

March 9th UW Medicine Huddle Well-Being Update – Message from Drs. Anne Browning and Trish Kritek

Thank you all for the unprecedented collaboration and creativity you are showing as we develop ways to best support our patients, community and each other in the face of the COVID-19.

Below are several ongoing efforts to provide support to our healthcare teams and their families during these challenging times. Many of the ideas come from folks taking care of patients with whom we have been talking over the last week. Thank you for your ongoing insights and recommendations. We know you are receiving a lot of communications. Here are the quick takeaways with additional information below. We have also put these resources together on our [faculty website](#).

- **Peer Support** for yourself or to make a referral: <https://faculty.uwmedicine.org/p2p/>
- **Group Peer Support discussion** via Zoom, Tuesday 4 to 5 pm: <https://gbhi.zoom.us/j/617972378>
- **Group Peer Support discussion for spouses and partners**, Thursday 10 to 11am: <https://gbhi.zoom.us/j/798370879>
- **Childcare supports** and access amid school closures is a top priority. Backup care is available through the UW: <https://hr.uw.edu/child-care/backup-and-sick-child-care/>
- **Carelink** for immediate assistance and consultation 24/7: 866-598-3978
- Share your own [55 word story](#) on how COVID-19 has affected you
- **Well-Being Town Hall**, Friday. Details to follow

Peer Support: We have ramped up our Peer Supporter network and will be able to offer virtual Peer Support session using zoom and other technologies. We know the stress, anxiety and exhaustion that comes with caring for folks during this time of uncertainty and knowing that we are all in this together. Please reach out through our [Peer to Peer Program](#).

In addition to our one-on-one Peer Support, we will be offering group Peer Support discussions via zoom. The format for these sessions will be open conversations with all comers moderated by several of our Peer Supporters. Our first **Peer Support drop-in session will take place 4 to 5 p.m. on Tuesday March 10:** <https://gbhi.zoom.us/j/617972378>; Meeting ID: 617 972 378. All members of our healthcare teams are welcome to attend.

We recognize that this is a challenging time for families as well. We will hold an additional **Peer Support drop-in session via Zoom for partners and spouses Thursday from 10 to 11 a.m.:** <https://gbhi.zoom.us/j/798370879>; Meeting ID: 798

370 879. Our hope is that this will allow an opportunity to listen and answer questions from these essential members of our team.

Childcare: For many folks with children, a primary concern is the potential loss of childcare and day-time child supports as we anticipate more school closures in the coming weeks. We share your concern and realize that this will impact our workforce's ability to perform clinical care and have downtime when away from work. We have a team from across the University of Washington compiling and expanding resources to best support parents and caregivers in our workforce. We will leverage creative ways to draw on the strengths of our broader community to support access to childcare in the eventuality of additional closures. For now, we recommend that parents connect with other families in their schools and neighborhoods to set up shared care plans if possible. Back up child care is available through the UW on a first come first serve basis: <https://hr.uw.edu/child-care/backup-and-sick-child-care/>. **We will have a separate communication about additional options soon.**

Acknowledging the Challenges: For providers and family members who would like immediate help, please contact our Faculty and Staff Assistance Program: [Carelink](#) which provides consultation and triage support. Free counseling or a session with a Critical Incident Counselor is available within 24 hours. Call 866.598.3978 to set up in-person or over-the-phone counseling at a date and time that works for you.

Sharing our experiences in healthcare, especially during intense, emotional or stressful times increases our connectedness and well-being. Hearing stories from others helps us know we are not alone and strengthens our community. The authenticity, compassion, creativity and bravery of our colleagues helps us access our own emotions and helps us carry on.

If you are interested in sharing a short reflection (55 words or fewer) about how the COVID-19 outbreak has impacted you to understand, appreciate or process something about the impact, response, or practice of medicine and healthcare at this moment, please use our [Catalyst submission form](#). We invite all members of the healthcare team to contribute across all professions and roles. Please feel free to share with a colleague.

Town Halls: Lastly, we want to provide access to folks on the front lines to share their concerns and needs regarding their health and well-being with our leadership. We will host a well-being focused town hall on **Friday, March 13**. Please check your

local medical center or practice location communications for updates on local town halls throughout the week.

In a time of great challenge, it has been inspiring to witness the coming together of our community. We have been in awe of the sacrifices and courage of our team members in the units supporting patients with COVID-19 as well as those who are caring for all the other patients in our system, those working with high risk patients and navigating their treatment in ongoing innovative ways, our community members working to build reliable testing for the virus as well as already working on a future vaccine, and our leaders who are tirelessly building the foundation we need to face the marathon ahead. We are grateful for our entire UW Medicine community. Please feel free to reach out to any of us directly if you have questions, concerns and suggestions regarding how we can best support our community well-being.

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