

WELLNESS/RESILIENCY RESOURCES DOCUMENT

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

AVAILABLE RESOURCES AND ACCESSIBILITY:

RESOURCE	CONTACT INFORMATION
ON CAMPUS	
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 for UNMC employees and family members	-402.330.0960/1.800.922.7379 -For Offsite: Web-Ex (HIPAA compliant) via smartphone/tablet or computer - www.arborfamilycounseling.com
UNMC Counseling and Psychological Services Located in Student Life Center	-402.559.7276
UNMC Psychiatry Services	-402.552.6007
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.	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	
Suicide & Crisis Lifeline (call or text)	988
Metro Omaha Medical Society anonymous online screening	https://omahamedical.com

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, Suicide and Substance abuse” 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**

- a. ACGME Wellbeing Tools and Resources <https://dl.acgme.org/pages/well-being-tools-resources>
- b. ACGME After a Suicide
http://www.acgme.org/Portals/0/PDFs/13287_AFSP_After_Suicide_Clinician_Toolkit_Final_2.pdf

2. AMA (Steps Forward)

- a. AMA Improving Physician Resiliency Module (Steps Forward)
<https://www.stepsforward.org/modules/improving-physician-resilience>
- b. AMA Physician Wellness: Preventing Resident and Fellow Burnout Module (Step Forward)
<https://www.stepsforward.org/modules/physician-wellness>
- c. AMA Preventing Physician Distress and Suicide Module (Steps Forward)
<https://www.stepsforward.org/modules/preventing-physician-suicide>
- d. AMA Preventing Physician Burnout Module (Steps Forward)
<https://www.stepsforward.org/modules/physician-burnout>
- e. AMA Creating the Organizational Foundation for Joy in Medicine (Step Forward)
<https://www.stepsforward.org/modules/joy-in-medicine>

3. APA

- a. APA Wellness Resources
<https://www.psychiatry.org/psychiatrists/practice/well-being-and-burnout/well-being-resources>

4. Agency for Healthcare Research and Quality

- a. Agency for Healthcare Research and Quality- Physician Burnout
<https://www.ahrq.gov/professionals/clinicians-providers/ahrq-works/burnout/index.html>

5. SAMHSA-HRSA - Wellness Strategies

- a. SAMHSA-HRSA - Wellness Strategies
<https://www.integration.samhsa.gov/health-wellness/wellness-strategies>

6. “Physician Depression and Suicide” Power point- from UNMC Department of Psychiatry, UNMC: how to proactively identify burnout/depression/risk of suicide in self or colleagues and refer to appropriate resources mentioned in the document.**7. Resilience Webinars**

- a. [View resilience workshop for healthcare workers](#)
- b. [Resilience roadmap for Nebraska Medicine/UNMC colleagues](#)

8. Other Recommended

- a. Mindfulness/Anxiety Mobile Applications
 - [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)
- b. Mindfulness/Anxiety Websites
 - [3 minute body scan](#) (UC Berkeley Greater Good Science Center)
 - [5 minute body scan](#) (The Sleepy Aardvark)