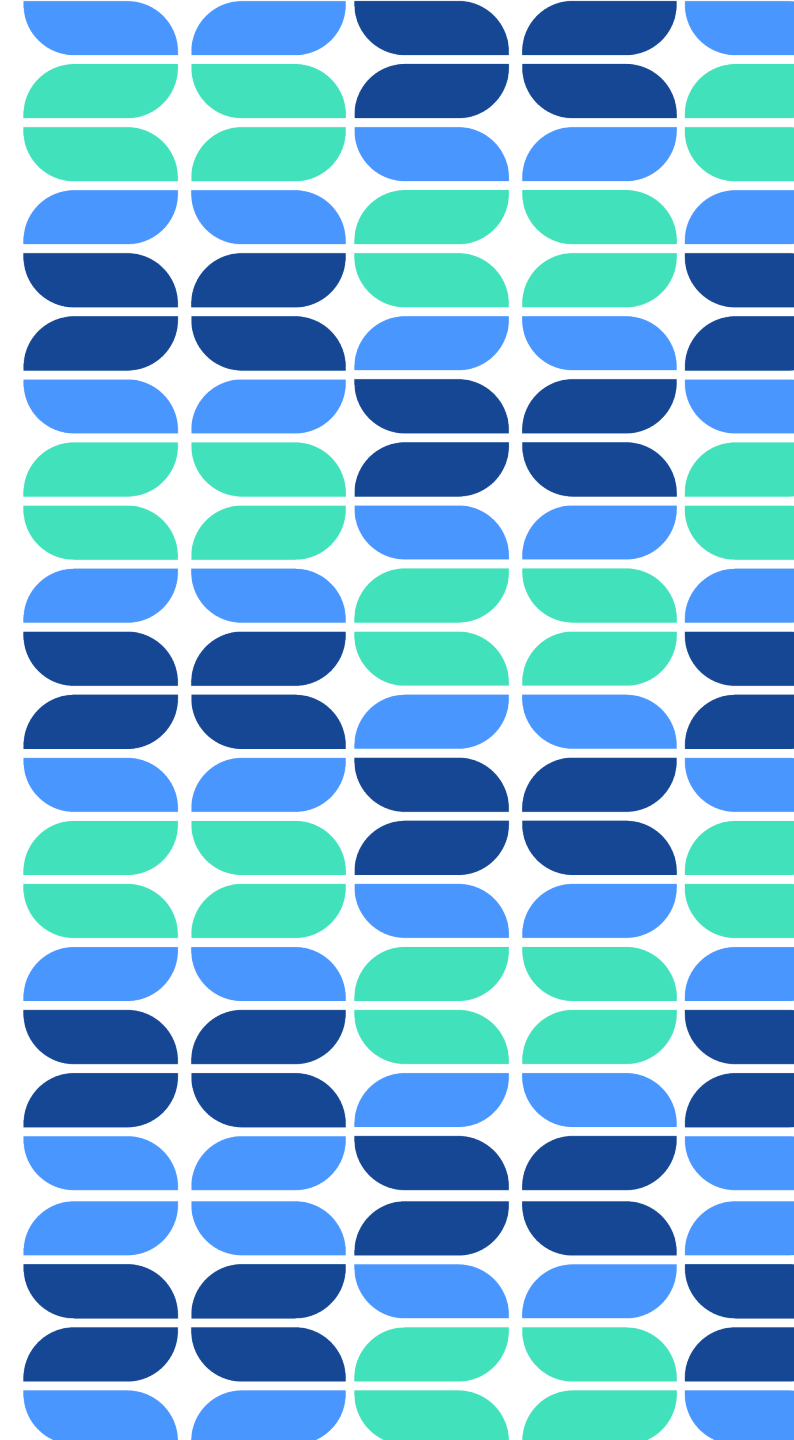




Wellbeing in Action: Peer Sharing and Program Wrap-Up

MAY 30, 12-1PM

[Recording](#)



Housekeeping



Chat in questions at any time or unmute during the discussion



You're welcome to turn on your video for this session



Make sure your Zoom name includes your organization



The meeting will be recorded for those who cannot attend

Agenda

Welcome & Program Reminders

Amanda Clarke
SNI

Contra Costa Health Wellness
Contra Costa Health Services

Brian Johnson, MD
Director, Family Medicine Residency

Arlene Trimble
Asst. IT Director, Project Management

Sonia Sutherland, MD
Medical Director, Detention Health

Kristin Moeller, MD
Director, Family Medicine Residency

Operation Uplift & TakemyHand: Peer Supporting Staff and Community
Riverside University Health System

