

CLINICIAN BURNOUT RESOURCES

Comprehensive Support Services and Resources to Combat Burnout and Enhance Wellbeing for UCI Health Co-Workers

INDIVIDUAL SUPPORT

Life Resources Program (LRP)

The **UCI Life Resources Program** is a free, voluntary, completely confidential employee assistance program available 24/7 in multiple formats to support all UCI and UCI Health employees, retirees, and their dependents provided by ComPsych GuidanceResources. Speak to a counselor/therapist or other mental health provider and get the first three sessions for free. Visit the **How to Access Life Resources web page** or call (844) 824-3273.

Faculty and Staff Support Services

Faculty and Staff Support Services provides oversight and coordination of faculty and staff mental health. This service provides assistance in navigating behavioral health resources and options, and helps identify what types of referrals would best suit the mental health needs. Consultations are private. Contact Dr. Shekarabi at nshekara@hs.uci.edu for more information.

Physician Coaching for UCI Faculty

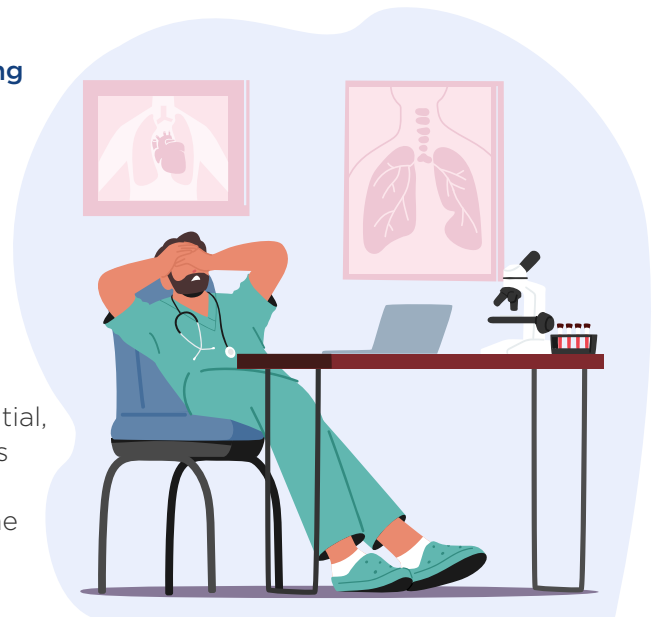
Each physician can receive three free **physician coaching sessions** with a board-certified coach. Areas of focus include: higher performance and self-confidence, improved relationships, better health and fitness, clarification of values and goal setting, and gaining valuable insights on how to think through difficult situations. View the **Physician Coaching program flyer** more information.

Wellbeing Check-ins

The Samueli Office of Wellbeing provides free, confidential, one-on-one **check-in support sessions** for all employees of UCI Health and UCI Campus. A wide range of topics can be discussed, and referrals can be provided. Visit the **Check-in web page** for more information.

Behavioral Health Benefits

UCI Health employees with employer sponsored medical plans have robust behavioral health coverage. Visit the **Behavioral Health Benefits web page** to identify your medical plan and search for a mental health provider who takes your insurance.



GROUP INTERVENTIONS

Life Resources Program (LRP)

The **UCI Life Resources Program**, provided by ComPsych GuidanceResources, provides critical incident debrief sessions led by trained professional counselors for teams to allow staff to process their emotions and reactions to an impactful situation or patient outcome. Contact the Life Resources Program at (844) 824-3273 to schedule a critical incident debrief session.



Faculty and Staff Support Services

Faculty and Staff Supports Services provides team-focused critical incident debrief sessions lead by a licensed clinical psychologist. Contact Dr. Shekarabi at nshekara@hs.uci.edu for more information.

Code Lavender

UCI Health Patient Experience offers **Code Lavender**, a holistic care rapid response, serving caregivers in need of intensive emotional or spiritual support. UCI Health employees may submit a support request by emailing codelavenderreq@hs.uci.edu.

TRAINING AND EDUCATION

Life Resources Program (LRP)

The **UCI Life Resources Program** provides a comprehensive menu of personal development and work/life workshops available through ComPsych GuidanceResources at no cost. Contact the Life Resources Program at (844) 824-3273 to schedule a team training.

Faculty and Staff Support Services

Faculty and Staff Support Services provides workshops and trainings for teams on a variety of topics, including: burnout, compassion fatigue, trauma-informed care, and other health and wellbeing topics. Trainings can be tailored and customized to the needs of the team. Contact Dr. Shekarabi at nshekara@hs.uci.edu for more information.

Wellbeing Grand Rounds

The Samuelli Office of Wellbeing organizes quarterly wellbeing grand rounds for UCI Health providers on issues that discuss and promote wellbeing. Visit the **Grand Rounds web page** for more information and to watch past grand round recordings.

PEER SUPPORT

Departmental Wellness Officers

The Samuelli Office of Wellbeing trains **department wellness officers** in the UCI School of Medicine to advocate for the needs of department faculty and to work on projects that will improve workflow efficiency and reduce burnout. The role of the department wellness officer is to share information about resources that are available to faculty and to study issues that are contributing to burnout within that department. Visit the **Wellness Officer web page** to learn more.

Faculty Peer Support Program

The School of Medicine **Faculty Peer Support Program** strives to proactively provide confidential support and resources when a peer has experienced an acute occupational event that has been stressful, such as an adverse event or a malpractice lawsuit. The program extends a casual offer of support through a phone call or a meeting to colleagues. Faculty, representing all professorial levels and multiple disciplines, have received formal training. To request peer support, email Dr. Anju Hurria at ahurria@hs.uci.edu or Dr. Jefferson Chen at jeffewc1@hs.uci.edu.

Schwartz Rounds

All healthcare providers are welcome to openly and honestly discuss social and emotional issues that arise in caring for patients. Attending Schwartz Rounds can help foster increased feelings of compassion toward others, greater insight into your responses and feelings, improved teamwork and interdisciplinary communication, and decreased feelings of stress and isolation. To learn more, contact Caitilin Heberer at caitlino@hs.uci.edu.

For additional questions regarding UCI Health Wellness resources, contact Dr. Negar Shekarabi at nshekara@hs.uci.edu or Kelly Shedd at kshedd@hs.uci.edu.