

## National Academy of Medicine Action Collaborative on Clinician Well-Being and Resilience



**Valley Children's Healthcare** network of pediatric specialty and primary providers is dedicated to providing the best care close to home for children of the Central Valley.

Valley Children's Healthcare is committed to providing a safe, healthy work environment for all medical staff members by focusing on organizational and individual wellness needs including:

- Ongoing assessment of distress levels using the Well-Being Index
- Providing accessible mental health resources including private counseling services, emotional support in the workplace, crisis interventions, processing of traumatic events, and group experiences to facilitate sharing and learning
- Medical services on-site for staff and their family members
- Preventative services to maintain or increase healthy outcomes such as biometric screenings, walking programs, and smoking cessation
- Access to virtual wellness platforms with online classes for physical fitness as well as meditation, yoga, emotional health, healthy aging, nutrition and financial resources
- Continuing Medical Education (CME) series addressing physician wellness and interventions
- Cultivating community in the workplace with group volunteer activities and a mentoring program for new physicians
- Identifying common themes and drivers of provider burnout and developing strategies to effectively address them at an organizational level

Through dedicated staffing and resources for medical staff wellness, we commit to continuous collaboration and development of strategies to mitigate burnout and distress while promoting preventative health strategies for all employees.