Shannon McCleery-Hooper
Deputy Director, Peer Support Services

Wrap-Up

Amanda

SNI Wellbeing Wrap Up: Contra Costa Health Wellness

April 2023



<https://cchealth.org/wellness/>
CCHSWellness@cchealth.org

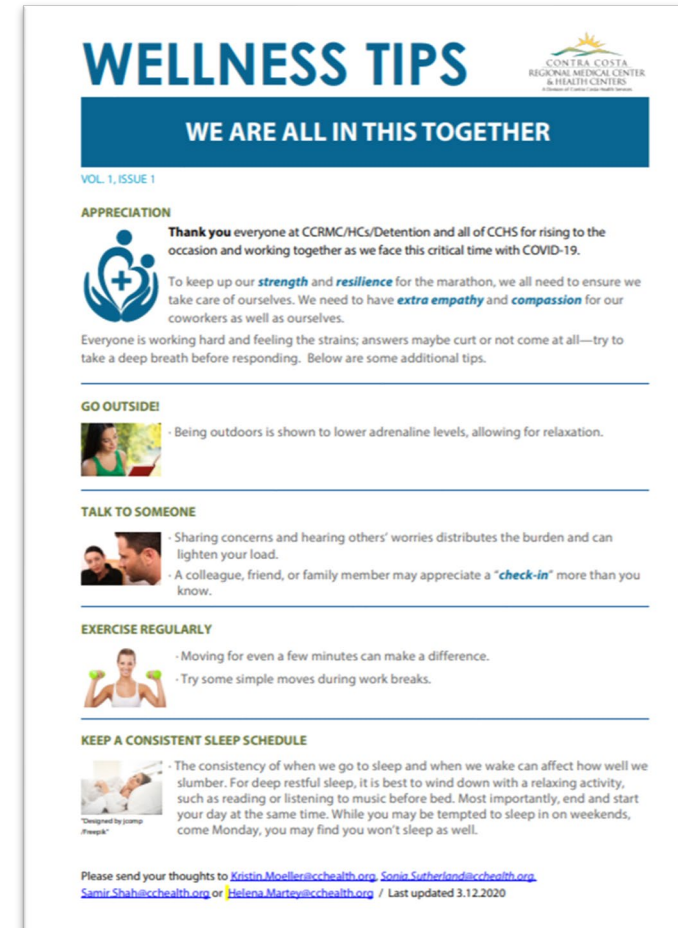




CONTRA COSTA
HEALTH SERVICES

On Wednesday, March 11, the World Health Organization held a media briefing to declare the COVID-19 outbreak a global pandemic.
Life as we knew it changed....

On March 16, 2020, 3 days after the California Schools were closed by the Governor's Executive order...

CCHS Wellness Team Launched
1st Issue




WELLNESS TIPS 

WE ARE ALL IN THIS TOGETHER

VOL. 1, ISSUE 1


APPRECIATION

 **Thank you** everyone at CCRMC/HCs/Detention and all of CCHS for rising to the occasion and working together as we face this critical time with COVID-19.


To keep up our **strength** and **resilience** for the marathon, we all need to ensure we take care of ourselves. We need to have **extra empathy** and **compassion** for our coworkers as well as ourselves.

Everyone is working hard and feeling the strains; answers maybe curt or not come at all—try to take a deep breath before responding. Below are some additional tips.


GO OUTSIDE!

 - Being outdoors is shown to lower adrenaline levels, allowing for relaxation.


TALK TO SOMEONE

 - Sharing concerns and hearing others' worries distributes the burden and can lighten your load.
- A colleague, friend, or family member may appreciate a **"check-in"** more than you know.

EXERCISE REGULARLY

 - Moving for even a few minutes can make a difference.
- Try some simple moves during work breaks.

KEEP A CONSISTENT SLEEP SCHEDULE

 - The consistency of when we go to sleep and when we wake can affect how well we slumber. For deep restful sleep, it is best to wind down with a relaxing activity, such as reading or listening to music before bed. Most importantly, end and start your day at the same time. While you may be tempted to sleep in on weekends, come Monday, you may find you won't sleep as well.

*Designed by Joann Prewitt

Please send your thoughts to Kristin.Moeller@cchealth.org Sonix.Sutherland@cchealth.org, Samir.Shah@cchealth.org or Heiena.Martey@cchealth.org / Last updated 3.12.2020



CCHS WELLNESS TEAM

OUR SCOPE

01

CCHS Wellness is a group of CCHS employees interested in supporting the wellbeing of the CCHS community since March 2020. We started our wellness campaign as a *grassroots* initiative so our staff can readily access a wide variety of wellness practices.

02

We curate and coordinate resources and *crowdsourced* content through email, weblinks, screensavers, reminders, live broadcasts, and public facing website to support well-being and resilience within our community based on *data-driven* feedback from staff. Staff Engagement is Key.

CCHS WELLNESS TEAM MEMBERS

- Samir **Shah**, MD, Lead
- Priscilla **Aguirre**
- Amanda **Dold**
- Luz **Gomez**
- Will **Harper**
- Brian **Johnson**, MD
- Helena **Martey**
- Kristin **Moeller**, MD
- Renee **Nunez**
- Alan **Siegel**, MD
- Alvin **Silva**
- Sonia **Sutherland**, MD
- Arlene **Trimble**
- Emily **Warming**

OUR VALUE PROPOSITION: WHAT MAKES US DIFFERENT

Grassroots-based with strong crowd-sourced content from our staff and solid cultural/identity recognition wellness focus



Our 24/7 Wellness Website is available to anyone: our staff and our community anytime, anywhere, any device.

No subscription or log in needed



We align with the Quintuple Aim of Healthcare:

Patient Experience, Better Health Outcomes,
Lower Cost, Staff Experience , Health Equity



THIRD ANNIVERSARY, CCHS WELLNESS
MARCH 2023



125

Wellness Tips



3,199

Recorded
Video Views



3,618+

Wellness Website Views



730+

Wellness
Influencers



628

Responses,
Wellness Survey



49+

Session Presentations
Views, NEW

OUR ACCOMPLISHMENTS

Timely, Agile, & Consistent Wellness Offerings

COVID WELLNESS TIPS
VOL. 1, ISSUE 22
[HTTP://TINY.CC/CCHSWELLNESS](http://tiny.cc/cchswellness)

WE ARE ALL IN THIS TOGETHER

RACIAL TRAUMA

'One man dies in the street, pleading for his life, and overnight those streets erupt in anger at the injustice, not only for that dreadful moment, but for a lifetime of oppression. One hundred thousand die from a virus, all innocent victims of a heartless disease, but a balance of color shows more die from one community than others. Racism breeds death, either visibly for all the world to see, or silently, hidden beneath the statistics and the excuses. May the Spirit empower us to face this reality and not turn away: racism is as virulent as Covid-19, infecting people who seem to have no outward symptoms, until behavior reveals their disease. The vaccine for racism is justice, the cure is equality, and the prevention is love.' - Steven Charleston, a Native American Elder, citizen of the Choctaw Nation, and Retired Episcopal Bishop of Alaska. <https://bit.ly/3cvm1Fr>

WE acknowledge that racially traumatic incidents are not OK. We process, cope, and respond in so many diverse and thoughtful ways. We feel what we feel. See some self-care tips below.

