resources in place to address workplace stress, burnout, depression and suicide. These resources will be useful in proactively identifying any colleagues exhibiting any signs and symptoms of burnout, depression or suicidality, referring them to the appropriate personnel and thereby improving wellbeing.

## AVAILABLE RESOURCES AND ACCESSIBILITY:

### On Campus

Resource	Contact
Susan Smith, RN, BS, CEAP House Officer Assistance Program (HOAP) Manager Available 24/7 by phone- unlimited access, no payment. Susan Smith works exclusively with house officers.	-402.689.1033 (Mobile) Call or text -402.559.5323 (Office)
Arbor Family Counseling- available 24/7 by phone- At UNMC or offsite- 5 free sessions	-402.330.0960/1.800.922.7379 -For Offsite: Web-Ex (HIPAA compliant) via smartphone/tablet or computer -www.arborfamilycounseling.com
UNMC Counseling in Bennet Hall- 6th floor David Carver Ph.D, 24/7/Unlimited access/No payment	-402.559.7276 -402.203.0592 (after hours)
Spiritual Care at UNMC A chaplain is available for spiritual counsel, emotional support, prayer, or a nonjudgmental presence while you work through a concern or worry.	To reach spiritual care Monday through Friday, 8 a.m. to 4:30 p.m., please call the main office at 402.552.3219. After hours, call the on-call Chaplain at 531.557.4559
Peers in Need of Support (PiNS) Colleagues are matched with one of our behavioral health responders, made up of Nebraska Medicine and UNMC psychologists, psychiatrists, social workers, marriage and family therapists, staff chaplains and other trained staff. This is not a formal evaluation or treatment, but a supportive peer to listen, offer suggestions, share resources and make referrals when needed.	Complete this confidential form or email pins@nebraskamed.com (Requests for 1:1 support should only be made by colleagues themselves, and not by their peers or supervisors)

### Off Campus

Resource	Contact
Suicide & Crisis Lifeline (call or text)	988

UTILIZATION OF RESOURCES: Susan Smith works exclusively with the house officers. In addition to Susan Smith, other available resources are listed above. After visiting with Susan Smith or other resources, further referrals can be made to Psychiatry services if required.

CONFIDENTIALITY: All UNMC internal resources are kept confidential unless required for health reasons (impairment or imminent danger). The house officers program or department leadership will not be aware of these consultations. If further referrals are made to Psychiatry services, they are covered under HIPAA for confidentiality.

VIGILANCE: We request everyone to be vigilant to identify in self or of any peers demonstrating signs of distress/depression/burnout or suicidal thoughts and refer to the above resources. The attached Powerpoint- "Preventing Physician Depression and Suicide" will help in identifying any individuals at risk.

CRISIS RESPONSE TEAM: The Crisis Response Team (CRT) is available to prevent further tragedies. The CRT will also be activated to develop a coordinated response in the aftermath of any potential tragic events. Please see contact details of CRT personnel in the Appendix.

#### ADDITIONAL RESOURCES:

##### 1. ACGME

- [ACGME Physician Well-being](#)
- [ACGME Tools and Resources](#)
- [ACGME After a Suicide](#)

##### 2. AMA (Steps Forward)

- [AMA Improving Physician Resiliency Module](#)
- [AMA Physician Wellness: Preventing Resident and Fellow Burnout Module](#)
- [AMA Preventing Physician Distress and Suicide Module](#)
- [AMA Preventing Physician Burnout Module](#)
- [AMA Creating the Organizational Foundation for Joy in Medicine](#)

##### 3. APA Wellness Resources

##### 4. Agency for Healthcare Research and Quality

##### 5. SAMHSA-HRSA Wellness Strategies

##### 6. Physician Depression and Suicide ppt from UNMC-Psychiatry

##### 7. Resilience Webinars

- [Resilience workshop for healthcare workers](#)
- [Resilience roadmap for Nebraska Medicine/UNMC colleagues](#)

##### 8. Other Recommended

###### 1. Mindfulness/Anxiety Mobile Apps

- [Headspace](#)
- [10 percent happier meditation](#) (use the gift code HEALTHCARE)

- **Insight Timer** (free with thousands of guided meditations)
- **PTSD Coach** (Not just for PTSD; has numerous relaxation exercises in the Manage Symptoms- Tools section)
- **Mindfulness Coach**
- **CBT-i Coach** (cognitive behavioral therapy for insomnia)

## 2. Mindfulness/Anxiety Websites

- **The BHECN Serenity Project- Free Yoga** (UNMC)
- **Three 2-3 minute lessons on deep breathing** (Harvard Vanguard Medical Associates)
- **3 minute body scan** (UC Berkeley Greater Good Science Center)
- **5 minute body scan** (The Sleepy Aardvark)

---

Revision #3

Created 4 September 2023 21:14:07 by Abby Josef

Updated 6 September 2023 20:16:01 by Abby Josef