



Workforce Wellbeing and Support

Wanda Binns, LCSW-C

COVID-19 **RESPONSE**



Healthcare Workforce Support

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Take a Break

Take a break from conversation about coronavirus. It can be distressing to hear stories about the disease or read news coverage constantly. Set time limits and stick to them. Dr. Knight suggests making sure you have at least two conversations each day that aren't about coronavirus. This is especially important if you work in health care.

Focus on Your Health

Don't neglect your physical health. The Centers for Disease Control and Prevention recommends trying to eat healthy, [exercise regularly](#), get plenty of sleep and avoid alcohol and drugs. Even if you are working from home, it is important to find time to stretch your legs. "Put your phone on speaker and walk around the room while you're on a call," says Dr. Knight.

Stay Connected

Practicing [social distancing](#) doesn't mean that you need to isolate yourself. Reach out to others. Call up a friend or family member and use them as a sounding board as you process your thoughts and feelings. There are many ways that you can [stay connected](#).

Practice Mindfulness

Try to have at least one wellbeing exercise of mindful practice per shift

Stephanie Knight, MD, FAPA, Assistant Professor of Psychiatry at University of Maryland School of Medicine and Chief of Psychiatry at University of Maryland Medical Center Midtown Campus, has a few tips to help cope with stress during this difficult time.

UMMC Local Resources for Staff

Snack carts available for a unit from the cafeteria.

Staff support liaison – Managers assign a team member as a Staff Support Liaison to ensure that people are eating, hydrating, and just generally okay!

Resiliency rooms will be set-up on-campus for breaks –

- DTC: C9W Waiting Room, C5W Waiting Room, 5W Multipurpose Room, Trauma T1S11
- MTC: 3N Oasis room, 3S conference room, 3S shared office

RISE- pager #12602, available 24 hours a day if you want to discuss stressful clinical events

Additional Resources Available to UMMC Teams and Individuals

Rehabilitation Treatments for Employees

- Injury/strains due to increase work demand
- Treat neck/back pain, shoulder/hip/knee/hand/foot pain or a repetitive injury from patient care.
- Employees will be seen the same day and returned to work
- Hours of operations: 8a – 4:30p M-F
- Unit manager will call 8-5490 (DTC)
or 410-462-5089 (MTC) to arrange/confirm a time with PT.

Staff Support Groups : Via WebEx

Staff Support Groups via Webex					
Day	Time	Starts	Link for Video Conferencing	Call-In Phone #	Meeting ID
Tues	12pm	3/31/20	https://umaryland.webex.com/umaryland/j.php?MTID=m9e5ac9d37ddd5c206c54bda2d88ac7ac	1-202-860-2110	470 970 785
Wed	4pm	4/1/20	https://umaryland.webex.com/umaryland/j.php?MTID=me696d861eae151f1ffa666ddccc92728	1-202-860-2110	471 090 726
Thurs	8am	4/2/20	https://umaryland.webex.com/umaryland/j.php?MTID=mbad28d3c2699f1de534d5ff2dfcba9a3	1-202-860-2110	477 740 659

Tea Time and Meditation

Virtual Tea Time with Pastoral Care - 30 minutes to share in support and relax			
Day	Time	Starts	Link for Video Conferencing
Tuesday	2pm	ongoing	https://zoom.us/j/277842913
Thursday	2pm	ongoing	https://zoom.us/j/277842913
Tuesday	2am	ongoing	https://zoom.us/j/192609686
Thursday	2am	ongoing	https://zoom.us/j/192609686

Virtual Meditation - 15 minutes			
Wednesdays	2pm	ongoing	On the Insider

Employee Assistance Program is available to all faculty and staff.

- <https://umms-eap.org/>
- Call 667-214-1555 for in-person, phone or telehealth options.

Carebridge Employee Assistance Program

- Available 24 hours-a-day, 7 days a week
- Online via www.myliferesource.com: DTC access code J887Y;
MTC access code RXKY3
- Call 1-800-437-0911

Local & Regional Mental Health Resources

- **SAMHSA's Disaster Distress Helpline** – 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor. Provides 24/7, 365 days-a-year crisis counseling and support to people experiencing emotional distress
- **Suicide Prevention Resource Center** – There are a lot of wonderful resources here! It's more than suicide prevention.
<http://www.sprc.org/news/resources-support-mental-health-coping-coronavirus-covid-19>
- **Anxiety and Depression Association of America**
<https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>
- **NAMI CoVID Support blog** – <https://www.nami.org/Blogs/NAMI-Blog/March-2020/Coronavirus-Mental-Health-Coping-Strategies>
- **World Health Organization (WHO)** – Comprehensive list of resources

Addiction-Specific Support Resources

- **Baltimore Intergroup Council of AA** - Links to phone/video conferenced AA meetings in the area:
<https://mailchi.mp/eaafa9190f1/covid19announcement3162020-2591525>. More info is also available on their main website, <https://baltimoreaa.org/>.
- **Maryland Coalition of Families** - AA, NA, and GA (Gamblers Anonymous) resources on their site, <http://www.mdcoalition.org/blog/resources-for-recovery-supports>.

The Science of Well-Being

Distract Yourself, Improve Your Health, and Learn Something At the Same Time! “**The Science of Well-Being**” is Yale’s most popular online course **EVER**, having been taken by over 1.5 million people and earning a 97% rating!

It is currently FREE and highly recommended:

<https://www.coursera.org/learn/the-science-of-well-being>

Stephanie Knight, M.D., FAPA