THE FOUR BODIES: A HOLISTIC TOOLKIT FOR COPING WITH RACIAL TRAUMA. by Jacquelyn Ogorchukwu, <https://bit.ly/3d+2T68>

MENTAL BODY	*EMOTIONAL BODY*	*PHYSICAL BODY*	*SPIRITUAL BODY*
EASING OUR MINDS After a Racially Traumatic Incident	RELEASING EMOTIONS After a Racially Traumatic Incident	TRANSFORMING TENSION After a Racially Traumatic Incident	RETURNING TO OURSELVES After a Racially Traumatic Incident
Unplug	Feel	Rest	Meditate
Pause	Gather	Move	Reclaim
Talk	Write	Self-Massage	Organize

- FRONTLINE HEALTHWORKERS COUNSELING PROJECT (FREE): [HTTPS://BIT.LY/36QUAAL](https://bit.ly/36QUAAL). COURTESY OF BRIAN M. JOHNSON, MD
- 3-MINUTE 4-7-8 BREATHING EXERCISE: [HTTPS://BIT.LY/2YC0MGS](https://bit.ly/2YC0MGS). ANDREW WEIL, MD
- HOW TO MEDITATE: THE BEGINNER'S GUIDE TO MEDITATION. (FREE): [HTTPS://BIT.LY/2A8XKZ1](https://bit.ly/2A8XKZ1). THE CHOPRA CENTER
- YOGA, MOVEMENT, AND CREATIVE WRITING. Saturdays, 9 AM: <https://bit.ly/2Kqo1DS>. SURAYA KEATING

WE CARE FOR YOU AND WE THANK YOU. PLEASE SEND YOUR BRIGHT SPOTS, AND TIKTOKS TO COVIDWELLNESS@CCEALTH.ORG. **TEAM MEMBERS:** PROSCILLA AGUIRRE, CLAIRE BATTIS, AMANDA DOLD, PATRICIA HENNINGAN, HELENA MARTINEZ, BRIAN M. JOHNSON, KRISTIN MOELLER, JACQUELINE MOSTOW, KIMBERLY NAGRUL, SAMIR SHAH, ALAN SEIGEL, SONIA SUTHERLAND, ARLENE TRIMBLE

**RELEVANT
RACIAL TRAUMA**

Let's Celebrate Caribbean-American Heritage Month!
June 29, 2022
6:10—6:35 PM

DANCE TO J. PERRY'S SONGS
DARRIO AND GINA WONDER, DANCE COACHES

[CLICK HERE](#)

Courtesy of Contra Costa Regional Health Foundation and CCHS Wellness. Please contact CCHSWellness@cchealth.org

CELEBRATING 2023 BLACK HISTORY MONTH

Tuesday, Feb. 14th, 2023 | 12:10p.m. – 12:30p.m.
Speaker: Angel Towler, MSW, LCSW
Black Mental Health Matters: Understanding the Rich Diversity of the Black/AA Healing Traditions of Care

Wednesday, Feb. 15th, 2023 | 12:10p.m. – 12:30p.m.
Wednesday, Feb. 22th, 2023 | 12:10p.m. – 12:30p.m.
#HipHopTurnUp: Find Your Groove livestream class w/ The Wonders
Low intensity movement, HIIT Exercises, Light weights (or use your 16 oz water bottles) | Music: Afro Beats – R&B

SCAN ME
Passcode:wellness

CONTRA COSTA HEALTH SERVICES
CCHSWellness@cchealth.org
Contact CCHSWellness@cchealth.org if you have any questions.

MULTICULTURAL/INCLUSIVE
Open to the Community

COVID WELLNESS TIPS
VOL. 1, ISSUE 19

WE ARE ALL IN THIS TOGETHER

WORKING AND COLLABORATING AT THE TENTS

"During this uncertain time of the Corona Virus where the community is filled with so much fear and anxiety, it has been encouraging to see our CCRMC family pull together to best serve our patients. Working in our Covid Tent, I've seen the staff compassionately care for the many patients who came to be seen, teaching patients and their families the importance of social distancing, proper masking and hand hygiene. Although we are far from putting this virus in our rearview mirror, I have confidence that together, we will get through this."

Devlin Williams, RN

PHOTO JOURNAL: CCHS TENTS, MAY 2020

We appreciate Dr. Samir B. Shah (1st Photo) for stopping by and supporting our hardworking staff. Special thanks to Cheryl Standley, RN and Anul Bivens, MGD for the amazing photos; Jeannette Black, DNP and Akkio Tension, RN for sharing their staff's reflections; and Gabriela Sullivan, MD for her fantastic suggestion to feature the Tents on this Tip Sheet. #CCHSStrong #CCRCMStrong

We care for you. Thank you for all the wonderful things that you do here at work. Please send your Bright Spots, TikToks, and ideas to the Covid Wellness Team at COVIDWELLNESS@CCEALTH.ORG. <https://bit.ly/36QUAAL>. Team Members: Patricia Henningan, Isabella Matley, Brian M. Johnson, Kristin Moeller, Jacqueline Mostow, Samir B. Shah, Alan Seigel, Sonia Sutherland, Arlene Trimble.

STAFF ENGAGEMENT
CEO Works in the Covid Testing Tents

SOME OF OUR WELLNESS INFLUENCERS



HazMat



CCHP



Personnel



Finance



Office of the Director



Behavioral Health



Health, Housing, Homeless



Public Health




IT



CCRMC/Health Centers/Detention Health

SAMPLE SCREENSAVERS CELEBRATING STAFF




NATIONAL DOCTORS' DAY

TAKE CARE OF YOURSELF
TAKE CARE OF YOUR COMMUNITY
TAKE CARE OF EACH OTHER

WE APPRECIATE ALL THAT YOU DO FOR US
March 30, 2023

CONTRA COSTA
HEALTH 


Contact: CCHSWellness@cchealth.org & Visit [iSITE](#) For More Wellness Tips




Let's Celebrate National Pharmacy Week!

October 17 – 23, 2021

We want to celebrate and recognize the contributions made by pharmacists and pharmacy technicians to our health care system. They are the medication experts and an integral part of the healthcare team.



