

Managing Adversity in the Medical Environment:

Developing a Program for Medical Team Mental Health and Wellness Needs
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Utilization (January 2019 – July 2020)

Introduction

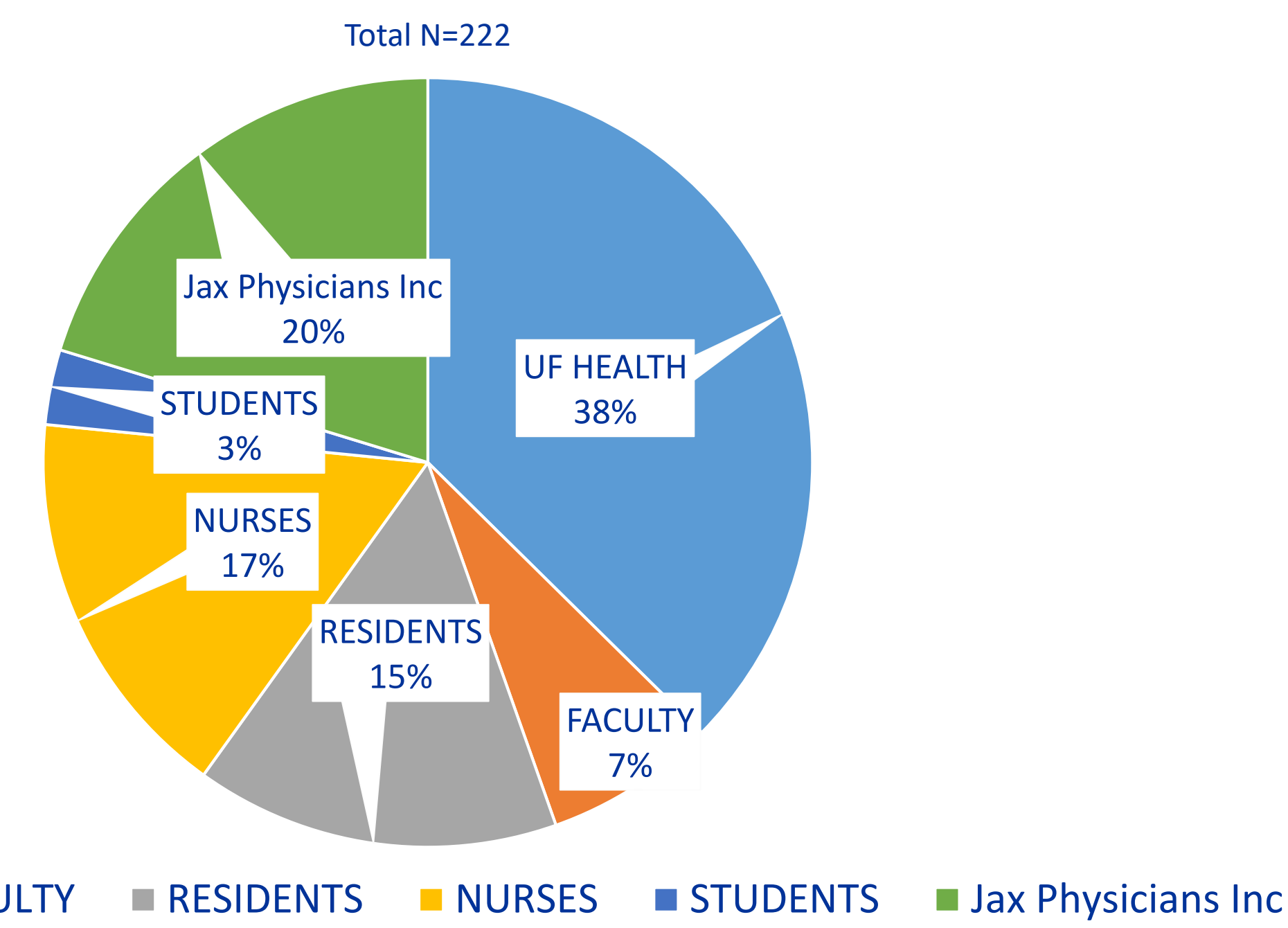
- Burnout rates between 45-54% among physicians ,
- Healthcare professionals experiencing increased:
 - disengagement
 - compassion fatigue
 - depression
 - suicide.
- Barriers to seeking self-care include:
 - time constraints
 - treatment cost
 - concerns about confidentiality
 - perceived stigma
 - uncertainty about efficacy
 - Problems maintaining license/hospital privileges

The University of Florida-Jacksonville developed the Center for Healthy Minds and Practice (CHaMP) to provide mental health and wellness opportunities to all local employees from the University and Hospital.

