

WORKFORCE WELLNESS UPDATE

HELPING HEALERS HEAL PROGRAMMING



Jeremy Segall, MA, RDT, LCAT
Assistant Vice President
System Chief Wellness Officer
Office of Quality & Safety
NYC Health + Hospitals | Central Office

FEBRUARY 3, 2021

WEDNESDAY

IN ORDER TO BE YOUR BEST SELF...

**THANK YOU FOR BRINGING THE BEST OF
YOURSELF TO WORK EACH DAY**

...YOU MUST BE BETTER TO YOURSELF

WHAT IS WORKFORCE WELLNESS

MULTIDIMENSIONAL, HOLISTIC, & ENCOMPASSING LIFESTYLE

NYC HEALTH + HOSPITALS SUPPORTS WELLNESS

“Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.”

~ National Wellness Institute

SIX DIMENSIONS OF WELLNESS

H3 HELPING WITH HOLISTIC HEALING



Source: Six Dimensions of Wellness Model ©1976 by Bill Hettler, MD

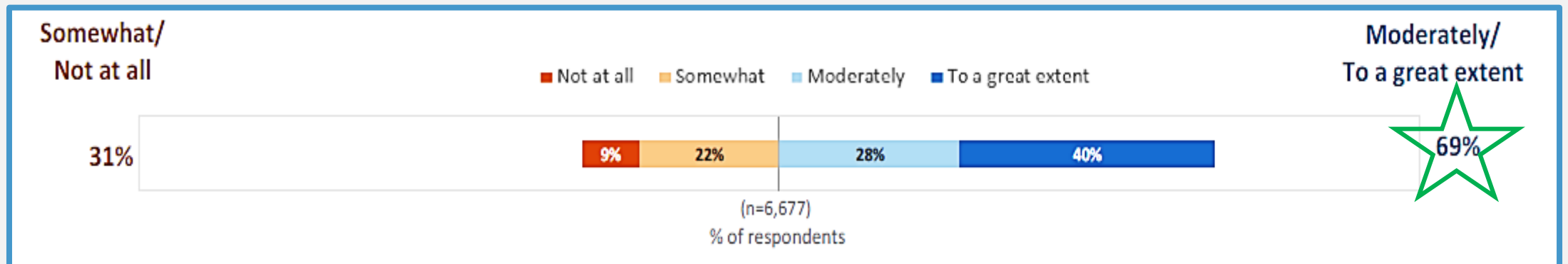


Environmental / Occupational

Personal satisfaction and enrichment in one's life through work

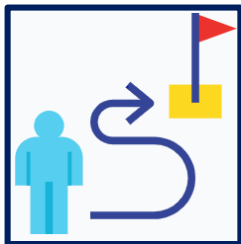
Approximately 6,700 employees took the NYC Health + Hospitals Staff Wellness Survey

When asked: *“Has being part of the COVID-19 response increased your sense of meaning and purpose?”*



We Value YOU
YOU Value Yourself
Reflect Back Value of Others

PURPOSE + POSITIVITY + PEOPLE = RESILIENCE





Social

Contributing to one's environment and community

CONNECTION TO NEED IS CARING

CHECK ON U



CHECK ON 2



Source: Maslow's Hierarchy of Needs



BATTLE BUDDY SUPPORT PROGRAM

SOCIALLY STRONG TOGETHER

BATTLE BUDDY SUPPORT PROGRAM

SIGN UP HERE: <https://battlebuddy.nychhc.org>

ONGOING MATCHING TAKES PLACE THE FIRST WEEK
OF EVERY MONTH!



Largely developed by the US Armed Forces
Can positively affect personal coping, morale,
and workplace engagement



A peer at work
Can provide informal emotional and
psychological support by acting as an outlet for
a staff member to discuss their experiences and
stressors



Ideally will be matched based on
Individual preferences such as work setting,
discipline, and demographics to help the BBs
relate to each other

What is
a Battle
Buddy
(BB)?

Who can join the program?
ALL EMPLOYEES!

How It Works

Once matched, BBs **connect to check-in** with each other
quickly and informally, as convenient for them.

BBs **support and validate** without judgement or criticism
during check-ins.

BBs **help each other to build resilience** and collaborate to
work through similar challenges together.

BBs **help identify** anxiety, stress responses, and can
build connections for additional support if requested.

BBs provide **camaraderie** to help with coping.

