Prioritizing Well-Being

The UC Irvine School of Medicine and UC Irvine Health have made your well-being a top initiative. Our goal is to ensure easy access to resources that will promote wellness and resiliency.

The information covered in this guide may or may not currently affect you. However, by becoming more aware of the issues that do commonly affect physicians, you will be better equipped to recognize risk factors and symptoms, and respond in an effective way that could make a true difference for you and/or your colleagues. The specific areas covered in this brochure include:

- Self-Care Fundamentals
- UC Irvine Resources
  - Mental Health
  - Financial
  - Other Sources of Support
- Online Mental Health Screening, Tools and Resources
- Local, State and National Wellness Resources

It is important for all physicians to identify warning signs or any alarming changes in behavior in yourself, as well as others. Be proactive in getting care for yourself. And if you see someone else struggling, please reach out to him/her immediately.

Take good care of yourself and your colleagues!
Self Care Fundamentals: Keep your life in balance!

Campus Recreation has an array of individual and group sports and fitness options at the Anteater Recreation Center (ARC), as well as other activities. Great opportunity to connect with other UCI community members while getting in shape. [http://www.campusrec.uci.edu](http://www.campusrec.uci.edu)

Fit Squad offers Yoga and Zumba classes at UCI Medical Center (Manchester Building), on the Irvine main campus and at the Santa Ana Family Health Center. Check out the website for the most current schedule. You do NOT have to be an ARC member to take these classes. [www.campusrec.uci.edu/fitsquad/](http://www.campusrec.uci.edu/fitsquad/)

Mindfulness, Yoga and Tai Chi are available through the Susan Samueili Center. Residents and faculty may get discounted rates. [www.sscim.uci.edu/Education/index.asp](http://www.sscim.uci.edu/Education/index.asp)

The UC Irvine Perks and Discounts website has a long list of discounts available to the UCI community. You can get discounts at a variety of places. Examples include Regal and AMC movie theatres, Universal Studios, Knott’s Berry Farm, KinderCare and 24 Hour Fitness. [www.wellness.uci.edu/discounts.html](http://www.wellness.uci.edu/discounts.html)

Orange County Physical Activity Resource Directory

Replenish your reserves!

Carve out time to enjoy the great trails, parks and beaches in Orange County!

The County has developed an online searchable database ([http://myhealthoc.org/activity-finder](http://myhealthoc.org/activity-finder)) that includes physical activity classes, programs and parks with swimming pools, ball fields, tennis courts, playgrounds, and much more. [Alltrails.com](http://www.alltrails.com) is another helpful resource for trails.
Watch for symptoms. Take good care of yourself and your peers.

UC Irvine and UC System Online Mental Health Tools and Resources

UC Irvine Work Life and Wellness Website
A comprehensive website with a list of upcoming events, available classes and workshops, online video modules, tools and resources to promote wellness and work-life balance. http://www.wellness.uci.edu

UC Irvine Human Resources Wellness Website
This is an online resource just for UC Irvine employees with informational flyers, helpful articles, wellness videos, a list of upcoming programs and events, and available resources. http://hr.uci.edu/wellness/

UC Irvine Wellness, Health and Counseling Services
Resources for students, residents, fellows and faculty can be found here. https://whcs.uci.edu

UC Irvine - Upcoming Wellness Events
http://www.wellness.uci.edu/facultystaff/events.html

Weekly Guided Mindful Awareness Podcasts
Each podcast has a different theme and offers a new daily life practice, guided meditation, silent practice time, and closing comments. http://marc.ucla.edu/meditation-at-the-hammer

UC Irvine Wellness videos
Self-directed, online video programs for improving your mind, body, spirit and environment. http://www.wellness.uci.edu/audiovideo.html

UCI Wellness YouTube Channel: The official YouTube channel for UCI faculty, staff and retirees. Enjoy a variety of playlists covering fitness, nutrition, mental health, and financial wellness. https://www.youtube.com/channel/UCP-sAwiuMJki8IrU-qvHbVQ/

