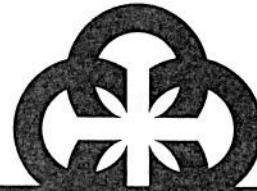


— Request Form —



Supporting Each Other

Date:

Department:

Specific Address/Location:

Manager/Contact Person:

Phone:

Requested services: Circle selection

Debriefing

Mindfulness activities

Chair Massages

Pet Therapy

Counselor-facilitated group conversations

Schwartz Rounds-On The Go

In-House Retreat

EMDR (individually schedule with EAP)

Other:

Number of staff to be served:

Best days/times to provide service:

Why is this Service Needed? Circle selection

Stress Prevention

Response to Stress Event

Stress Relief

Other:

Other Details We May Need To Know:

*Submit completed form to: bohs-supportingeachother@saintalphonus.org

For a menu with detailed description of services please see the reverse page or go to the Intranet at <https://sahs.me/35>.

Activities for Stress Prevention, Stress Relief, and Response to Stress Events

Provider Peer-Support Program

Trained clinician peers will do confidential outreach for providers encountering stressful events.

Pet Therapy

Saint Alphonsus pet therapy animals will visit* your teams for therapeutic petting and snuggling.

Massage Therapy

Massage therapists from the Family Center can be scheduled to bring a massage chair for rotating breaks for your staff.

Mindfulness Activities

Options include delivering a mindfulness event for your team during a meeting or trial a new iPad option for innovative mindfulness support during colleague breaks.

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. This includes food for the events as well.

Debrief Support

Current Resources include debriefing support organized through Mission Integration, Chaplaincy and Employee Assistance Program (EAP)

Retreats In-House

Culture-Change-Engagement Facilitators can lead your team in a brief and meaningful resiliency retreat during a meeting or other event.

Healing Touch

Practitioners provide the Healing Touch drop-in clinic every second Tuesday of the month, from 5-8 pm in Coughlin rooms.

Counselor-facilitated Group Resiliency Conversations

EAP counselors can help customize and facilitate resiliency conversations for teams.

EMDR

Eye Movement Desensitization Therapy is available for individuals who schedule with EAP as appropriate.

Music Therapy

Join us in the cafe for live music during the lunch hour throughout the week.

*Pet therapy policy will be followed.