RESPONSE
Coronavirus (COVID-19) 
CONTRA COSTA
HEALTH SERVICES

For Wellness Tips please visit: [iSITE](#)

Introducing the Contra Costa Family Medicine Residents



Tristen Adams, MD/MPH | Blanca Aguilar, MD | Hillary Carneal, MD | Alexis Chast-Lopez, MD | Mallory Cless, MD | Joana Loeza, MD | Arianna Robin, MD

Kunal Doshi, MD/MPH | Stephanie Glick, MD | John S. Hawkins, MD | Karlee Kirkpatrick, DO/MSW | Tiffany Ku, MD | Stephanie Ratcliff, MD/MS

CONTRA COSTA
HEALTH SERVICES

CLASS OF 2024

WELCOME TO OUR COMMUNITY

Contact: CovidWellness@cchealth.org & Visit [iSITE](#) For More Wellness Tips

POPULAR CHALLENGES WITH WELLNESS INFLUENCERS



SELFIE & THANK YOU BANNER CHALLENGE WINNERS

We Appreciate All of You!

- Bernice Perez, Pharmacy
- Brigitte Ouabo, Pharmacy
- Eddie Geoffrey Ong, SD
- Janice Prado, SD
- Nolan Bagalso, Rehab
- EVS, PM Shift, c/o Swandi Singh
- EVS, Graveyard Shift, c/o Swandi Singh
- EVS, Day Shift, c/o Swandi Singh

Thank you to Contra Costa Regional Health Foundation and Public Health for Supporting Our Wellness Program.

 cchealth.org/wellness

Please contact CCHSWellness@cchealth.org if you have any questions.



Vol. 1, Issue XX; <http://tiny.cc/CCHSWellness>

2022 YEAR-END WELLNESS CHALLENGE WINNERS

2022 has been a wonderful year as the Wellness Team was able to bring you new opportunities that generated excitement and active participation. We would like to **thank you all** for celebrating and spreading the love of wellness in our organization. Let's look forward to **2023** with more engaging wellness offerings.

2022 ADOPT-A-TEAM WINNER: PERSONNEL TECHNICIAN TEAM

Congratulations to Erika RAMOS, Xuerong TAN, Rachel CALUB, and Cynthia LEGASPI for allowing the Wellness Team to adopt their team for the holiday season and making the season merrier!



2022 ANNUAL WELLNESS SURVEY EARLY BIRD WINNERS (First Tier)

- Grace ROBERGE, Choosing Change, PH
- Mary E. CAMPBELL, Periop, CCRMC
- Denise MILOSEVICH, PH
- Uyen LEE, 4B, CCRMC
- Evelyn AMOAH, CCRMC
- Jacqueline MOSTOW, Residency, CCRMC
- Chaedina CALDWELL, HIM, PHC
- Caroline MILLER, Policy/Plng, H3
- Laura M. CRUZ, Appointment/Scheduling
- Lisa ARGUELLO, PH

COMING SOON! SPARK MORE JOY IN YOUR WORK, HOME AND LIFE IN 2023 W/ MARIE

KONDO'S ORGANIZING MAGIC, Tuesday, January 17, 2023, 12:10 PM – 12:30 PM

<https://cchealth.zoom.us/j/99502493729?pwd=QzE1ODdlS0hVXkdld2NVSFJQTmNEUT09>

We Care About You. Wellness Core Team Members: Priscilla Aguirre, Amanda Dold, Will Harper, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Samir Shah, Sonia Sutherland, Arlene Trimble. Contact Info: CCHSWellness@cchealth.org

SEPTEMBER WELLNESS CHALLENGE BREAKFAST OF CHAMPIONS



LUZ GOMEZ, MPH, RD,
PUBLIC HEALTH

THANK YOU TO LUZ GOMEZ, MPH, RD, PUBLIC HEALTH FOR REVIEWING THE ENTRIES AND RECOMMENDING THIS WEBSITE FOR BALANCED BREAKFAST TIPS: <https://healthbeet.org/7-choose-myplate-breakfast-ideas/>

CONGRATULATIONS TO OUR BREAKFAST OF CHAMPIONS WINNERS



CARL FESSENDEN, BHS



CAMELIA MENCIU, PHC



FERRI VAVRICKA, EVS



BRIGITTE OUBAO, PHARM



MARIBETH DALIT, SD



RYAN A. WELLS,
CARDIOPULMONARY



NEW CHALLENGE: EASY SNACK HACKS FOR WORK.

Send a photo of your special snacks by 10/15/22 to CCHSWellness@cchealth.org



 cchealth.org/wellness



SAMPLE LIVE VIDEO PODCAST SESSIONS WITH GUESTS - WELLNESS INFLUENCERS

Contact CCHSWellness@cchealth.org for event info

WOMEN'S HISTORY MONTH CELEBRATION

Conversation @ Noon with Dr. Angela Rodgers, Video Podcast

Presenter: Angela Rodgers, MD, FAAFP
(CCHS Family & ED physician)



Tuesday, March 28, 2023
12:10 PM – 12:30 PM



Join Here!
passcode: wellness



cchealth.org/wellness

Contact CCHSWellness@cchealth.org if you have questions.



APRIL IS STRESS AWARENESS MONTH

Conversation @ Noon with Jenny Guss, Video Podcast

Presenter: Jenny Guss, MD
(Chair of Psychiatry & Psychology)



Tuesday, April 25, 2023
12:10 PM – 12:30 PM



Join Here!
passcode: wellness



cchealth.org/wellness

Contact CCHSWellness@cchealth.org if you have questions.



SAMPLE LIVE UPSKILLING WELLNESS SESSIONS: AVAILABLE TO ALL

Contact CCHSWellness@cchealth.org for event info

Asian American, Native Hawaiian, Pacific Islander Month

Kuchisabishii & Japanese Empathy Towards Eating Too Much



Tuesday, May 16, 2023
12:10 PM – 12:30 PM
Presenter:
Kaki Okumura

Kaki Okumura is a Japanese wellness writer and illustrator on well-being and nutrition.



Join Here!
passcode: wellness



cchealth.org/wellness

Contact CCHSWellness@cchealth.org if you have questions.



LGBTQ PRIDE MONTH

Fostering Trust with LGBTQIA and Nurturing the Body and Heart



Presenter:
Elizabeth Gonzales Morales, MA, LMFT

Tuesday, June 6
12:10 – 12:30 p.m.



Join our webinar to learn about background history of the barriers this population encounters when accessing different care systems.

Join Here!
passcode: wellness



cchealth.org/wellness

Contact CCHSWellness@cchealth.org if you have questions.



CELEBRATING 2023 BLACK HISTORY MONTH



Tuesday, Feb. 14th, 2023 | 12:10p.m. – 12:30p.m.

