

Coping with COVID Employee Support 2020

CMC Presentation

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April 16, 2020



Washington University in St. Louis

SCHOOL OF MEDICINE

Coping with COVID

- As planning for COVID-19 evolved in mid-March, Psychiatry working in conjunction with Human Resources, developed a plan to provide mental health services and support to “front line” and all employees through the crisis.
- Plan was approved by Dr. Scheel as part of the Department’s “stepping up” and redeploying physicians/providers to help the institution deal with COVID-19
- The Employee Support Team was created to operationalize the plan.
- Lynn Dull, Applied Leadership and Cindy Smith facilitate the team.

Employee Support Team

Team Member	Department
Lynn Dull	Human Resources Applied Leadership
Jennifer Duncan, MD	GME Office & Pediatrics
Jessi Gold, MD	Psychiatry
Emily Mukherji, MD	Psychiatry
Joseph Pangelinan, PhD	Medicine, Cultural Awareness & Diversity
Amanda Pope	Human Resources Communications & Employee Engagement
Alison Rico, MSW,LCSW	Brown School of Social Work
Cynthia Rogers, MD	Child Psychiatry
Karen Sanders	Human Resources Applied Leadership
Cindy Smith	Psychiatry
Chuck Zorumski, MD	Psychiatry

Significant Contributors

Team Member	Department
Lena Jia	Medical Student
Jia Tan	Brown School Student
Margaret Duncan	Medical Student
Krista Jarvis, LPC	Psychiatry
Tara Tinnin, MSW	Psychiatry
Michelle Horwitz, LMSW	Psychiatry
Facilities Staff	Operations & Facilities Management
Sue Nickrent-McNurtry	Danforth Campus, Summer Programs & Conference Services
Greg Minner	Danforth Campus Dining Services & Residential Life
Peter Arscott	Knight Education Center
Emily Page	Human Resources Wellness

Coping with COVID – Employee Support Team

- Created WU website: Copingwithcovid.wustl.edu to showcase all Mental Health & Well Being Resources available to help support employees and manage your well being.
- Resources include:
 - WUEAP – Work-Life Solutions
 - UnitedHealthcare Behavioral Health Support
 - CopingwithCovid Hotline – Helping Our Own
 - Telehealth appointments
 - #WashUTogether Care and Connection Toolkit
 - Wellness Checks
 - Front Line Support ex: HR Service Center, Housekeeping IT Helpline, Facilities, etc.
 - Mindfulness Zoom Sessions
 - Zoom Support Groups
 - Library of App's for Self-Care

We're here for you.

Find wellness support to cope with COVID.



Call the **Coping with COVID Hotline** for in-the-moment emotional support
314-286-1700.



Zoom Support Groups and Skills-based Sessions
Join peers in group sessions, or learn about well-being topics such as navigating relationships and managing worry.



Work-Life Solutions, the university's employee assistance program, offers free, confidential, 24/7 support, resources and information for every aspect of your life. Employees receive five free counseling sessions.
Call 844-365-4587.



Mindfulness Zoom Sessions Join weekly virtual mindfulness care | sessions to reduce stress and move toward greater balance, control and peace of mind.



App's and Resources
Find well-being tools, online yoga and fitness, videos and more.

Visit copingwithcovid.wustl.edu.

Mental well-being resources for faculty, staff, postdoc's, fellows and residents.

Coping with COVID - Resources

WU Employee Assistance Program, (EAP) Work-Life Solutions, 844-365-4587

Counseling & Stress Management:

- WUEAP Work Life Solutions offers 5 free and confidential counseling sessions to employees
- Stress Management via telephone and Zoom meetings both individual and team based



Ongoing Training:

- COVID-19 Tool Kit sent electronically to all Washington University employees
- Skills based training sessions to strengthen employees in the midst of crisis



Coping with COVID - Resources

WU Employee Assistance Program, (EAP) Work-Life Solutions, 844-365-4587



Post COVID-19 Stress Management:

- Scheduled Stress management sessions
- Coping skills to strengthen and enhance emotional well-being post-crisis

Coping with COVID - Resources

Human Resources Applied Leadership

Four Applied Leadership Consultants available to managers for groups and one-on-one coaching via phone/Zoom:

- Coaching and giving feedback to your team
- Keeping your team engaged and motivated
- Communicating with your team
- Dealing with the special challenges of virtual / remote work

Email/call: Karen Sanders, Sr. Consultant with Applied Leadership, k.sanders@wustl.edu or 314-362-0874

Coping with COVID - Resources

WU Department of Psychiatry

Hotline:

- Coping with COVID Hotline for in-the-moment emotional support at **314-286-1700 option #1** staffed by Psychiatry.
- Staffed by on-call clinicians in Psychiatry, M-F - 8:00am – 7:00pm M-F.

Zoom Support Groups & Skills-based Session:

- Weekly groups available various days/times/topics
 - Quarantine Support
 - Frontline Support
 - Integrated Wellness
 - Staying Connected
 - Managing Worry

Coping with COVID - Resources

Zoom Group	Day	Time	Facilitator
Quarantine Support Group	Monday	10-11am	Krista Jarvis, LPC
Frontline Support Group	Monday	4-5pm	Eric Spiegel, MD
Coffee & Questions: Ask the Expert	Tuesday	8-9am	Jessi Gold, MD
Frontline Support Group	Tuesday	1-2pm	Emily Mukherji, MD
Integrated Wellness	Wednesday	2-3pm	Tara Tinnin, MSW

Coping with COVID - Resources

Zoom Group	Day	Time	Facilitator
Staying Connected: Navigating close Relationships Through Tough Times	Thursday	3-4pm	Krista Jarvis, LPC
Frontline Support Group	Friday	10-11am	Krista Jarvis, LPC
Inside Out: Creative Expression Despite Uncertainty	Friday	12-1pm	Michelle Horwitz, LMSW
Managing Worry	Friday	1-1:30pm	Krista Jarvis, LPC

Coping with COVID - Resources

WU Department of Psychiatry

Mental Health Resources:

- 1:1 Telehealth visits with a department clinician
 - Wellness checks as necessary prior to 1st appointment
 - Mental Health and Therapy/Counseling services available
 - COVIDHotline: **314-286-1700, option#1**
- Expanded capacity of clinicians available to all employees

Coping with COVID - Resources

Brown School of Social Work

- Wellness Checks for Hotline callers needing mental health services
- Additional counselors/therapists via local Alumni network
- Training and Managing students in conjunction with Tara Tinnin, Psychiatry

Coping with COVID - Resources

**BJC Employee Assistance Program, (EAP),
314-747-7490**

- BJC Employee Support line available 8am – Midnight, Monday through Friday
- Online resources available: www.bjceap.com

How can we support you?