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News

21-018 Provider Self-Care and Resiliency Resources

Date: 01/08/21

This information applies to Physicians, Participating Physician Groups (PPGs), Hospitals, and Ancillary providers.

For Medi-Cal, this information applies to Kern, Los Angeles, Riverside, Sacramento, San Bernardino, San Diego, San Joaquin, Stanislaus, and Tulare counties.

Join peers who understand the stresses in your line of work with drop-in sessions and peer coaching

We recognize the incredible challenges to our health care delivery teams right now. Thank you for your important contributions to the health of people and communities across California.

Below you will find information on resilience gatherings and the Care 4 Caregivers Now program that can help you connect with the health care community for support and wellness.

Resilience gatherings

Consider dropping in on Health Net's new Resilience Tuesday gatherings!

Reflect, rejuvenate and connect with others in a quiet, protected online space. We offer several times and days to fit your schedule. You can drop in for one or more sessions as needed.

Join through Zoom:

- 30 minute sessions every Tuesday (six days) From January 12, 2021, through February 16, 2021
 - 8 a.m. (<https://tinyurl.com/yapoykhn>)
 - 12 p.m. (<https://tinyurl.com/yapoykhn>)
 - 4 p.m. (<https://tinyurl.com/yapoykhn>)

Facilitator

Dr. Jeffrey Ring is a health psychologist, author, speaker and consultant working on projects related to health equity, medical education, integrated whole-person care and medical leadership. He has extensive clinical experience with health practitioner resilience and vitality through teaching, consultation and retreats. In 2016, Dr. Ring taught mindfulness in Spanish to about 1400 farm and agricultural workers in the Central Valley

region of California. He served as the Director of Behavioral Sciences and Cultural Medicine at the Family Medicine Residency Program at White Memorial Medical Center in East Los Angeles where he taught mind-body medicine and doctor-patient communication.

Care 4 Caregivers Now program

Care 4 Caregivers Now (C4CN) provides health care workers free and confidential peer coaching. Coaching is from trained medical practitioners who understand the rigors and emotional stresses of the profession. They also know the value of a safe, confidential and non-judgmental space. C4CN is a California Medical Association wellness program.

Who should consider peer coaching?

Health care workers should consider peer coaching if they:

- Struggle to find balance in their work and personal life.
- Are increasingly frustrated, angry and/or anxious.
- Worry about financial insecurity, social injustice, systemic racism and/or inequitable opportunity.
- Are feeling burned out or unable to sleep.
- Just want to talk to someone who understands.

Participants report that their weekly 30-minute sessions have helped build more calmness, focus and control. They also report finding clarity and empowerment to better plan for the future. Peer coaches can also help connect caregivers to more resources to further aid their growth.

Who is eligible?

The program is available to anyone listed below. It's 100% complimentary and confidential – there is no mandated reporting requirement.

- Physicians
- Physician assistants
- Nurse practitioners
- Registered nurses
- Certified respiratory therapists
- Registered respiratory therapists
- Residents/fellows
- Medical students
- Public health officers
- Medical reserve corps volunteers

How to learn more

Request a coaching session (<https://cmawpca.org/hwapplication.aspx/>).

Additional information

For more information or questions about the resilience gatherings or C4CN program, email the Health Education Department at lupe.wong@healthnet.com (<mailto:lupe.wong@healthnet.com>) or melen.vue@healthnet.com (<mailto:melen.vue@healthnet.com>).

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