

March 4th Huddle Update: Well-Being of our UW Medicine Community

Dear UW Medicine Healthcare Team,

Our teams have done an outstanding job of mobilizing to support the community and region as we prepare to face challenges associated with the spread and treatment of COVID-19. We thank each of you for the work you do to care for our community members each and every day. We also want to acknowledge the stress, fear, anxiety and other complex emotions that come with the work we do at the front lines of caring amidst an unknown, ambiguous and evolving landscape.

As part of our continued focus on well-being, we have our [Peer Support Program](#) in place with supporters ready to connect in-person or virtually with UW Medicine community members who want to talk through how they are feeling.

In the weeks to come, we will hold Peer Support drop-in sessions in person as well as virtually via Zoom to give you an opportunity to connect with others in our community. We are also partnering with our Department of Psychiatry to offer additional resources for our healthcare team. For leaders within UW Medicine, we are available to help support you as you think of ways to take care of your team.

To best open lines of communication across our UW Medicine community, we will be organizing a Zoom-based town hall in the near future to allow us to hear the needs and concerns of folks across our institution.

We would like to echo UW President Ana Mari Cauce's message, "Our common humanity calls on us now to offer support, empathy and understanding to those most affected by this virus. All of us, as individuals and as a community, are responsible for treating each other with kindness and empathy. We are best equipped to deal with any threat to health when we work together." [Click here](#) to connect with the UW's broader supports and information about COVID-19.

We care about the health and well-being of each of you and together we can support the resilience of our community as we address the emerging health threats of COVID-19. Please take good care of yourselves and one another during this time. Know that if you find yourself struggling with the challenges of providing care

or events in the community, we want you to reach out and connect with us and one another.

With great appreciation for all that you do,

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