Speaker: Angel Towler, MSW, LCSW
Black Mental Health Matters: Understanding the Rich Diversity of the Black/AA Healing Traditions of Care



Wednesday, Feb. 15th, 2023 | 12:10p.m. – 12:30p.m.
Wednesday, Feb. 22th, 2023 | 12:10p.m. – 12:30p.m.

#HipHopTurnUp: Find Your Groove livestream class w/ The Wonders
Low intensity movement, HIIT Exercises, Light weights (or use your 16 oz water bottles) | Music: Afro Beats – R&B



SCAN ME
Passcode:wellness



CCHSWellness@cchealth.org

Contact CCHSWellness@cchealth.org if you have any questions.



Let's Celebrate Caribbean-American Heritage Month!

June 29, 2022
6:10—6:35 PM



Dance to J. Perry's Songs
DAHRIO AND GINA WONDER, DANCE COACHES

Courtesy of Contra Costa Regional Health Foundation and CCHS Wellness. Please contact CCHSWellness@cchealth.org



WELLNESS Videos: Available to All 24/7

<https://cchealth.org/wellness/video-record.php>

**QUEER PLATONIC LOVE LETTERS:
RE-IMAGINING INTIMACY AND
CONNECTION**

Luca Bartlett (they/he)
Licensed Marriage and Family Therapist
LMFT #132935
Unceded Chochenyo Ohlone Land

Level: Beginner/Intermediate
Intensity: Low

Image description: two queer people of color stand pressed together outside. One of them is resting their cheek on the other's chest.

00:11 00:42

**Culture as Treatment:
Northern Sierra Miwok Basketweaving**

Skye K. Innerarity, LMFT #104388

00:13 00:52

Celebrating Latin American Culture

Creating A Sense of Belonging for Immigrants and First Gen.

00:19 01:50:5

Drawing on Disabled Knowledge & Wisdom to Make Space for Rest

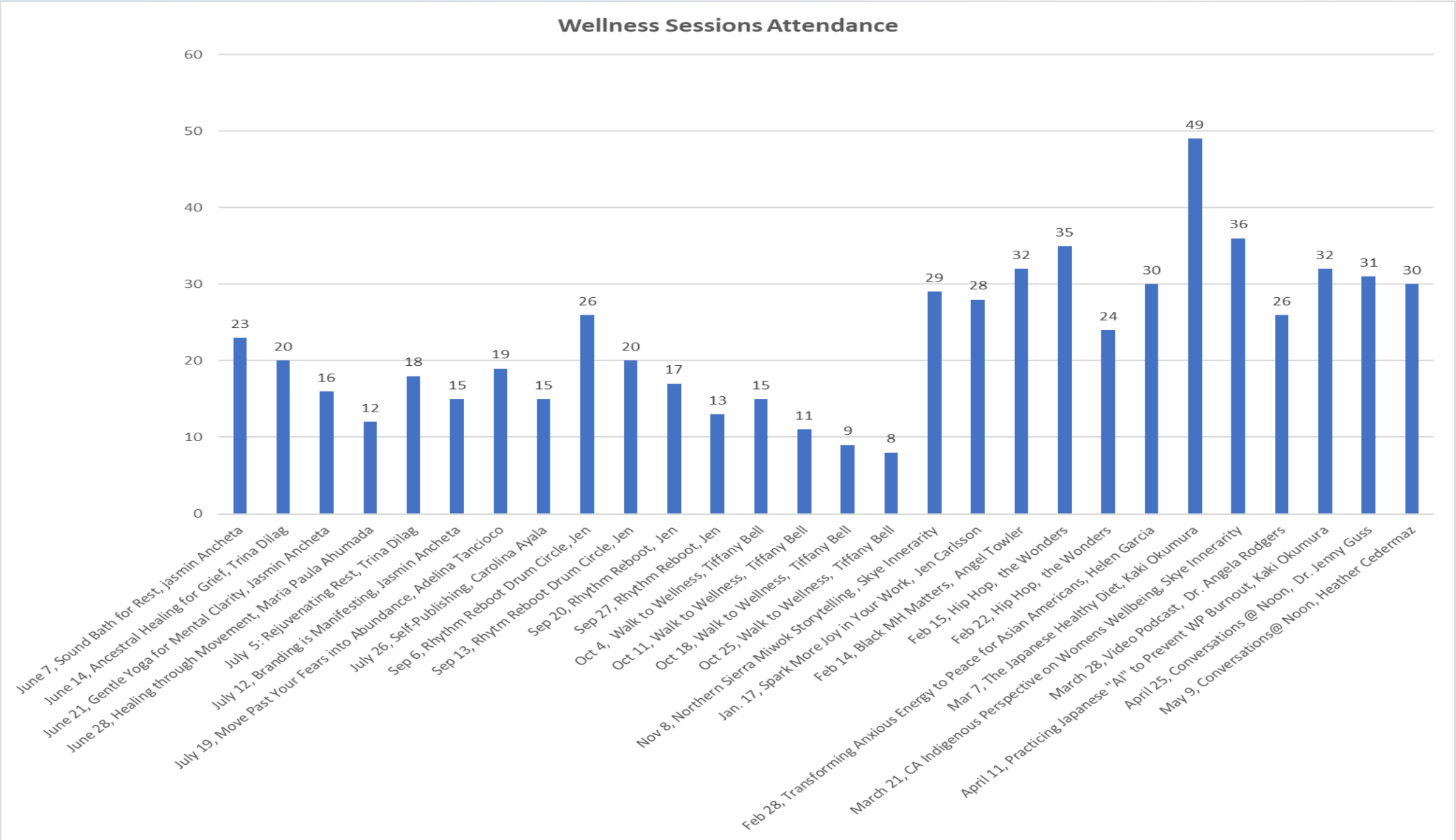
Image description: Graphic of a person of color in a wheelchair, with a blanket over their lap. They are wearing a face mask and are resting their face on their hand. Their eyes are closed to indicate that they are resting.