If you have any questions about the program contact: BattleBuddy@nychhc.org



Physical

Wellness through the combination of exercise, connection, and nurturance of body

NURTURING YOUR BODY

FOOD TO HEAL THE SOUL

Philanthropic Support

“As we experience a surge in cases, our frontline healthcare providers and first responders are working around the clock. They are tirelessly treating COVID-19, other patients with medical emergencies and keeping New York safe, and we want securing food to be the least of their worries. We are so thankful to those who have supported our hospitals, long term care facilities and health clinics to make this possible for our heroic workforce.”

~ Dr. Eric Wei, Sr. VP, Chief Quality Officer & Emergency Medicine Physician

[Network for Good Fundraising Campaign](#)



MOVING TOWARDS WELLBEING

FEBRUARY PROGRAMS

HEART HEALTH MONTH



VIRTUAL WELLNESS SESSIONS



Nourishing a Healthy Heart: Live Cooking Demo!

February 5th | 12:00 PM | on.nyc.gov/nourishing



A Year of COVID: Working Through Collective Trauma

February 10th | 12:00 PM | on.nyc.gov/collectivetrauma



Race, Health and You: Separating Facts From Fiction

February 17th | 12:30 PM | on.nyc.gov/racehealthandyou



Male-Only Diabetes Prevention Program

Register at on.nyc.gov/maledpp



Wellness pro tip: Register to attend even if you can't make it to get the recording!

TAKE NOTICE!



MAKE FITNESS FUN IN 2021!!

Kick off the new year by joining a digital class. With over 30 class options, at all times of the day and evening, you are sure to find something to boost your physical and mental wellness journey where ever you are!

Check out the new schedule at on.nyc.gov/wellnesscalendar.



FREE KIT FOR NEW WW MEMBERS

WorkWell NYC has teamed up with WW (Weight Watchers® Reimagined) to help you and your family reach your health goals – whether you want to lose weight, eat healthier, sleep better, or move more. Register for WW between January 1 and February 28 and you'll be eligible to receive a FREE WW Unstoppable Kit to jumpstart your wellness journey.

Learn more at [WW.com/us/NYC](https://www.com/us/NYC).



Anyone can receive program schedules directly in their inbox by visiting: on.nyc.gov/maillinglist



95% of programming can be found at <https://vimeo.com/workwellnyc> for anytime viewing post-event



50+ fitness classes scheduled weekly
Classes can be found at: on.nyc.gov/wellnesscalendar



Emotional

Awareness and acceptance of a wide range of feelings within yourself and others

H3 = HOLISTIC WELLNESS

RESOURCES IMMEDIATELY AVAILABLE



http://hhcinsider.nychhc.org/sites/helping_healers_heal/Pages/index.aspx



HELPING HEALERS HEAL (H3)



IT Security Savvy
Info Sec (information security) is the key to online safety for organizations as well as individuals.
[Read more](#)

NYC Health + Hospitals | Queens Named Baby Friendly
Offering the highest levels of breastfeeding education and support and for having environments that foster and encourage maternal-infant bonding.
[Read more](#)

8 Ways That Project Evolve Will Improve Your Life
NYC Health + Hospitals' Project Evolve will move multiple payroll, HR, and timekeeping systems to one integrated digital system. Here are some of the ways it is expected to simplify your work life. [FULL STORY >](#)

Helping Healers Heal Program
Please join NYC Health + Hospitals/Queens in officially kicking-off our Helping Healers Heal program. [FULL STORY >](#)

INFORMATION SECURITY SAVVY - SCAMMING
"Scamming has been around forever and some online..."










