

# UW Medicine

## UW Medicine Well-Being Grants Details

**We are excited to announce our second year of UW Medicine Well-Being Grants** aimed at improving the workplace and learning environment for our community. This program is made possible thanks to a generous donation of \$250,000 to support the well-being of our community. The grants will support impactful activities, programming, projects and / or applied research that aligns with the following goals of our well-being work:

- **Community Building** – strengthening connection, collaboration, gratitude, and appreciation across UW Medicine, while also fostering a culture of diversity, equity, and inclusion
  - recognition or appreciation events, interventions targeting rebuilding interpersonal relationships, creative arts activities, group activities targeting physical, emotional, or mental health
- **Enhanced Workflow** – streamlining processes and communication channels to make the work easier for our teams.
  - process improvements, interventions to improve scheduling, Epic optimization interventions, creation of leave / vacation coverage systems
- **Culture of well-being** – fostering authentic leadership, supportive structures, personal and professional development, and ensuring physical and psychological safety, to integrate well-being into the core of who we are and how we operate
  - trauma informed leadership trainings, targeted mentorship programs, unit/departmental well-being programming, self-care circles, healing through art, restorative practices

**All faculty, staff, and trainees** from across UW Medicine (inclusive of administrative, clinical, education and research areas) are encouraged to apply for grants to fund activities, projects, process improvements that directly support the above stated goals. Since our grants are for employees, students can collaborate on grant programming, but they cannot serve as a lead applicant for a grant.

**Applications for well-being grants will open on October 29<sup>th</sup>, 2024 and close on December 10<sup>th</sup>, 2024.** Recipients will be notified in the Spring of 2025.

Award amounts will range from \$500 to \$5000. We will be able to distribute over \$250,000 in grant funding to support outstanding proposals. Funds will be distributed to a budget managed by the recipient's work unit.

Projects must be completed by March 30<sup>th</sup>, 2026. Funded projects teams must submit a final report within 60 days of the project's conclusion that:

1. List supported activities;

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2. Describe evaluation results and what was learned from the project;
3. Describe recommendations for improvement of the project;
4. Describe next steps and potential for continuation;
5. Account for the project funds

## ***Funding Guidelines***

- Funds cannot be used as salary or compensation for UW employees
- Funds will be distributed through UW employees home units or departments, not to individuals
- Food is acceptable if consistent with UW policies and guidelines (purchase of alcohol is never permitted)
- Funds should only be used toward what is specifically outlined in budget proposals

## ***Selection Process***

A Grants Review Committee will review each application. The committee consists of members representing groups across UW Medicine. Proposals will be judged on:

1. Alignment with Initiative Goals
2. Quality of Concept/Idea
3. Impact on the UW Medicine Community
4. Reflects a Response to Well-Being Data
5. Uniqueness & Creativity

## ***Informational Sessions***

If you have questions and would like to speak directly to our well-being team, informational sessions will be held over Zoom on:

Thursday, Nov. 14<sup>th</sup> 2024 from 1:00pm – 2:00pm

Join Zoom Meeting:

<https://washington.zoom.us/j/91791613311?pwd=M1XdESaP82h973Mdh5RztbmPUIfXTz.1&from=addon>

Meeting ID: 917 9161 3311

Passcode: 933168

Dial by your location

- +1 253 215 8782 US (Tacoma)
- +1 206 337 9723 US (Seattle)

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Tuesday, Dec. 3<sup>rd</sup> 2024, from 12:00pm – 1:00pm

Join Zoom Meeting:

<https://washington.zoom.us/j/95194912183?pwd=0DEmywHlKiyzKlK2S54pYmUVZdNLbG.1&from=addon>

Meeting ID: 951 9491 2183

Passcode: 396313

Dial by your location

- +1 253 215 8782 US (Tacoma)
- +1 206 337 9723 US (Seattle)

## How to Apply

**Submit an application via Qualtrics at the following link:**

[https://uwsom.sjc1.qualtrics.com/jfe/form/SV\\_0D8dOAcA6Kk1AbQ](https://uwsom.sjc1.qualtrics.com/jfe/form/SV_0D8dOAcA6Kk1AbQ)

The following will be asked to be provided in your project proposal:

1. Brief background describing the need your proposed project will address
2. Brief description of your proposed project, including clearly delineated goals or aims
3. Brief description of how you will evaluate whether or not your project met its intended goals
4. Statement on how your project aligns with the well-being goals and how it will impact the UW Medicine community
5. Detailed budget proposal on how the funds will be used. Please include a description of matching funds and / or any additional funds to support your project as applicable.

Email [uwm-wellbeing@uw.edu](mailto:uwm-wellbeing@uw.edu) with any questions.

<https://faculty.uwmedicine.org/wb-grants/>