UCI “Wellness Adds Up” Video Library: Educational and activity videos created for and by UCI on a wide variety of health and wellness topics. Topics include strength, flexibility, stress management, nutrition, sustainability and motivation. http://www.campusrec.uci.edu/wellness-addsup/index.asp

UC Well-Being Channel: Presented in partnership with the Chopra Center for Well-Being, Jiyo and the UC San Diego School of Medicine. https://www.uctv.tv/wellbeing/

Stress Resilience Training
Through the use of heart rate monitors, the participants can see in real-time the positive effects of breathing exercises, meditation, and exercise on their bodies. Free sessions are available for faculty and housestaff. http://www.campusrec.uci.edu/stress-resilience/index.asp
Watch for symptoms.  
Take good care of yourself & your peers.

Local & National Online Mental Health Screening & Resources

AMA STEPS Forward
The AMA has created some user-friendly, brief online modules on professional well-being topics:
- Physician Burnout
- Physician Well-Being
- Preventing Physician Distress and Suicide
- Physician Wellness: Preventing Resident and Fellow Burnout
- Appreciative Inquiry: Fostering Positive Culture
https://edhub.ama-assn.org/steps-forward/pages/professional-well-being

National Academy of Medicine
In 2017, the National Academy of Medicine launched the Action Collaborative on Clinician Well-Being and Resilience, a network of more than 60 organizations committed to reversing trends in clinician burnout. In particular, check out their Clinician Well-Being Knowledge Hub.
https://nam.edu/initiatives/clinician-resilience-and-well-being/

The Accreditation Council for Graduate Medical Education (ACGME) is focused on creating a learning environment with a culture of respect & accountability for physician well-being. The Council is focused on five key areas to support its ongoing commitment to physician well-being: Resources, Education, Influence, Research and Collaboration.
https://www.acgme.org/What-We-Do/Initiatives/Physician-Well-Being

10 Short TED Talks for When You are Feeling Burned Out
A nice collection of brief TED talks to help lift your spirits. Segments range from 4 – 20 minutes in length.
https://www.ted.com/playlists/245/talks_for_when_you_feel_totally

Mindfulness-based Stress Reduction (MBSR)
Palouse Mindfulness is a free 8-week online course, created by a certified MBSR instructor, based on the program founded by Jon Kabat-Zinn.
http://palousemindfulness.com/

Mood Gym is an online interactive workbook based on the principles of cognitive behavioral therapy and interpersonal therapy, and an excellent resource you can use at home. Developed for medical interns, Mood Gym provides tools to cope with depression and anxiety.
https://moodgym.com.au

Smartphone Apps:
- Head Space is an app that focuses on teaching meditation and mindfulness in 10 minutes a day.
- Moodkit is an app developed by psychologists to help improve mood.

National Alliance for the Mentally Ill (NAMI)
NAMI is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. This organization educates, advocates and supports individuals with mental health concerns, as well as their families. The national website (https://www.nami.org/) offers education, support & resources. The Orange County chapter (http://www.namioc.org/) has a local “warmline” which serves California residents only.

If in crisis: text NAMI to 741741
NAMI Helpline: 800-950-6264

“Warmline” for CA residents only:
Hours are Monday – Friday, 9 AM – 3 AM
Saturday, Sunday: 10 AM – 3 AM
Phone: 714-991-6412
Text: 714-991-6412
Local Mental Health Resources

UCI Psychiatry Outpatient Clinic

UCI Psychiatry is available to offer assistance and will work closely with you to protect your confidentiality. The following services are available: individual counseling, processing of a difficult patient experience, medication management, conflict resolution and preventative resources such as meditation and mindfulness sessions.

To make an appointment, please email Natalie Archer, the Outpatient Clinic Practice Manager (gregoryn@uci.edu, 714.456.6197) and let her know that you are a UCI resident, fellow or faculty member.

The residents’ medical insurance is accepted at UCI Psychiatry.