INFORMATION LINKS	APP LINKS	EXTERNAL LINKS
2018 Calendar	AIM - Application & Imaging Manager	AND Nutrition Care Manual
Clinical Schedules	Allscripts Care Management	Electronic Death Registration Online Course
Community Exchange	Amion	GME Surveys - HHC Physician Time Allocation Log
Conference Room Schedule	ARMS-Advanced Remote Monitoring System	ISMP Do Not Crush List
Connecting to Guest WiFi (click for list)	Canopy	KCI
DART	EFAS	LACTMED
Digital Radiology Images	Ellucid Policy Manager	Micromedex
Ebola Information Center	Financial Audits	Milliman Guidelines
GO EMR Downtime	Forms Database	New Innovations
Healthmatics Advantage RCA (Allscripts)	GHX Procurement	Safety Data Sheets
Helping Healers Heal	Healthmatics	Virtual Radiologic Consultants (VRC)
House Staff Assignment	Hyperion Budget and Planning (EPM)	
I-STOP (NYSDOH-HCS Health Commerce System)	Jellyfish Health Access Management System	
Managed Print Services	Mosby	
Medical Record Index	Near Miss Reporting/CSI	
NORTHWELL Laboratory	NYC Health + Hospitals Enterprise Service Desk	
Notary Public List	NYCMED	
Nursing TOP LINKS	Paging Sytem (SPOK)	
NYC Health + Hospitals Elmhurst	Patient Relations System	
NYC Health + Hospitals Compliance	People Soft - HELP	
NYC Health + Hospitals Directory	PeopleSoft ELM	
NYC Health + Hospitals Diversity and Inclusion (CLAS/LEP)	PeopleSoft HR	
NYC Health + Hospitals Human Resources	Phone Directory	
NYC Health + Hospitals Insider	PTRAC - Surgical Procedure Tracking System	
NYC Health + Hospitals SharePoint Site	Q - Path	
NYC Health + Hospitals Translated Consent Forms	Radiology Sign In	
Online Medical Library	RADTRAC	
Oral & Enteral Nutrition Formulary	Secure File Transfer	
Patient Education	Sign-Out	
People Soft	Soarian Enterprise Document Management	
Pharmacy TOP LINKS	SurgTrac	
Provider Privileges	The Watercooler(now Community Exchange)	
Request Intranet Updates	Transfer DB	
Security Archive	Vanguard Easy Order	
Shuttle Schedule	WebView	
Special Pathogens Program		
Survey Preparedness		
TIGR - QHC		
Unrestricted Sites		
Work Order Request		

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Connecting to Guest WiFi (click for list)	Canopy	KCI

HELPING HEALERS HEAL (H3)

- H3 Resources**
- Facility-specific pages
 - Handouts
 - Videos & training content

NYC HEALTH+ HOSPITALS | **HELPING HEALERS HEAL**

Search this site...

HOME CENTRAL OFFICE EMPLOYEE RESOURCES CENTER FACILITIES POLICIES & PROCEDURES FORMS SERVICE DESK CONTACT

Helping Healers Heal

Home
Facility Resources
H3 Documents
Promotional and Training Content

Helping Healers Heal

Helping Healers Heal is a comprehensive program that supports NYC Health + Hospitals staff affected by second victimization. Second victims are health care providers who are involved in an unanticipated adverse event, in a medical error and/or a patient-related injury, and become victimized in the sense that the provider is traumatized by the event.

Research shows that nearly half of health care providers could experience second victimization at least once in their career. Second victimization is common in circumstances such as medical errors, failure to rescue, first death experience, pediatric cases, and unexpected patient demise. Traumatized staff who do not receive adequate support are at a higher risk of experiencing emotional suffering and burnout.

Helping Healers Heal consists of three tiers of support for second victims: 1) local (unit/department) support, 2) trained peer supporters, and 3) an expedited referral network. The program turns our healing powers toward each other to break the cycle of burnout so that we may continue giving our whole selves to our patients. Together, we can ensure that we do not lose one more friend or colleague to second victimization.

Stay tuned to this page for additional information about Helping Healers Heal and the latest program developments.

Peer Support Graphic

TIER 3 EXPEDITED REFERRAL NETWORK

- Employee Assistance Program
- Chaplain, Social Work
- Clinical Psychiatry, Psychology
- Domestic Violence Support
- The Wellness Center

TIER 2 TRAINED PEER SUPPORTERS

Provide 1:1 crisis intervention, group debriefing, support, and referral to Tier 3 as needed.

TIER 1 LOCAL (UNIT/DEPARTMENT) SUPPORT

Everyone having knowledge of second victimization, normalization of discussing difficult cases, and supporting each other.

