

NWP Wellness Playbook

NWP Wellness

Emotional Resources:

E-gratitude cards - There is not enough time in everyone's day to think about how to say thank you. The wellness team is here to help with gratitude e-cards/ messages/ for our colleagues that are most impacted by all the changes due to COVID 19. <http://www.nwpwellness.org/e-gratitude-note.html>

Embracing Your Path to Mindfulness – Mindfulness is an increasingly recognized relevant science, an attainable ability, and an integral part of personal wellness. Embracing Your Path to Mindfulness skills and experience to bring mindfulness forward in individuals' professional and personal lives.

Peer Support Program – Peer support occurs when people share knowledge, experience, as well as emotional, social and/or practical help with each other. "Peer Support" commonly refers to an initiative consisting of trained support and can take several forms such as peer mentoring, listening and resource allocation. Trained peer supporters provide one on one crisis intervention and peer supporter mentoring. <http://www.nwpwellness.org/peer-support-training.html>

Written Emotional Disclosure - Written emotional disclosure (WED) is an evidence-based approach in which individuals write about their thoughts and feelings regarding an experience. Research has consistently shown that WED is associated with a number of psychological and physical health benefits as well as reducing the effects of PTSD. <http://www.nwpwellness.org/written-emotional-disclosure.html>

Communication, Purpose, Relationships: CPR for Your Career – With the risk of burnout reaching epidemic proportions, evidence suggests that fostering communication skills and relationships at work can help reduce that risk. The intention of this program is to invite dialogue and reinforce skills that deepen professional, personal, and interpersonal resilience.

Nutritional Resources:

Cook With What You Have - Cook With What You Have (CWWYH) is an online recipe platform for delicious, quick, everyday meals using fresh produce and pantry staples. Vegetables take center stage but there are recipes for a wide variety of tastes and preferences.

<https://www.cookwithwhatyouhave.com/nw-permanente/>

Rouxbe - Rouxbe is an online culinary school that offers students a guided-path through instructional lesson content, practice recipes, exercises, and additional learning modules. Their mission is to teach the world to cook—the right way. <http://www.nwpwellness.org/rouxbe.html>

Other Resources:

PermPod - Northwest Permanente (NWP) Perm Pod is a podcast that is designed to educate, inform and inspire employees. The podcast launches new episodes each month and covers a variety of topics such as professional/leadership development, wellness, mindfulness, and corporate initiatives to improve social determinants of health. <http://www.nwpwellness.org/perm-pod.html>

Virtual Book Club – The purpose of the NWP virtual book club is the opportunity to connect with colleagues, while exploring topics relevant to medical practice and professional development. Please reach out to Megan Sprague, megan.k.sprague@kp.org for more information.

Wellness Guides – Wellness guides are in place to most clinics and departments to help 'guide' colleagues along their wellness journey.

Wellness Passport – NWP's Wellness Passport is an online incentivized program that encourages and rewards employees to take intentional action in multiple domains of wellness. Each quarter the passport targets five of the eight domains of wellness and changes each season with new activities. <http://www.nwpwellness.org/wellness-passport.html>

NWP Wellness Website – www.nwpwellness.org

Permanente Advocate Resource (PAR)

A key resource available to our employees is the Permanente Advocate Resource (PAR). PAR is charged with identifying and evaluating issues that Northwest Permanente and Permanente Dental Associates (PDA) professionals may have related to their psychological health, well-being, or impairment. Contact PAR at 503-535-1461

Mental Health

365 Podcast - Han Liang, MD, and Pavan Somusetty, MD, discuss with Dr. Imelda Dacones what mental health needs they're seeing in the wake of COVID-19. <http://nwp.or.kp.org/365-days/>

Connection to KP Digital Health Tools - KP has two primary digital health resources available to all members that can be provided without provider authorization. The first tool, MyStrength, is a digital therapeutic that uses Cognitive Behavioral Therapy (CBT) interactions to assist members manage symptoms of anxiety, depression, stress, and substance use that may be problematic. The second tool, self-care tools, include informational articles, blogs, and tools to manage stress, as well as common symptoms stemming from behavioral health conditions. Both tools are available on KP.org.

1. Self-care tools provide members essential information on symptoms or signs of stress they have, as well as how to better cope. Members can access self-care tools online without logging in by going to: www.kp.org/wellnessresources.

National Help and Hotlines

1. Disaster Distress Helpline (24/7) 1-800-985-5990 TTY 1-800-846-8517
2. Suicide Prevention Lifeline (24/7) 1-800-273-8255 TTY 800-799-4889
3. Spanish Suicide Prevention Line (24/7) 1-888-628-9454

4. Eldercare Locator 1-800-677-1116 Services for older adults and their families.
5. SAMHSA's Treatment Referral Line (24/7) 1-800-662-4357
6. National Domestic Violence Hotline 1-800-799-7233

Public, Free Virtual Resources - An important aspect of coping with disaster stress and effectively managing a behavioral health conditions is receiving ongoing social support. Often times, peer support and having support groups plays a pivotal role in managing not only stress, but symptoms that come about from having a behavioral health condition. Readily available public, free support resources are on the internet through different technologies, such as Zoom, Facebook, and the alike. Below are few resources available to patients' with the most common behavioral health conditions seen in KP patients, including:

1. AA meetings: https://www.aa.org/pages/en_US/options-for-meeting-online
2. Anxiety and Depression support groups: <https://adaa.org/adaa-online-support-group>
3. Support groups for varied concerns: <https://www.supportgroupscentral.com/index.cfm#anc1>
4. Mental Health America Support Groups: <https://www.inspire.com/groups/mental-health-america/>

Outside Resources

Calm App – Calm is the top-rated app for meditation and sleep — designed to help lower stress, reduce anxiety, and more. Kaiser Permanente members can now access all the great features of Calm at no cost. <http://www.kp.org/selfcareapps>

Decompress Podcast – A mini-podcast trying to answer the question of “What Should We Be Doing to Sustain Ourselves” <https://www.decompress.how/>

Disaster Distress Helpline - Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Headspace App - <https://www.headspace.com/health-covid-19>

Oregon Psychiatric Access Line - <https://www.ohsu.edu/school-of-medicine/child-and-adolescent-psychiatry/oregon-psychiatric-access-line>

Oregon Wellness Program - <https://oregonwellnessprogram.org/>

Physician Support Line - A national network of mental health workers who provide support for physicians. Free & Confidential. No appointment necessary. <https://www.physiciansupportline.com/>

Tri-county Area Specific Resources - <https://multco.us/novel-coronavirus-covid-19/news/coping-anxiety-during-covid-19>