

DEPARTMENT OR UNIT	TITLE	DESCRIPTION
UW Lopez Primary Care Clinic	Lopez Clinic Breakroom/Quiet Room Upgrade	This is very exciting! I'm confident we can revamp our small space to be more comfortable and organized for staff lunch and rest periods. We were hoping to replace some of the cutlery items with a matching set, update our table and chairs and perhaps some paint and artwork. Staff are going to be very excited!
Department of Psychiatry and Behavioral Sciences	Team Building and Wellness for Integrated Behavioral Health Teams	The Behavioral Health Integration Program (BHIP) consists of a team of social workers, psychiatric providers and social work assistants that provide specialty mental health services within the UW Primary Care network. The goal of our project is to support our BHIP providers by creating a Wellness meeting series, that would focus on improving the physical, emotional, and mental health of our team, through various educational/wellness topics and team building activities. This would allow our team to come together and strengthen our interpersonal relationships and sense of community while building a culture of well-being to hopefully reduce burn-out. Through this meeting series we aim to improve individual self-care, work-life balance, and job satisfaction, which will hopefully lead to retention of highly valued clinical care team members. Additionally, the knowledge gained from these meetings could have additional benefits for their clinical practice, as these providers regularly address the topics of self-care and well-being as a part of their efforts to improve the mental health of their patients.
UWPC Shoreline	Break room enhancement - Shoreline	We would use the funds to focus on the existing break-room, upgrading the furniture and furnishings to create a functional and comfortable space for staff to prepare meals and snacks during breaks.
UWPC Northgate	Well Being Retreat	We are thrilled to have this \$1,500 to apply towards our team retreat which will have a focus on self-care, resiliency and well-being. We typically have a ½ day retreat but this year will be aiming for a whole day and are really looking forward to a day of learning and fun.
UWMPC Fremont	Breakroom Well-Being Grant	This breakroom refresh will create a well-being and restoring space for our providers and staff to step away in between patient care. Our clinics are in the community and not in a building that has a cafeteria, coffee shop, lounge or other places to restore/take a break. We have a break room that we would like to refresh to create a well-being space that will help our teams rest, rejuvenate, and engage in a calming environment with each other. Having an inviting space will help our teams build a sense of community.
UWPC Ravenna	UWPC Ravenna Wellness Grant	We have two break areas for staff since we have a large clinic. We plan on using the funds for much needed replacements for our donated appliances and a table in which we can relocate our coffee machine and products. Any money we have left over, we will use to reupholster the much-loved armchairs in our break area.
Kent/Des Moines Primary Care	UWPC KDM Wellbeing Grant/ Breakroom	UWPC KDM will use the funding to enhance our breakroom with new furniture and signage. When staff takes their breaks and lunches, they will have a space where they can relax and unwind for a moment. Also, creating a space for some self-care like reading, meditation while they are at work.

UWPC Woodinville	Project Rest, Refresh & Lactation Support	UWPC Woodinville is excited to utilize the \$1000 grant to repurpose a small, unused space and create a Lactation support room. We plan to purchase a comfortable chair, small side table, door window covering, and white noise machine to create a peaceful environment that promotes privacy and disconnect from the busy pace of clinic. When not in use for lactation needs, the space will be available for use as a mindfulness/meditation room for team members. With prudent use of the generous grant funds, we also hope to replace an outdated, well-used appliance with a newer, safer and more efficient air fryer/toaster oven combination for all team members to enjoy using on their rest and lunch breaks.
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