H3 TEAM LEADS
(Click here for a list of Facility Team Leads)

Second Victim Team Peer Support

SUBMIT A REQUEST FOR H3 TEAM PEER SUPPORT

Peer Support Champion:

SUBMIT H3 INTERACTIONS ENCOUNTER FORM

H3 FEEDBACK WELCOMED
We welcome your thoughts, comments and suggestions [Submit >](#)

- H3 Resources**
- List of facility H3 Leads
 - Request for support forms

NYC HEALTH+ HOSPITALS **INSIDER** Insider

HOME CENTRAL OFFICE EMPLOYEE RESOURCES CENTER FACILITIES POLICIES & PROCEDURES FORMS SERVICE DESK CONTACT

COVID-19
Resource Hub

[CLICK HERE TO VIEW](#)



PICTURE OF THE DAY
In 2020, staff at NYC Health + Hospitals/Community Care and NYC Health + Hospitals/Queens celebrated World Hijab Day. View a short video and pictures from the day.
[Picture of the Day archive](#)

**THANK YOU
HEALTH CARE HEROES**

BECAUSE OF YOUR HARD WORK AND DEDICATION

12,417 COVID-19 PATIENTS
HAVE RETURNED HOME
AS OF FEBRUARY 1, 2021

NEWS Tuesday, February 02, 2021

Debunking Myths About the COVID-19 Vaccine
Chief Medical Officer Dr. Machel Allen sets the record straight on some misconceptions about the vaccination.
[FULL STORY >](#)



EXPLORE OUR
**COVID-19
HEALTH CARE
HEROES**
WEBSITE

Battle Buddy Support Program

Largely developed by the US Armed Forces
Can positively affect personal coping, morale, and workplace engagement

A peer at work matching program that provides an informal emotional and psychological support forum by acting as an outlet for staff members to discuss their experiences and stressors.

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A peer at work matching program that provides an informal emotional and psychological support forum by acting as an outlet for staff members to discuss their experiences and stressors

Ideally will be matched based on individual preferences such as work setting, discipline, and demographics to help the BBs relate to each other

[SIGN UP](#)

COVID-19 Vaccination Scheduler
[Schedule My Vaccination >](#)

Frequently Asked Questions
Coronavirus Pandemic
Frequently Asked Questions and Answers
[View FAQs >](#)

Contact Us

- PPE Hotline
Phone #: 646-614-3030 [Learn More >](#)
- Anonymous Mental Health Hotline
Phone #: 646-615-4150 [Learn More >](#)
- Emotional and Psychological Support Request
[Submit a Request >](#)
- Questions about COVID-19 Research
Email: Covid19ResearchCommittee@nychhc.org
- Questions?
Health + Hospitals Emergency Management colleagues are available to answer any questions you may have.
[Contact Us >](#)
- COVID-19 Incident Command
Central Office COVID-19 SharePoint site for Authorized Users.
[Access Secured Site >](#)

What's New?
Archive of past and present COVID-19 emails, COVID-19 Live Webinars, and COVID-in-a-Minute videos.

COVID-19 Vaccine Information

Personal Protective Equipment (PPE)

COVID-19 Guidances and Policies

Surge and Flex Resources

Education and Training Resources

COVID-19 Clinical Trials & Research

Employee Guidance/ Policies & Occupational Health

Employee Wellness & Support Resources

Centralized COVID-19 Wellness Information

- Trigger emotional / psychological support response
- Find training calendars, presentations, and hotline information

- Home
- Personal Protective Equipment (PPE)
- COVID-19 Guidances and Policies
- Education and Training Resources
- COVID-19 Clinical Trials & Research
- Employee Guidance/Policies & Occupational Health
- Employee Wellness & Support Resources**
- Signage/Public Education Materials
- Social Services and Patient Resources
- What's New?
- Surge and Flex Resources
- Test & Trace Corps



COVID-19 Employee Wellness & Support Resources

Emotional and Psychological Support Resources

Battle Buddy Support Program

The goal of the Battle Buddy Support Program is to provide peer support. The Battle Buddy Support Program is a peer-to-peer emotional and psychological support network developed for NYC Health + Hospitals staff. This voluntary and confidential program matches up NYC Health + Hospitals workforce members across specialties, roles, and locations so that clinical and non-clinical staff can discuss their common experiences, their worries, and their stressors. The Battle Buddy Support Program was created by and evaluated by the US Armed Forces and has shown to have a positive impact on confidence, morale, commitment, and has been successful in healthcare settings across the nation.