Suicide Prevention

National Suicide Prevention Lifeline (24/7)
Online chat or call 800.273.8255
https://suicidepreventionlifeline.org

The Trevor Project (LGBTQ, 24/7)
Text, online chat or call 866.488.7386
https://www.thetrevorproject.org/get-help-now/

If you are having thoughts of wanting to harm yourself or others, please call 911 or go to your nearest emergency room.

To make an appointment: 714-274-7575
Dedicated line for UCI providers. Please state that you are a UCI physician.

Resident health insurance is accepted.

Telepsychiatry is available.

505 North Tustin Avenue, Suite 150
Santa Ana, CA 92705
Office is located only 5 miles south of UCI Medical Center (off the 5 and 55 freeways)
UC Irvine Mental Health Resources

Negar Shekarabi, Psy.D.
nshekara@uci.edu
949-824-5208
Licensed Clinical Psychologist

The Coordinator of Faculty and Staff Mental Health Care and Respondent Services provides consultative services and support to resolve behavioral health issues, serves as a primary crisis intervention resource to facilitate and coordinate appropriate resources, provides time-limited case management for residents/fellows, and develops and implements instructional training and materials to assist in the promotion of mental well-being for all UC Irvine Health faculty and housestaff. Support is offered for a wide range of issues, including:

- Work-related stress
- Relationship/Couples Issues
- Family Problems
- Depression, anxiety
- Grief and loss
- Alcohol, drug and other addictions
- Consultations and training services for faculty and staff management

Information shared with the Coordinator of Faculty and Staff Mental Health Care is completely confidential. Information about you or your visits is not shared with anyone without your consent or as required by law.

Employee Assistance Program (EAP)

This program is a free, confidential benefit that can help address personal or work-related issues faced by UCI faculty, staff, retirees and dependents. This service, staffed by experienced clinicians, is available 24 hours a day, seven days per week.

A master's or doctoral level Guidance Resource Professional will help with problem identification, assessment and referral to treatment providers and community resources. Guidance Resources can assist with concerns such as marital conflict, interpersonal difficulties, conflict at work, stress management, alcohol or drug abuse, and personal decision-making.

http://www.wellness.uci.edu/facultystaff/eap/introduction.html
Phone (24/7): 844.824.3273

www.guidanceresources.com
First time users: Click "Register" and use organization web ID: UCIEAP3
**Assault and Violence**

**Domestic Violence Assistance:** 714.935.7956  
**Victim/Witness Assistance:** 714.834.4317  
**Domestic Violence Hotline:** 800.799.7233 (24 hours)  
**Rape Crisis Hotline:** 714.957.2737 (24 hours)  
**Sexual Assault Victim Services:** 714.834.4317

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**Substance Use**

**The Physicians Confidential Line** is a 24/7 phone service that provides support to physicians with alcohol/chemical dependency or mental/behavioral problems. This service is completely confidential and will not result in any form of disciplinary action or referral to any disciplinary body. Calls are quickly connected to a physician with extensive experience in helping other health professionals. You can call about yourself or colleague.  
[https://www.cmadocs.org/confidential-line](https://www.cmadocs.org/confidential-line)  
Phone: 213.383.2691.

**National Institute on Drug Abuse (NIDA)**  
The National Institute on Drug Abuse (NIDA) has launched a new website to provide physicians and other health professionals with the latest science on drug abuse and addiction. It contains resources for people struggling with addiction and their families, as well as relevant research, documented trends in addiction and other informational materials.  
[https://www.drugabuse.gov](https://www.drugabuse.gov)

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**Campus Assault and Education (CARE)**

If you have experienced sexual assault, dating/domestic violence, or stalking, you may contact Campus Assault Resources and Education (CARE).

This organization offers services related to sexual assault, dating and domestic violence, and stalking **FREE** of charge and **CONFIDENTIALLY** to all students.

Services include consultation about options, advocacy, accompaniment, group counseling, yoga programs for survivors, community resource referrals, and training programs for students, staff and faculty.

[http://www.care.uci.edu](http://www.care.uci.edu)  
949.824.7273  
G320 Student Center  
Hours: M-F, 8 A.M.-5 P.M.