Level: Beginner/Intermediate
Intensity Level: Low

Luca Bartlett (they/he)
Licensed Marriage and Family Therapist, #132935
Oakland, CA

00:00 00:13

Hybrid (Inperson/Virtual) Wellness Sessions



Our 24/7 Wellness Website (Evergreen): Available to All In a Single Location

<https://cchealth.org/wellness/>



WHAT'S NEW

Apr 11, 2023
Video - Japanese Rest to Prevent Burnout with Kaki Okumura

Apr 7, 2023
Celebrating the Third Anniversary of CCHS Wellness

Mar 27, 2023
April is Stress Awareness Month - Neuroscience and Wellness: How to Train Your Brain to Improve Mood through Movement, Breathing, and Nourishment with Kali Coughlin, LMFT

Mar 24, 2023
April is Stress Awareness Month - Conversation @ Noon with Jenny Guss, Video Podcast

Mar 23, 2023
Video - Zumba with The Wonders

Mar 22, 2023
April is Stress Awareness Month - Practicing Japanese "Aikido" to prevent workplace burnout with Kaki Okumura

Mar 22, 2023
April Calendar

QUICK LINKS

[About Us](#)

[Art of Health and Healing](#)

[Calendar](#)

[Eating](#)

[Gallery](#)

[Integrative Health Program](#)

[Kudos Board](#)

[Listening Corner](#)

[Presentations](#)

[Quotes](#)

[Reading List](#)

[Recipes](#)

[Recognitions/Celebrations ScreenSavers](#)

[Recorded Wellness Videos](#)

[ScreenSavers](#)

[Stories](#)

[Wellness Tips](#)

[Wellness Tips from our Health Care Providers](#)

[Why Wellness?](#)

[Work-Life Resources At-A-Glance](#)

OUR CURRENT ACTION BOARD (per 2022 Wellness Survey Feedback)

- **Deepen** the cultural and safety contexts of our digital and in-person wellness offerings to promote inclusive awareness, understanding, and appreciation.
- **Enhance and strengthen** Stress Management and Workplace Mental Health well-being sessions.
- **Engage** more staff in the Wellness Program through multi-channel outreach and communication, so we can increase the number of our Wellness Influencers, including Physician Champions (current count 750+ staff).



EVS, PM Shift, c/o Swandi Singh

EVS, Graveyard Shift, c/o Swandi Singh

EVS, Day Shift, c/o Swandi Singh

Bernice Perez &
Brigitte Ourabo, Pharmacy

Eddie Geoffrey Ong, SD

Nolan Bagalso, Rehab

Janice Prado, SD



- Please contact CCHSWellness@cchealth.org if you have any questions.
- Wellness Website: <https://cchealth.org/wellness/>





Operation Uplift & TakemyHand

Peer Supporting Staff & Community

Riverside University Health System
Behavioral Health

A Community Experiencing Uncertainty

Health Care Workers, First Responders & Any Essential Staff

Day or Night!

We are waiting to lend an ear,
give support and just be with you during
these demanding times.



For Support During This Crisis CALL 951-955-7015

Individual Coaching, Counseling and Listening, 24/7
"Because You Matter"





Operation Uplift



OPERATION UPLIFT



The surge in COVID-19 hospitalizations throughout Riverside County has stretched resources and medical staff beyond any reasonable limit. Despite this, our amazing RUHS - Medical Center staff continues to push through the challenges of what may be considered the worst times in Public Health history.



There are some things in life we simply cannot, and should not, do alone. Something as difficult as losing a loved one can bring forth our vulnerabilities and fears that we may struggle to express or show to others. For some, allowing others to see us as we experience those deep and troubling feelings can be perceived as a weakness. In actuality, it is the manifestation of strength in the human experience. **Operation Uplift** is a team of Behavioral Health staff on-site to assist you to facilitate compassionate family member visitation for a patient's end of life, due to the complications of COVID-19.

When should you call Behavioral Health staff for assistance?

1. Family members require comforting support during Covid-19 visitation and/ or could benefit from mental health resources. This includes setting up Zoom calls for remote visitations, escorting and accompanying families into patient rooms upon approval, escorting family members out of the building and providing follow-up linkage to behavioral healthcare services and resources.
2. Medical Center staff is in need of emotional support or is requesting mental health resources.
3. To assist with other visitations and non-medical tasks within the unit, subject to Operation Uplift team member availability.

How do you request assistance from Behavioral Health Staff?

Call 18913 or 18916 to ask for assistance. **Operation Uplift staff are notified by the Nurse House Supervisor once family visitation documents are processed.** Please keep in mind, family visitations are limited to 30 minutes and Covid-19-specific visitations remain a priority for this team.



BH Staff are Available 24/7

- **On-site Peer Support to Medical Staff, starting in April 2020**
- **By July 2020, 24/7 Peer Support for Medical Staff and Families for “end-of –life” support**
- **Extended to Emergency Psychiatric Treatment Services (ETS) in October 2020**





CONNECTING PEOPLE WITH CARE



MHSA Innovation Project Intent

Real Peer Support & Emotional Wellbeing



Prototype



Pandemic Era Urgency

March 4, 2020 – Press Release



The screenshot shows the top navigation bar of the Office of Governor Gavin Newsom website. It includes social media icons for CA.gov, Home, Facebook, Instagram, TikTok, Twitter, and YouTube. Below this is the main navigation menu with icons for Home, About, Newsroom, and Appointments. The main content area features the headline: "Governor Newsom Declares State of Emergency to Help State Prepare for Broader Spread of COVID-19" and a sub-headline: "Published: Mar 04, 2020".

April 20, 2020 – “Let’s Do It!”

What is TakemyHand™ Live Peer Chat?