[Learn More >](#)

System-wide Emotional Staff Support

Anonymous Support Hotline For All NYC Health + Hospitals Employees. 646-815-4150

Crisis Response Trainings

Upcoming training schedules and previous recordings [View List >](#)

[View More >](#)

Frequently Asked Questions

Coronavirus Pandemic
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WHEREVER YOU ARE THERE IS ASSISTANCE

NYC Health + Hospitals Anonymous Support Hotline

Monday – Friday
9:00am – 5:00pm

Licensed mental health clinicians will be available for emotional and psychological support. Referral opportunities for other services if needed.

Telephone: **646-815-4150**
Website: [Click here for more information](#)

NYC Employee Assistance Program (EAP)

Provides services to select NYC employees and their family members. Generally, an EAP provides education, information, counseling and individualized referrals to assist with a wide range of personal and social factors.

Telephone: **212-306-7660**
Website: [Click here for more information](#)

NYC WELL Telephonic Support Services

Free, confidential mental health support for NYC residents to get access to mental health and substance use services, in more than 200 languages, **24/7/365**.

Telephone: **888-692-9355**
Website: [Click here for more information](#)

NYC HEALTH+ HOSPITALS EMPLOYEE SELF SERVICE

Employee Resources Center / Safety & Wellness

Safety & Wellness

NYC Health + Hospitals is committed to providing a safe workplace and offer a range of programs, policies, and services to support departments and employees in achieving individual and workplace safety, health and productivity.

Workplace Violence Incident Form 2829 Electronic Reporting	Workplace Violence Incident Form 2829 Print/Download Copy	WorkWell NYC Employees	Employee Assistance Program (EAP)
WVP Coordinators Contacts	Hospital Police Directors Contacts	Emergency Preparedness Coordinators Contacts	Environmental Safety Coordinators Contacts
ESCAPE - Smoking Cessation Assistance Program	NYC Health + Hospitals	Occupational Health Services (OHS) Contacts	House Staff Wellness

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Occupational Health Services (OHS) Contacts	Helping Healers Heal Program	SH-900 Summary	Employee Smoking Cessation Assistance Program
House Staff Wellness	House Staff Wellness		

Employee Resources Center / Safety & Wellness

House Staff Safety & Wellness

This House Staff Wellness webpage is dedicated to all house staff across NYC Health and Hospitals regardless of their academic affiliation or payline. It contains referral information, selected online resources and apps, local and national hotlines, as well as information on peer to peer support.

As a reminder, ACGME requires that residents must be given the opportunity to attend medical, mental health, and dental care appointments, including those scheduled during their working hours.

For any questions regarding the content of this webpage, please contact Omar Fattal, MD at the Office of Behavioral Health: Phone 646-815-4146 or email: omar.fattal@nychhc.org

Referral Services	Hotlines	Online Resources & Apps	Peer to Peer Program

External link:

<http://ess.nychhc.org/staff-wellness.html>

Internal link:

<http://hhcinsider.nychhc.org/corpoftices/erc/hssw/Pages/default.aspx>



Intellectual

Expanding knowledge and skills while realizing potential for sharing gifts with others

JUST-IN-TIME TRAININGS

EDUCATION TO HELP MANAGE

Continuous Exposure to Trauma & Impact on COVID-19 on Frontline Workers

Tuesday, February 2nd

12:00PM-1:00PM

Access code: 180 915 4955

Meeting password: k7EhxPMY?22

[Join meeting](#) here

Join by Phone: [1-844-621-3956](tel:1-844-621-3956)

The Science and Art of Team Building During Unpredictable Times

Tuesday, February 4th

12:00PM-1:00PM

Access code: 180 269 3508

Meeting password: teGMkbn?437

[Join meeting](#) here

Join by Phone: [1-844-621-3956](tel:1-844-621-3956)



Crisis Response Trainings

Effectiveness of Group Therapy for Healthcare Workers Coping with Secondary Traumatic Stress

Friday, February 5th

12:00PM-1:00PM

Access code: 180 197 3837

Meeting password: XDfUGRk3*56

[Join meeting](#) here

Join by Phone: [1-844-621-3956](tel:1-844-621-3956)

Let's Talk Self-Care

Tuesday, February 9th

12:00PM-1:00PM

Access code: 180 597 0033

Meeting password: McJKkZZ?386

[Join meeting](#) here

Join by Phone: [1-844-621-3956](tel:1-844-621-3956)

**Medical Racism – Abolishing Race Based
Medicine at NYC H+H**

Tuesday, February 16th

11:00AM-12:00PM

Access code: 180 258 0501

Meeting password: ME2021!

