

October 2021

REACH FOR RESILIENCE

Helpline for ND Healthcare Workers 701-365-4920

WHAT PART DO YOU PLAY?

Are you struggling and need help?

Are you a buddy?

Do you support your peers?

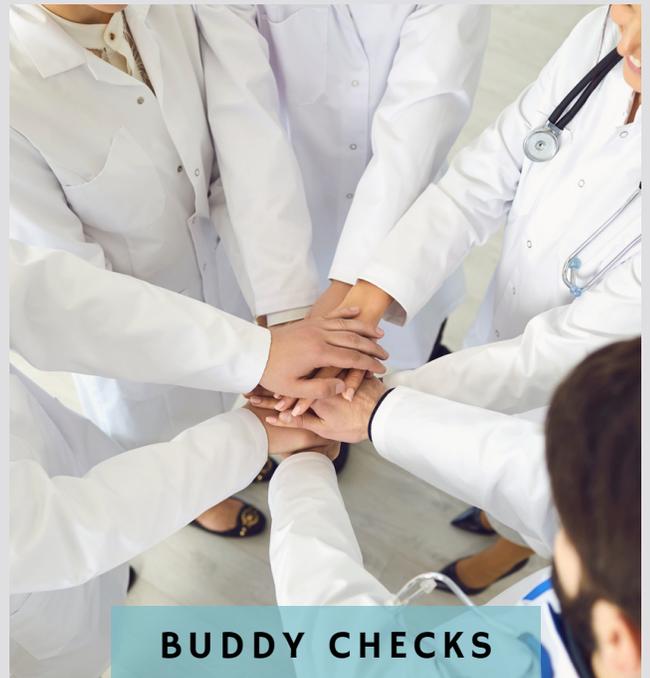
Are you a solution-finder?

CULTURAL STIGMA

There is a stigma in the culture of healthcare where those who take care of people everyday, do not reach out for help themselves. North Dakotans are similar in this way, they do not reach out for help when in need. This may be due to the stigma around mental health. When you put those two populations together, North Dakotan Healthcare workers, the openness to seek professional mental health services closes even more.

A YEAR IN REVIEW

In honor of our one year anniversary, we are sharing insights gained over the course of this project and the pandemic



BUDDY CHECKS

Find a co-worker you can talk to and make a commitment to check in with each other every day to see how you're doing.

SANFORD
HEALTH

NORTH
Dakota
Be Legendary.™
Behavioral Health
HUMAN SERVICES

SANFORD
RESEARCH

This effort is associated with North Dakota's Emergency Grants to Address Mental and Substance Use Disorders During COVID-19 (Emergency COVID-19), funded by the federal Department of Health and Human Services (DHHS), Substance Abuse and Mental Health Services Administration (SAMHSA), administered through the North Dakota Department of Human Services.

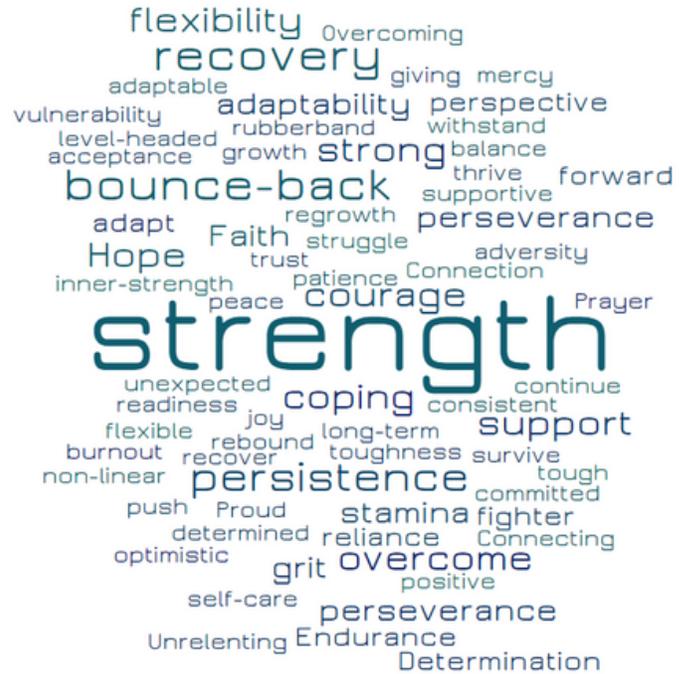
WAYS TO PRACTICE COMPASSIONATE LEADERSHIP

Look: Take time to check-in with your team. Look for the unsaid. How are people's energy levels?

Listen: Practice mindful listening. Give your team space to be open and honest about how they feel, both mentally and physically.

Feel: Everyone is going to be feeling a range of different emotions. Taking the time to acknowledge how someone else is truly feeling empowers us to respond with kindness.

Respond: In times of high stress, it's easy to let frustrations get in the way of skillful communication. Pause and give yourself space to respond in a skillful and kind way.



SUPPORTING HEALTHCARE PROFESSIONALS IN TIMES OF DISASTER: REFLECTIONS ON “AT-RISK EMPLOYEES”

Nobody is immune to distress. Considering the impact of the pandemic on our field of healthcare, we should consider all staff to be at risk, and take steps to assess and identify those who need increased support and/or intervention. We can identify risk at multiple checkpoints:

- During academic training
- In the recruitment and selection process
- During on-the-job training
- During disaster response
- In post-event operational debriefings
- In day to day conversations

TAKE OUR SURVEY! Scan QR Code

