

Wellness Resources for UC-COM Faculty

The vision of the UC-COM Faculty Wellness Advisory Council

To be a culture that promotes meaningful work and personal well-being for UC-COM faculty.

The mission of the UC-COM Faculty Wellness Advisory Council

To empower UC-COM faculty to engage in meaningful work and personal well-being

Components of the UC-COM Faculty Well-being Framework

Purpose and Professional Development
Camaraderie/Community
Health (Physical, Emotional, Financial)
Control/Autonomy
Working Environment
Security/Support (Physical and Psychological)



Introduction to the UC-COM Faculty Wellness Advisory Council

Faculty well-being is essential to create a productive environment and to model behaviors that promote well-being in our learners. The UC-COM Faculty Wellness Advisory Council was created to advise the UC-COM Dean on the best ways to measure/assess current burden of burnout and faculty well-being, create a central repository of ongoing burnout mitigation efforts across the UC-COM, and eventually recommend new burnout and well-being programs that are locally relevant and fill gaps in our current efforts.

The following list was created to collect existing resources for wellness and burnout mitigation for UC-COM faculty. The first page of the list provides a list of local, regional and national mental health resources for UC-COM faculty. The second page contains resources have been organized based on the UC-COM well-being framework components. The resource list will be reviewed and updated by the UC-COM Faculty Wellness Advisory Council.

Wellness Resources for UC-COM Faculty

Security and Support: Mental Health/Crisis Management

Local Resources

- UC Psychiatry – Expedited Scheduling
 - Lauren Goodwin - Clinical Operations Manager 513-558-3191
 - Amy Seidel, Clinical Operations Director 513-558-0028

Primary contact for expedited outpatient evaluation, generally available Monday – Friday, 8 AM to 6 PM. Can easily refer to an available resource either in addiction or psychiatry. UC Psychiatry anticipates the ability to have an expedited evaluation performed within 1 - 2 days.

- **If you as a faculty member are experiencing an issue yourself, here are some other resources available through the College of Medicine:**

David Karol, MD (General Psychiatry)	karold@ucmail.uc.edu	919-451-8665
Stephen Rush, MD (General Psychiatry)	Rushsn@ucmail.uc.edu	317-709-3496
Jyoti Sachdeva, MD (Woman’s Health Psychiatry)	sachdeji@ucmail.uc.edu	513-508-3930
Erin Thase, PhD (Psychologist)	thaseen@ucmail.uc.edu	412-841-4346
Christine Wilder, MD (Addiction Psychiatry)	WilderCN@ucmail.uc.edu	919-491-4227
Melissa DelBello, MD - Psychiatry Department Chair	delbelmp@ucmail.uc.edu	513-702-2646

- Physician Support Line 888-409-0141
 - Free confidential peer support line operated by volunteer psychiatrists
 - 8am – 12am EST 7 days a week
 - www.physiciansupportline.com
- UCH Addiction Services
 - Corey Bowman, Clinical Operations Manager 513-585-8291
 - Amy Seidel, Clinical Operations Director 513-558-0028
 - Melissa DelBello, Department Chair 513-702-2646
- Lindner Center of Hope
 - Website: <https://lindnercenterofhope.org/>
 - Intake Line (daytime hours): 513-536-0600
 - For all calls: 513-536-HOPE (4673)
- Psychiatric Emergency Services at Ridgeway (PES):
 - Phone number: 513-584-8577
 - Address: University of Cincinnati Medical Center Psychiatric Services 3200 Burnet Avenue Cincinnati, OH 45229)
- Suicide Prevention Hotline:
 - Phone number: 1-800-273-8255 (TALK)
 - Website: <https://suicidepreventionlifeline.org/>
- Impact Solutions – UC Employee Assistance Program:
 - Phone number: 1-800-227-6007
 - Provides 24/7 counseling services (5 of which are free), resources for legal services, eldercare and childcare. All UC benefits-eligible employees and their household members, dependents living away from home, and both parents and in-laws are eligible to receive assistance.
 - Website: <https://www.uc.edu/hr/benefits/eap.html>
- Anthem Medical Plan: LiveHealth Online
 - Access a full list of in-network providers offering mental health services at www.anthem.com. LiveHealth Online provides live, instant or planned visits via the web with mental health services providers.



Wellness Resources for UC-COM Faculty

State and National Resources

- American Foundation for Suicide Prevention
 - Website: <https://afsp.org/our-work/education/healthcare-professional-burnout-depression-suicide-prevention/>
 - Provides information and resources for suicide prevention
- Crisis Chat Services
 - Crisis Text Line Website: <https://www.crisistextline.org/>
 - Free, confidential national online chat resource available from Available 24/7; text “HOME” to 741741
 - Common Ground Website: <https://commongroundhelps.org/get-help/chat-with-us/>
Available 24/7 or call anytime 800-231-1127
- Ohio Physicians Health Program
 - Website: <https://www.ophp.org/>
 - Offers confidential resources for health and wellbeing, including counseling services

Health and Wellness

Local Resources

- Be Well UC
 - Be Well UC provides on-campus events and learn it live sessions, health coaching and an online portal. All UC employees are welcome to participate in on campus programming. Those employees enrolled on the UC Anthem medical plan are eligible to earn financial incentives through online tracking of well-being activities. Visit www.uc.edu/hr/bewelluc to learn more and email wellness@uc.edu with any questions.
- Campus Recreation Center/Care Crawley Gym:
 - Cost \$36.66/month with possible rebate of 26.66/month if you attend more than eight times a month. Prices may be subject to change.
 - There are shower facilities and a sauna available in the CARE/Crawley gym.
 - Free with membership: group fitness classes, climbing wall access, and access to the aquatic center on main campus
 - Members receive a 30% discount on personal training, nutrition, and other services
- UC Center for Integrative Health and Wellness
 - Main website for UC Health Integrative Medicine: <https://uchealth.com/integrative/>
 - Faculty & Staff Wellness: <https://med.uc.edu/institutes/integrative/programs/faculty>
 - Mindfulness in the Workplace programming: <https://med.uc.edu/institutes/integrative/programs/mindfulness-programs/workplace>
 - Classes & Events: <https://www.uchealth.com/integrative/classes-and-events/> and <https://med.uc.edu/institutes/integrative/events/upcoming>

Control and Autonomy

Local Resources – Time and Task Management

- Impact Solutions: UC Employee Assistance Program
 - Includes legal services, eldercare, childcare
 - Website: <https://www.uc.edu/hr/benefits/eap.html>



Wellness Resources for UC-COM Faculty

- Be Well UC
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Professional Development

Local Resources

- UC-COM Faculty Development Lecture Series
 - Focuses on professional, research and teaching/educational development
- 2020-2021 Recorded Lectures:
- <https://med.uc.edu/about/admin-offices/faculty/faculty-development-workshop-recordings/august-2020-june-2021>
- National Center for Faculty Development and Diversity: <https://www.facultydiversity.org/join>
 - Membership to NCFDD is free. Use your UC email address to activate your account
 - Please note that the site does not work with Internet Explorer.

Additional Resources

- National Academy of Medicine Clinician Wellbeing Knowledge Hub
 - Website: <https://nam.edu/clinicianwellbeing/>
 - Provides additional resources on clinician wellbeing
- AMA Steps Forward Program
 - Website: <https://www.stepsforward.org/>
 - Provides online tools for increasing satisfaction with work practices and wellbeing