[Join meeting](#) here

Join by Phone: [1-844-621-3956](tel:1-844-621-3956)



**Crisis
Response
Trainings**

**5 Things to Try When You Feel You Are at the
End of Your Rope**

Tuesday, February 23th

11:00AM-12:00PM

Access code: 180 742 1433

Meeting password: 5AFqWbJM@24

[Join meeting](#) here

Join by Phone: [1-844-621-3956](tel:1-844-621-3956)

**5 Things to Try When You Feel You Are at
the End of Your Rope**

Friday, February 25th

1:00PM-2:00PM

Access code: 180 454 6543

Meeting password: fuJHTam*499

[Join meeting](#) here

Join by Phone: [1-844-621-3956](tel:1-844-621-3956)

KNOWLEDGE IS POWER

INFORMATION IS HEALING

NYC HEALTH+ HOSPITALS | INSIDER

HOME CENTRAL OFFICE EMPLOYEE RESOURCES CENTER FACILITIES PO

COVID-19
Resource Hub

CLICK HERE TO VIEW

- COVID-19 Vaccine Information
- COVID-19 Guidances and Policies
- COVID-19 Research
- Employee Wellness & Support Resources



Emotional and Psychological Support Resources

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THANK YOU
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BECAUSE OF YOUR HARD WORK AND DEDICATION

12,417 COVID-19 PATIENTS
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AS OF FEBRUARY 1, 2021

ANYTIME, ANYWHERE

Recorded Crisis Response Trainings

7 Apps That Can Be Used for Physical Emotional and Financial Well-Being

[+ video](#) [+ PDF](#)

Anxiety About Return to School - Child Mind Institute

[+ video](#) [+ PDF](#)

Be Kind - Habits of Kindness

[+ video](#) [+ PDF](#)

Behavior Management Strategies for Parents

[+ video](#) [+ PDF](#)

Children's Mental Health 101 - Child Mind Institute

[+ video](#) [+ PDF](#)

Combating Vicarious Trauma through Mindfulness Breathing and Chair Yoga

[+ video](#) [+ PDF](#)

Compassion Fatigue Training

[+ video](#) [+ PDF](#)

Conflict Resolution Training

[+ video](#) [+ PDF](#)

Coping with COVID-19 for Trauma Survivors

[+ video](#) [+ PDF](#)

Coping with Workplace Grief Loss

[+ video](#) [+ PDF](#)

Grieving the Loss of a Loved One

[+ video](#) [+ PDF](#)

Helping Children and Adolescents Cope During COVID-19

[+ video](#) [+ PDF](#)

How to Ground Someone Having a Panic Attack

[+ video](#) [+ PDF](#)

How to Manage Stress as a Parent - Child Mind Institute

[+ video](#) [+ PDF](#)

Identifying Secondary Traumatic Stress in the Workforce - BHBA

[+ video](#) [+ PDF](#)

Live Yoga with a Licensed Therapist - BHBA

[+ video](#) [+ PDF](#)

Neurobiology and Trauma

[+ video](#) [+ PDF](#)

Pandemic Pulse Check

[+ video](#) [+ PDF](#)

Performance Optimization - Improve Attention and Focus, Energy Levels and Time Management

[+ video](#) [+ PDF](#)

Personal Resilience Training

[+ video](#) [+ PDF](#)

Scroll towards the bottom of the page to find Recorded Crisis Response Trainings

Click "Video" under the Training title you want to view.

The video recording will automatically download.

Once download is complete, click the file and it will open for viewing

During Crisis

- How to Support a Colleague in Crisis
- The Value of Providing Empathy During Crisis
- Emotional Intelligence in Times of Stress and Anxiety
- Team Building: How to Not Let Crisis Derail Your Team
- Communicating with Your Team Using TeamSTEPPS
- How to Have a Difficult Conversation
- Unconscious Bias Training
- Coping with Workplace Grief & Loss
- Grieving the Loss of Loved Ones
- Gratitude in the Midst of Crisis
- Compassion Fatigue & Personal Resilience
- Discovering Joy in Work Series