Goal/Mission Statement

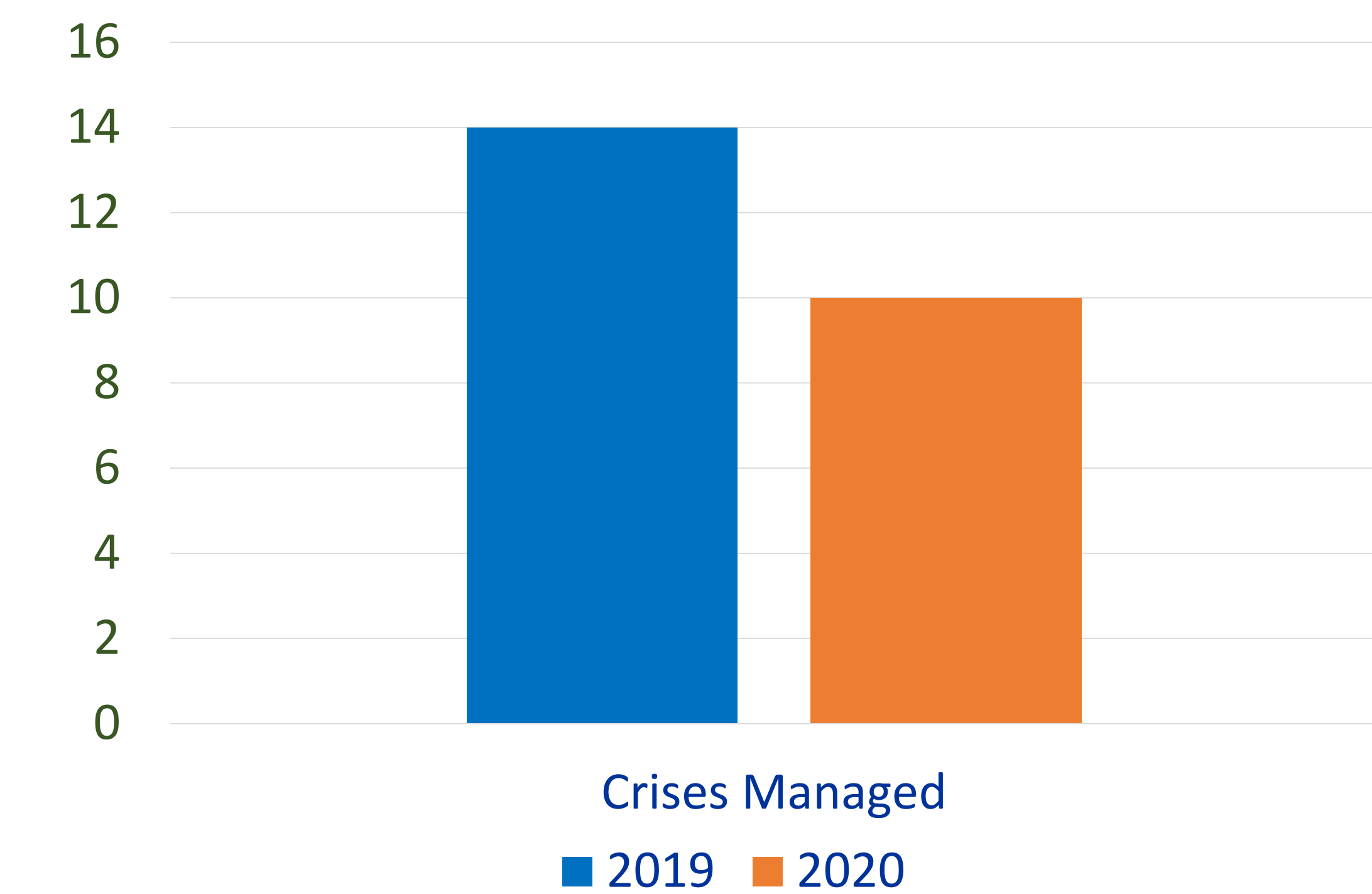
The goal of CHaMP is to promote wellness, employee engagement, and resilience among all employees at UF Health- Jacksonville through prevention programs, educational outreach, program evaluation, and comprehensive mental/behavioral health programs designed to serve the unique needs of health care providers and employees.

Mental Health Participation
 N=222



Note. UF Health refers to non-nursing hospital staff, including laundry, security, hospital administration, etc.
 Jax Physicians Inc. refers to practice plan employees, including physician extenders, billing group, administration, support staff, etc.

On-Site Crisis Management



Peer Support Network

(Funded by Martin W. Smith Interdisciplinary Patient Safety Awards Program)

What is Peer Support?

Peer support occurs when people provide knowledge, experience, and emotional, social and practical help to each other.

Peer support is not intended to be a replacement for existing services or professional roles, but is designed to complement them. Peer supporters are people with personal experience of our work setting who are trained to work in a formalized role in support of others.

BENEFITS:

- Break down isolation
- Reduce stress in the workplace
- Help maintain or reduce Anxiety/Depression to workable level
- Increase awareness
- Access to programs and services surrounding Well-being
- Decrease callouts/sick time
- Provide a safe haven for peers to interact

SESSION HOURS BY MONTH

