



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

The American Psychological Association (APA) represents more than 118,000 members and associates engaged in the practice, research, and teaching of psychology. APA Services is the companion organization that advocates for psychologists in all settings.

APA is pleased to support the mission of the National Academy of Medicine Action Collaborative on Clinician Well Being and Resilience. Given psychologists' expertise in health, mental health, and wellness, we are uniquely skilled to lead in this effort.

While psychological knowledge is often applied to the assessment and treatment of behavioral and mental health problems, it is also directed towards understanding and solving critical societal issues and enhancing public health knowledge (Coon & Mitterer, 2008; APA 2010). In support of these objectives, APA has developed briefs and other resources about health and wellness to guide professionals in understanding their stress reactions and identifying resources (i.e., <https://www.apa.org/helpcenter> and <https://www.apa.org/health/promote-well-being>) and to guide institutions in developing a psychologically healthy workplace (<https://www.apaexcellence.org/resources/creatingahealthyworkplace/>).

APA is prepared to assist the Collaborative by promoting evidence-based resiliency skill-building, as well as supporting the development of effective and efficient intervention programs. Not only can we help our colleagues in other health professions, we recognize the opportunity to amplify the Collaborative's goals by supporting our own members, who are health care providers in settings around the world and are also at-risk for burnout and other stress-related physical and mental health disorders (APA Advisory Committee on Colleague Assistance, 2005).

Individual-level prevention and intervention strategies alone will not address the team-level, institution-level, and national-level causal factors that impact professional wellness. APA is prepared to assist the Collaborative by helping partner organizations develop more effective team-building programs that support effective models built on the Quadruple Aim. Psychologists in consulting, health, and organizational psychology are prepared to assist with the development and evaluation of delivery systems, to advise on clinician wellbeing programs, and to support national strategies and institutional initiatives.

In summary, APA has shown a long-standing commitment to investigating professional wellness and work-related stress in its members and in the national workplace. In fact, the mission of the APA is to advance the creation, communication, and application of psychological knowledge to benefit society and improve people's lives (APA, 2010). As such, APA is pleased to offer this letter of commitment to the National Academy of Medicine's Collaborative on Clinician Well Being and Resilience. With skills in understanding and investigating human behavior, we are uniquely positioned to lead alongside you in this important area.