- TakemyHand™ is one of those innovative technology solutions born from the [Help@Hand Riverside](#) Program.
- Peer-to-Peer live chat interface using the internet
- Utilizes the practice of mutual Peer-to-Peer supportive relationships that are welcoming and inclusive
- Engages community members in real-time conversations about emotional wellness
- Helps Visitors build resiliency when life is difficult
- Explores the recovery process for those who may struggle with emotional difficulties and/or substance use challenges

www.takemyhand.co



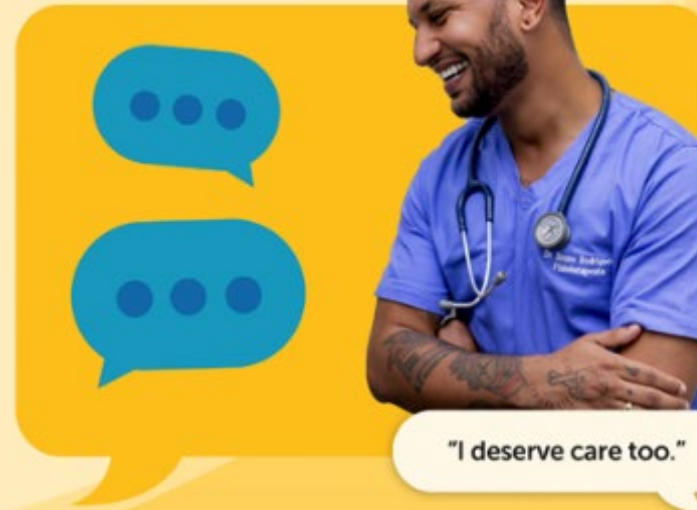
Feeling stressed, frustrated, anxious, tired, lost, down, up




It's ok.
Come chat with us
and feel **better.** 


Chat with a peer who cares at
TakemyHand.co

#OperationUplift #TakeMyHand #LivePeerChat




Take my Hand


We're here  for you



Riverside University HEALTH SYSTEM Behavioral Health


Take my Hand


We're here  for you



Riverside University HEALTH SYSTEM Behavioral Health

Take my Hand

We're here  for you



Riverside University HEALTH SYSTEM Behavioral Health

Take my Hand

We care about  our Vets



Riverside University HEALTH SYSTEM Behavioral Health


Take my Hand


We're here  for you



Riverside University HEALTH SYSTEM Behavioral Health


Take my Hand


We're here  for you



Riverside University HEALTH SYSTEM Behavioral Health

Take my Hand

We're here  for you



Riverside University HEALTH SYSTEM Behavioral Health

Take my Hand

We're here  for you



Riverside University HEALTH SYSTEM Behavioral Health

Take my Hand

We're here  for you



Riverside University HEALTH SYSTEM Behavioral Health


Take my Hand


We're here  for you



Riverside University HEALTH SYSTEM Behavioral Health

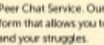
Take my Hand

We're here  for you



Riverside University HEALTH SYSTEM Behavioral Health

Take my Hand

We're here  for you

Tough Experiences? Chat with us!

Take My Hand is a Live Peer Chat Service. Our online chat is an anonymous virtual platform that allows you to have a safe place to express your thoughts and your struggles.


Our peers and staff will remind you that you have social value and you are not alone. So, in those dark days when it seems that there is no way out, in those moments of anxiety when you think that others will not understand you, join us in live chat at TakeMyHand.co


Here, you can partner with a peer support specialist, who has walked through their own struggles and is here to listen to you, just a few keystrokes away.

Our Goals

- Anonymous, safe environment for individuals to share safety.
- Increase purpose, belonging and social connectedness of individuals served.
- Detect and acknowledge mental health challenges sooner.
- Increase access to appropriate level of support and care.


Take my Hand


We're here  for you



Riverside University HEALTH SYSTEM Behavioral Health

Take my Hand

We're here  for you



Riverside University HEALTH SYSTEM Behavioral Health

Take my Hand


Visit TakeMyHand.co and receive chat support today!

- ✓ Chat online with a peer support specialist for free.
- ✓ Access to local resources with our online resource guide.
- ✓ Access from anywhere. Laptop, phone, tablet or kiosk.
- ✓ 1 on 1 peer support with real people. No bots.
- ✓ Anonymous access to services to reduce stigma.
- ✓ Partner with a peer to arrive at new solutions to a challenge.



Take my Hand

We're here  for you



Riverside University HEALTH SYSTEM Behavioral Health

Request our Infographics!
Reaching out...
To our Diverse Community

Take my Hand

Visit TakeMyHand.co and receive chat support today!

help@hand

Follow Us in Social Media!



Riverside University Health System - Behavioral Health 6d · 🌐

Did you know that you can chat with us at [TakeMyHand.co](https://www.TakeMyHand.co) at anytime, about anything you may be feeling or going through?

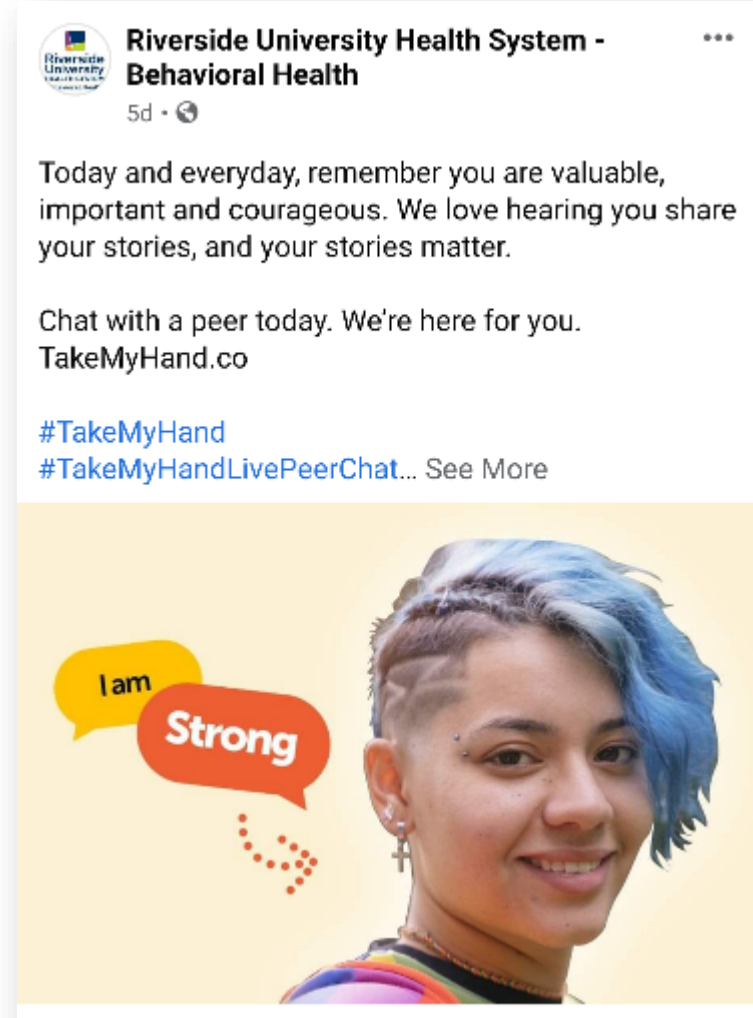
We're your mental wellness resource for when you're feeling down, afraid, anxious, overwhelmed or just plain lost on what to do next.

