

Wellness Resources for UC-COM Faculty

The vision of the UC-COM Faculty Wellness Advisory Council

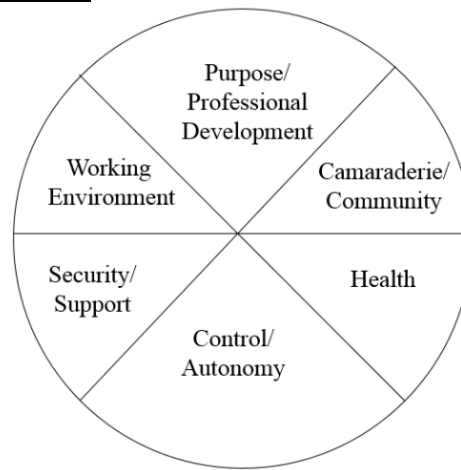
To be a culture that promotes meaningful work and personal well-being for UC-COM faculty.

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 513-585-7754
 - Amy Seidel, Clinical Operations Director 513-585-7757

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 513-585-7757
 - 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://bit.ly/uc-benefits-eap>
- 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

- Women Helping Women
 - To support survivors of gender-based violence in institutions of higher education, Women Helping Women provides **free and confidential** advocacy services on their campuses. Students, faculty, and staff of all genders who are survivors of sexual assault, dating violence, or stalking have access to comprehensive and survivor-centered services from WHW's Campus-based Advocates.
 - Phone Number: 513-381-5610
 - Website: <https://www.womenhelpingwomen.org/home/services/campus-based-advocacy/>

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
- Ohio State Medical Association
 - Website: <https://www.wellbeingcare.org/>
 - The Well-Being Checkup And Referral Engagement (CARE) Service is a simple, free, and anonymous checkup of your mental and emotional health
 - Available to all Ohio healthcare workers

Health and Wellness

Local Resources

- Be Well UC
 - Be Well UC provides events and sessions, health coaching, an online portal, and more. All UC employees are welcome to participate in programming, coaching, and challenges. Those employees enrolled in a UC Anthem medical plan are eligible to earn financial incentives through online tracking of well-being activities. Learn more at <https://bit.ly/bewelluc> . Questions? Email wellness@uc.edu .
- 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



Wellness Resources for UC-COM Faculty

- 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/>
Upcoming Events: <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>
- Be Well UC
- Be Well UC provides events and sessions, health coaching, an online portal, and more. All UC employees are welcome to participate in programming, coaching, and challenges. Those employees enrolled in a UC Anthem medical plan are eligible to earn financial incentives through online tracking of well-being activities. Learn more at <https://bit.ly/bewelluc> . Questions? Email wellness@uc.edu .

Professional Development

Local Resources

- UC-COM Faculty Development Lecture Series
 - Focuses on professional, research and teaching/educational development
- 2021-2022 Recorded Lectures:
- <https://med.uc.edu/about/admin-offices/faculty/faculty-development-workshop-recordings/august-2021-june-2022>
- 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