

Boston HPC | Bi-monthly General Membership Meeting

Date/Time: Thursday, April 15, 2021 (9:30-11:00am)

Resources for Workforce Resilience

Resources Shared in the Meeting

- **MassSupport** offers free (anonymous, confidential) 1:1 support by trained counselors & clinicians and coping groups to businesses, organizations, community groups:
MassSupport@riversidecc.org or **888-215-4920**
- **Massachusetts State Peer Support Network** offers peer assistance to all emergency service personnel within the Commonwealth, free of charge:
<https://mastatepeersupportnetwork.org/> or email psuclinician@gmail.com for confidential clinician support
- The [Betsy Lehman Center](#) offers resources:
 - [Resources for clinicians and staff](#) are updated regularly by their peer support staff
 - **To sign up for nursing groups**, please email our speaker Linda Kenney linda.kenney@state.ma.us
- Concept of **Emotional PPE**, for anyone who wants to see a therapist, will not go through your insurance, to help reduce stigma. <https://www.emotionalppe.org/>

Workforce Protection Planning

- **Behavioral Health Emergency Plan Template for Health Care Organizations**, from Missouri Department of Mental Health
<https://dmh.mo.gov/media/pdf/behavioral-health-emergency-plan-template-health-care-organizations>
- **Workforce Protection Reference Guide**, from MGH Center for Disaster Medicine and McLean Hospital
<https://www.rdhrs.org/wp-content/uploads/2020/04/COVID-19-Work-Force-Protection-Reference-Guide-updated-4.3.20.pdf>
- **Building Resilience During the COVID-19 Pandemic**, a tip sheet from Partners/MGB Trauma-informed Care Initiative
<https://www.brighamandwomens.org/assets/BWH/womens-health/connors-center/pdfs/covid-19-tic-booklet.pdf>

Reports

- **Caring for the Caregiver – A Taskforce Report**, from the Massachusetts Health & Hospital Association
<https://www.mhalink.org/MHADocs/MondayReport/2021/21-03-08MRcfcreport.pdf>

- **COVID-19 and Healthcare Professional Stress and Resilience**, in Issue 12 of the Exchange from ASPR TRACIE. This issue contains three categories: Understanding acute and chronic stressors in the healthcare worker population, identifying at-risk employees, and promising practices in building resilience
<https://files.asprtracie.hhs.gov/documents/aspr-tracie-the-exchange-issue12-final.pdf>
- **Beyond Burned Out Chronic stress was rampant even before the pandemic. Leaders can't ignore it any longer**, from Harvard Business Review
https://hbr.org/2021/02/beyond-burned-out?utm_medium=email&utm_source=bigidea_burnoutcrisis&utm_campaign=promo_20210211&utm_content=bilist&deliveryName=DM118575

Training & Support

- **Disaster Behavioral Health Self Care for Healthcare Workers Modules**, from ASPR TRACIE
<https://files.asprtracie.hhs.gov/documents/aspr-tracie-dbh-self-care-for-healthcare-workers-modules-description-final-8-19-19.pdf>
- **Mini Modules to Relieve Stress for Healthcare Workers Responding to COVID-19**, from ASPR TRACIE
<https://files.asprtracie.hhs.gov/documents/aspr-tracie-mini-modules-to-relieve-stress-for-healthcare-workers-responding-to-covid-19.pdf>
- **Disaster Mental/Behavioral Health and Emergency Preparedness: EPR - Minnesota Dept. of Health** (state.mn.us)
<https://www.health.state.mn.us/communities/ep/behavioral/index.html#responder>
- **Resiliency Roadmap: A podcast devoted to resiliency and self-care for nurses at the Brigham and beyond**, from Brigham and Women's Hospital
<https://www.brighamandwomens.org/podcasts/resiliency-roadmap>

The Boston Healthcare Preparedness Coalition (HPC) is a partnership consisting of healthcare and public health partners across Boston. Partners work together to increase healthcare system preparedness, response and recovery capacity. The Boston HPC develops and promotes the emergency preparedness and response capabilities of the City of Boston and its surrounding jurisdictions. The work of the Boston HPC is based on the needs and priorities established by Boston HPC members.