It's completely free and anonymous, and brought to you by RUHS – Behavioral Health to help br... See More



Take my Hand **Mental Wellness Within Reach**

The graphic features a woman with her arm around a man's shoulder, both smiling. The text 'Take my Hand' is in a speech bubble, and 'Mental Wellness Within Reach' is in large blue letters.

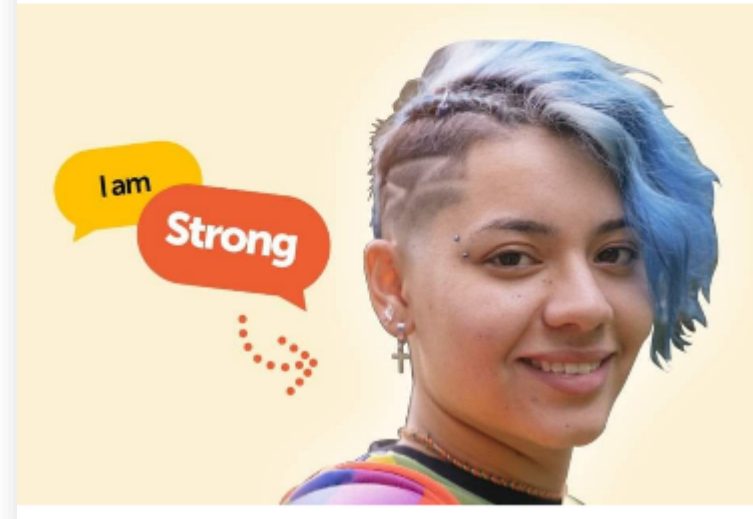


Riverside University Health System - Behavioral Health 5d · 🌐

Today and everyday, remember you are valuable, important and courageous. We love hearing you share your stories, and your stories matter.

Chat with a peer today. We're here for you. [TakeMyHand.co](https://www.TakeMyHand.co)

[#TakeMyHand](#)
[#TakeMyHandLivePeerChat...](#) See More



I am **Strong**

The graphic shows a woman with short blue hair smiling. A speech bubble next to her says 'I am Strong'.

How to use TakemyHand™?

Or Watch Video!

<https://youtu.be/et1sJcGmRYM>

Scan code (with camera) Click link and start chatting!



1. Scan the code with your phone camera and click the blue **Got it!** button to accept cookies.



2. Tap the chat bubble and fill in some basic info, and hit **Start the Chat!**



3. Our friendly Chatbot matches you with a real live Peer who cares and is ready to listen and help.



Don't forget to tell us how we're doing after the chat by filling out a short survey!

Take
my
Hand

Live Peer Chat

Take-Home Card reminds consumers how to use TakemyHand™ on their own time.

Bienvenido a TomamiMano™

Un Compañero De Apoyo Está Aquí Para Animarte

Cuando estés listo, expresa lo que tienes en mente en un espacio seguro con alguien que te entienda para que puedas comenzar a sentirte escuchado y de mejor ánimo.

 ¡Chatea Ahora!

TomamiMano no es un servicio de crisis. Si tiene pensamientos suicidas, llama al 911 y solicita un Equipo Móvil de Respuesta a Crisis.



Me enfado mucho y no se porque...

RB51 at 3:23pm



Si, así es, a muchos de nosotros se nos ha dicho que escondamos nuestros sentimientos

Peer at 3:23pm



TakeMyHand Live P...

Your Anonymous Peer Su...

GET

Live Peer
Chat Support



Chat About
Your Feelings



Confidential
& Always Free



Questions?



CONTACT:

Shannon McCleerey-Hooper

Deputy Director, Peer Support Services

951-955-7117

smcleereyh@ruhealth.org





Program Wrap-Up



Workforce Wellbeing

Materials available on [SNI Link](#)

- ✓ **Kick-off Webinar: Program Sneak Peek and Overview.** Aug 22
- ✓ **State of the Field & Evidence-Based Interventions.** Sept 28
- ✓ **Measurement Approaches to Workforce Wellbeing: Part 1.** Oct 24.
- ✓ **Measurement Approaches to Workforce Wellbeing: Part 2.** Nov 14
- ✓ **Developing a Culture of Wellbeing: A New Leadership Imperative.** Dec 7
(in-person workshop)

- ✓ **Essential Leadership Practices to Strengthen the Workforce.** Jan 30
- ✓ **Fostering a Culture of Safety, Trust, and Wellbeing.** Feb 22
- ✓ **Reframing QI.** April 20
- ✓ **Connecting Wellbeing with Diversity, Equity, and Inclusion Efforts.** May 11
- ✓ **Wellbeing in Action: Peer Sharing and Program Wrap-Up.** May 30

Coaching

UC San Diego

County of Santa Clara Health System

San Joaquin General Hospital

SJ Health

San Mateo Medical Center

Arrowhead Regional Medical Center

Implement **exit interviews** for departing staff

Increase organizational awareness and **coordination of well-being priorities/initiatives** across the system

Develop **strategic communications plan** to gain leadership buy-in and address staff skepticism

Explore **existing data** to identify gaps

Develop a **yearly strategic roadmap** for well-being to prioritize and focus the work

Bring **residency and fellowship leaders** into the conversation and work on well-being

Launch a **listening campaign** to understand provider/staff needs

Develop wellbeing **proposal for C-suite**, including program scope/goals

Reflection

What have you appreciated about the program?

What did you learn during our time together?

What is one thing you will take into practice from the program?

What are you looking forward to or feeling hopeful about regarding wellbeing work at your organization?



Thank You!

Please take a few minutes to complete the final survey