

University of Nebraska Medical Center Commitment Statement on Clinician Well-Being and Resilience

Dec. 13, 2017

The University of Nebraska Medical Center (UNMC) is part of the four university system of the University of Nebraska. Based in Omaha, Nebraska, the University of Nebraska Medical Center has campuses, educational activities and research across the 500 mile width of Nebraska and serves the entire state and beyond. Our clinical partner is Nebraska Medicine and together with Nebraska Medicine we work to advance clinician well-being and resilience. The mission of UNMC is "...to lead the world in transforming lives to create a healthy future for all individuals and communities through premier educational programs, innovative research and extraordinary patient care." One of our strategic priorities is the promotion of clinician and student well-being and resilience. We commit to working toward our strategic goal of "strengthening the UNMC and Nebraska Medicine-wide focus on student, faculty, and staff emotional wellbeing and resiliency by the development and implementation of best practices in the prevention, early identification, and treatment of stress-related disorders and other conditions that impact personal wellbeing."

The individual colleges, institutes, and centers have implemented unit-level strategic initiatives to achieve this goal. A total of 18 separate strategic initiatives are currently underway with multiple operational programs and activities that support well-being and resilience. In addition to the unit-level initiatives, the university's Wellbeing Coordinating Council is an interprofessional group of faculty, staff, clinicians, and students working together to strengthen and further develop the university culture of well-being and resilience.

The university's commitment to well-being originates with the Chancellor, Jeffrey P. Gold, MD and is actively supported by the full leadership of UNMC. Chancellor Gold has sponsored an annual symposium with national, regional, and local speakers for three years, with the third symposium scheduled for spring, 2018. Attendance has averaged around 200 individuals with others participating across the state via live video streaming and in person events. The campus has a Director of Wellness Education, who develops wellness and well-being programming that supplements and expands on the opportunities at the UNMC Center for Healthy Living. The director also leads the development of research addressing well-being in order to contribute to our understanding of best practices and outcomes.

We provide ongoing communication about the importance of well-being and resilience through new student and faculty orientations, commencement speeches, presentations at strategic planning sessions, and regular announcements in the university daily newsletter. A website has been developed providing our guiding framework for wellness and well-being and information

about available resources and programs (<https://www.unmc.edu/wellness/>). Information has been added to the UNMC app to assist students, faculty, and staff with quick access to well-being resources, crisis lines, and self-assessments.

The University of Nebraska Medical Center faculty, staff, students, and academic leadership are proud to commit to strengthening our focus on well-being and resilience and to being part of the vital work to protect and promote the health of those who care for others.