After Crisis

- Emotional Justice: Recognizing Emotional Trauma After Crisis Event
- Identifying Secondary Traumatic Stress (Vicarious Trauma) in the Workforce
- Combating Vicarious Trauma Through Mindful Breathing & Chair Yoga Practice
- Neurobiology & Trauma: Correlation of Traumatic Physiological Response and the Brain
- Stigma of Individual Treatment Amongst Healthcare Workers
- Utilizing Evidence-Based Treatment to Target Trauma Responses
- Live Yoga with Licensed Therapist: Trauma-Informed Evidence-Based Treatment with Eastern Practice

Parenting & Family Management

- Helping Children & Adolescents Cope During COVID-19
- How to Manage Stress as a Parent
- Anxiety About Return to School
- Behavior Management Strategies for Parents
- How to Practice Mindful Parenting
- Parenting During Ongoing Trauma Exposure
- When to Worry About Your Child's Worries
- Raising Self-Sufficient Children

During Crisis

- 7 Apps That Can Be Used for Physical, Emotional, and Financial Well-Being
- Be Kind – Habits of Kindness
- Conflict Resolution
- Crisis Intervention Tools and tips in the Workplace
- Cultural Sensitivity
- Empathy Training
- How to Ground Someone Having a Panic Attack
- Pandemic Pulse Check
- Performance Optimization – Improve Attention and Focus, Energy Levels and Time Management
- Positive Self Talk in the Workplace
- Staying Focused During an Upheaval
- Easy Breathing Techniques to Restore Mind & Body

After Crisis

- Coping with COVID-19 for Trauma Survivors
- Personal Resilience Training
- Short-Term Stress Relief Strategies You Can Do Anywhere
- Talk It Out – Tips for Effective Communication
- Grit, Passion, and Pandemics: Emerging from COVID-19 Stronger and Better



