

Tip Sheet



Resident Wellness Resources

Wellness Resources

Included are a list of wellness resources available to residents/subspecialty residents at UNC Hospitals. The [UNC Health Care Well-Being Program website](#) also provides information on numerous wellness resources available for UNC Healthcare employees.

- **GME Hotline for Reporting Resident Concerns Confidentially: 984-974-2620**
- **Suicide Hotline: 1-800-233-6834**

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Taking Care of Our Own

The [Taking Care of Our Own](#) program recognizes that our physicians and residents at UNC may need help from time to time to cope with the challenges of their professional journey. They provide education, confidential support, advice, and if appropriate, professional referral for individual mental or physical help that meets your needs. There is \$0 Copay for use of this program.

For information about scheduling an appointment or inquiries regarding scheduling a lecture, please contact one of the following:

Samantha Meltzer-Brody, MD
Director
(919) 445-0215
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The Taking Care of Our Own Program is aimed at increasing awareness, providing psychoeducation and offering assessment and treatment in a confidential and supportive setting that is optimized to destigmatize seeking help for emotional distress.

The Taking Care of Our Own Program

Support for physician mental health & wellness



Funded by UNC Faculty Practice



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Mayo Clinic Well-being Index

Click [here](#) to access Mayo Clinic Well-being Index website. After taking a brief, online anonymous survey, the individual's wellness is evaluated and is provided confidential feedback based on the results.

The Well-Being Index is designed to:

- 1) Encourage self-awareness of well being among each individual and give access to **resources** when individuals need them the most
- 2) Evaluate individual well being and give immediate and **confidential feedback** based upon individual responses
- 3) Allow on both an individual and institution basis, the ability to **track and report overall experience compared to the national average.**

These data are compiled **anonymously**, and used to inform the design of future interventions and other structural changes to address the challenges to well-being we all encounter on a daily basis.

We strongly encourage you to enroll in the Well-Being Index (Physician/Clinician code: **gy7mzk3z**) as this will allow the UNC SOM to continue to make wellness an integral part of the culture of our institution by fostering the well-being of each individual.

Integrated Emotional Support Program

The Integrated Emotional Support Program is designed to connect healthcare professionals with emotional support resources after adverse patient outcomes. The emotional distress that may be experienced after these events can impact performance, patient safety and quality of care delivery, ability to work in a team, patient satisfaction, retention and absenteeism.

Peer Support Program

The Peer Support Program connects health care professionals with trained peer support volunteers after adverse patient events or events with serious unanticipated patient outcomes.

If healthcare professionals are experiencing caregiver event related trauma and would like peer support, they should contact the Integrated Emotional Support Program Coordinator. The coordinator will in turn contact a peer support volunteer to meet with the individual and provide one to one trained support.

This service is open to all healthcare professionals involved in patient care including, but not limited to, physicians, advanced practice providers, nurses, techs, and therapists.



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UNC Hospitals Beacon Program

The [University of North Carolina \(UNC\) Hospitals Beacon Program](#) provides comprehensive, coordinated care to UNC Health Care System's patients, families, and employees experiencing a variety of interpersonal abuse. It includes services for children, victims of domestic abuse, or intimate partner violence (IPV), human trafficking, sexual assault, and the elderly and vulnerable populations. The program provides medical and psychological assessments, brief supportive counseling, and education for patients, employees and staff. Any patient who has experienced physical abuse, threats, emotional abuse, sexual abuse, or other violence is eligible.

Services can be provided at all UNC Hospitals and clinics in person or by phone.

Our Goal: To provide services that help break the generational cycle of family violence, to promote continued education for staff and provide trauma-informed patient care.

UNC Medical Center Employee Assistance Program (Intranet)

The [Employee Assistance Program \(EAP\)](#) is a confidential service designed to help UNC Medical Center employees resolve their personal problems before they disrupt their personal or work life. The program is aimed at early detection and referral of personal problems including alcohol/drugs, family/marital issues, mental health concerns, and stress. Coping with a problem is a normal part of life. All employees have experienced personal problems that cause them to feel uncomfortable. Usually, with the help of family and friends employees are able to resolve these problems before they have a serious impact on their lives. However, there may be a time when the employee feels the problem is getting the best of them. Employees may be feeling the pressure at home and at work. At a time like this, the Employee Assistance Program is available to lend employees a helping hand.

UNC Medical Center Critical Incident Stress Management (CISM) team (Intranet)

The [Critical Incident Stress Management \(CISM\) Program](#) at The University of North Carolina Hospitals is designed to provide a comprehensive, systematic program for the mitigation of critical incident related stress for health care workers. The CISM team provides trained group-focused and individual support to health care professionals at UNC Hospitals experiencing stress after a traumatic event. Trained volunteers will meet with those directly involved in the event to talk about what occurred, their feelings about the event, and coping skills needed to recover from the related stress. The CISM on-call coordinator can be reached at 216-3636.

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Lactation Rooms

A new Pregnancy and Lactation Toolkit has also been created. This is a great resource for information on parking and transportation accommodation for pregnant women, lactation rooms, lactation policies, and about lactation support: <http://womenscenter.unc.edu/pregnancy-lactation/>.

Our official main campus count up to 11 Lactation spaces for employees. For information about the other on-site or off-site lactation room or for a list of official rooms and directions visit the Employee Lactation Web page, please see the website linked above.

Exercise/Physical Wellness

Hospital Gym Access

The employee exercise rooms are now open access to anyone, including residents and subspecialty residents, with a UNC Hospitals photo ID badge. The available locations are as follows: 2nd floor Neurosciences Hospital, and Exercise room at Hillsborough Hospital. The rooms are accessible 24/7. Use of the rooms is "at your own risk". Signage is available in the rooms that provides contact information in the event of problems. Rooms are to be maintained by the users.

University Gym Access

Residents may use the University's Student Recreation Center and other recreation facilities, but first must purchase a Recreation Membership Card. Any Housestaff employee interested in purchasing the Recreation Membership Card must call the UNC One Card office to verify eligibility. They may be reached at 919-962-1385. Be prepared to give them your PID or employee ID number.

After verifying your eligibility, go to their office (located in the Daniels Building / Student Stores, room 210). The annual cost for this privilege is \$150.00 plus \$5.00 for a picture ID. The card is prorated in January to \$90.00 and again to \$40.00 after May Commencement. Only cash or checks may be used for payment. Please note that only two categories of employees are approved for this privilege: permanent full-time and resident employees. The University no longer offers this privilege to spouses or children since their facilities are at a maximum capacity. Residents will have to follow this same procedure annually to renew this privilege