

RESILIENCY RESOURCES



Saint Alphonsus is committed to increasing organizational and personal resiliency and well-being. We want all colleagues and providers to be connected to meaning and purpose and equipped with tools to aid their journey. Our approach to this is to be proactive in addressing organizational barriers to resiliency and well-being.

RESOURCES:

Supporting Each Other Program

Saint Alphonsus has a menu of activities that promotes stress prevention and stress relief. Examples of some of those activities include:

- **Provider Peer Support:**
Trained clinician peers will do confidential outreach for providers encountering stressful events.
- **Pet Therapy:**
Saint Alphonsus pet therapy animals will visit teams for therapeutic petting and snuggling.
- **Massage Therapy:**
Massage therapists from our Family Center can be scheduled to bring a massage chair for staff.
- **Mindfulness Activities:**
Delivering a mindfulness event for teams during a meeting.
- **Schwartz Rounds:**
Provides teams an opportunity to schedule time to openly and honestly discuss the social and emotional issues they face in their sacred work.
- **Critical Incident Debrief Support:**
Includes debriefing support needed after critical incidents. Organized through Mission Integration, Chaplaincy and the Employee Assistance Program (EAP).
- **Provider Resiliency Retreats:**
Cohorts that provide skills to better manage well-being and to build relationships across our organization.

Live Your Whole Life Program

A wellness program tailored to help you achieve your wellness goals. The program offers a variety of well-being opportunities at no cost to our employees. Examples include:

- Success Factors
- Lifesteps Weight Management Program
- Mindfulness Based Stress Reduction Class
- Health Screenings
- Farm Fresh to You Program
- Much more!

Burnout Bandits – The Resilience League:

The Burnout Bandits commit to helping colleagues keep resiliency top of mind and provide resiliency resources to prevent burnout, promote culture change, and meet the challenges of providing healthcare in a complex and changing environment.



For more information on these programs and other resiliency programs we offer contact:

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