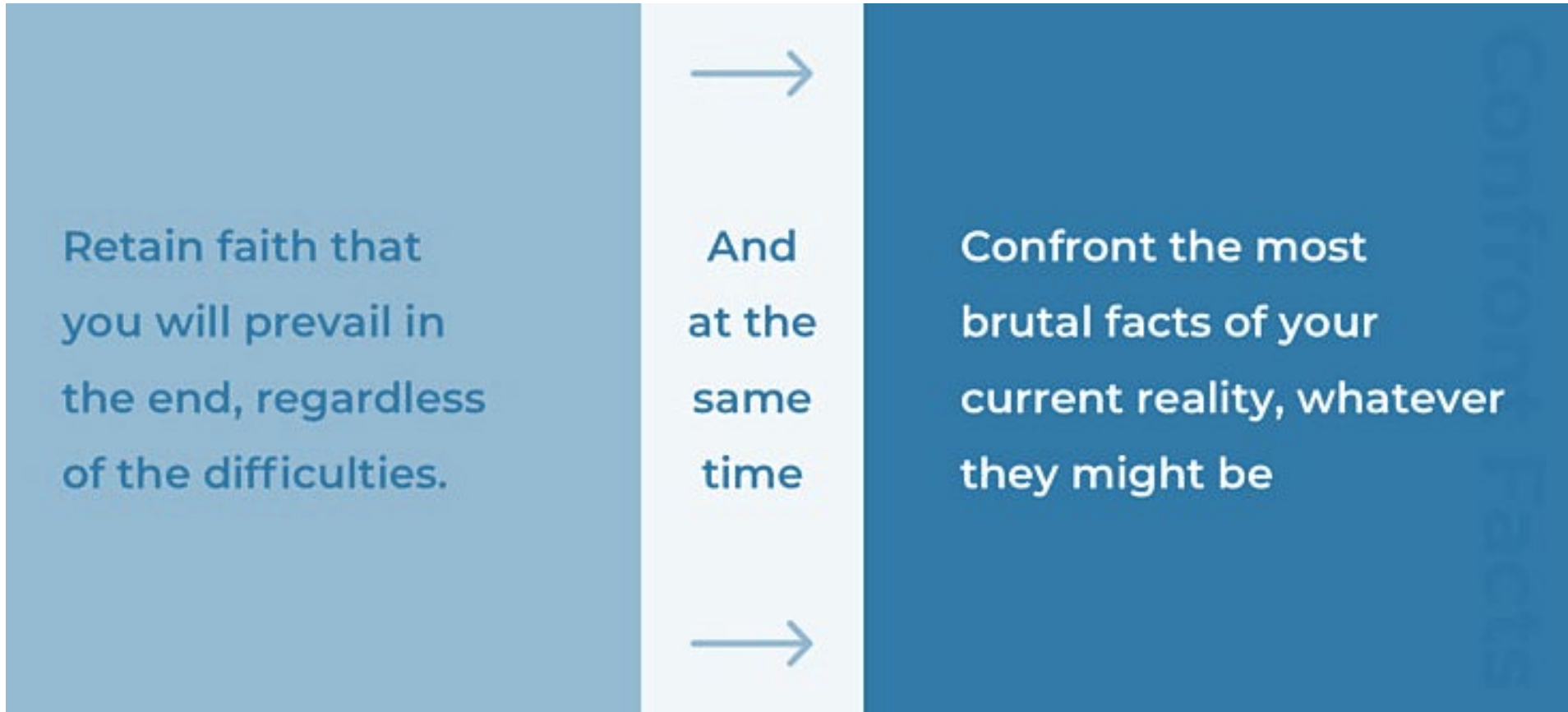
Spiritual

Appreciation for the depth of life and natural forces that exist in the universe

Moral Injury

The distressing psychological, behavioral, social, and sometimes spiritual aftermath of exposure to events that may lead to behaviors or the witnessing of behaviors that go against values or beliefs

Guilt	“I did something bad” “I should have done more”
Shame	“I am bad because of what I did (or didn’t do)”
Betrayal	“How did they allow that to happen?”



Stockdale Paradox

NORMALIZE YOUR REACTION AND RECONNECT

The experience of responding to trauma can alter religious and spiritual beliefs

Change in relationship with or belief about God/Higher Power

Abandonment of spiritual practice

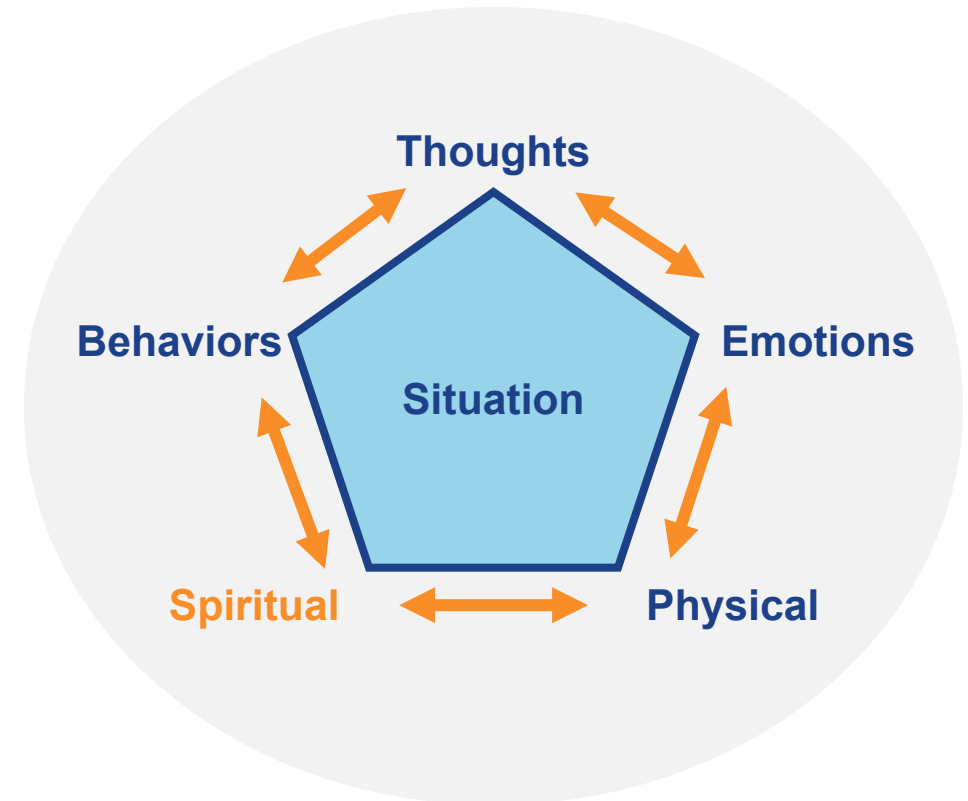
Inability to practice due to workload issues or social distancing

Questioning beliefs or loss of faith

Rejection of spiritual care providers

Struggle with questions about the meaning of life, justice, fairness, afterlife

Loss of familiar spiritual supports



FIGHT THE STIGMA

STOP IT AND START HEALING