To report an incident, contact the UCI Police Department at 949.824.5223.
LGBTQ+ Resources

UCIMC and UCI Campus Resources
UCI School of Medicine LGBTQ+ Monthly Meetings and Activities for Residents and Fellows
Please contact Dr. Cristobal Barrios for times and locations (cbarrios@hs.uci.edu).

The UCI LGBT Resource Center provides a safe and welcoming environment for people of all identities and offers educational, social justice and social programs. http://www.lgbtrc.uci.edu
949.824.3277
G301 Student Center, Irvine

UCI LGBTQ Mentoring Program is a trusting, confidential, one-on-one relationship between the mentee and an LGBTQ mentor. This provides a venue for the mentee to explore many issues regarding sexual orientation or gender identity in a safe, non-judgmental, supportive and empowering environment. https://counseling.uci.edu/peer-programs/lgbtq-mentor.html

Online and Off-Campus Resources
The LGBT Center - Orange County advocates for individuals' rights and represent the policy and legislative interests of Orange County's LGBT community. It also offers a variety of services and programs, as well as empowering educational courses and events. www.thecenteroc.org
Phone: 714.534.0862

LGBTQ Resource List
List of a variety of resources https://www.glaad.org/resourcelist

National LGBT Health Education Center
Very extensive and comprehensive list of resources on LGBT health and health care delivery. Includes description of health initiatives, curricula, training, videos, hotlines and much more. https://www.lgbthealtheducation.org/lgbt-education/lgbt-health-resources/

Working Parent Resources

UCI Child Care Services offer many options to UCI student, staff and faculty families. Some options are an infant/toddler center (3 – 36 months old), a Montessori school (3 months – 1st grade) and a developmental after-school program for children aged 5-12 years old (11:30 AM – 6 PM on weekdays during the school year, 7:30 AM – 6:00 PM during the summer).
www.childcare.uci.edu
949.824.2100

UCI Parenting Support Programs and Educational Classes
A variety of educational opportunities exist to help you navigate parenthood, including classes for expecting parents, new parents and parents of older children. Classes range from learning how to navigate the UCI disability leave process before going on parental leave to breastfeeding to managing young children’s behavior to saving up for your child’s college tuition to college admissions workshops. http://www.wellness.uci.edu/facultystaff/parenting.html

Families Forward is an organization dedicated to helping families in financial or emotional crisis to be successful and self-sufficient. www.families-forward.org
949.552.2727
UCI Financial Resources

Fidelity financial education on-site classes  
Classes are regularly scheduled on various topics. Examples of class topics include the fundamentals of retirement income planning, initiating your UC Retirement Savings Program, and the basics of when and how to claim social security.  
https://www.myucretirement.com/Classes

One-on-one consultations  
Schedule a one-on-one consultation at UCI Medical Center or on Irvine Campus with a financial expert consultant from Fidelity. You can ask questions to better understand your retirement benefit options, to evaluate your individual situation and priorities, rollovers into UC Retirement Savings Program, pre-retirement planning and comprehensive retirement income planning.  
https://www.myucretirement.com/Resource/156

UCI Financial Resources  
Resources on classes, individual consultations, ScholarShare 529 college saving plans, retirement 403b loans, flexible spending accounts and emergency loans can be found on this UCI website.  
http://www.wellness.uci.edu/staff-relief-resources.html

UCI Medical Center Resources

M-POWER (Medical Professionalism and Optimal Wellness Education and Resource) Committee  
(Formerly the Wellness & Professionalism Committee)  
Faculty Chairs: Patrick Lee, patrikl1@hs.uci.edu; Deena McRae, mcraed@hs.uci.edu  
Resident Chair: Melissa Kanack, mkanack@uci.edu

This Committee’s objectives are to provide wellness resources to faculty and housestaff, organize educational seminars, coordinate activities to build camaraderie, offer group debriefings to health care teams after stressful patient events, and maintain a formal faculty peer support program. The Faculty Peer Support program is designed to pro-actively reach out to individuals who are going through an acute occupational stressor (e.g., lawsuit, critical event). Please contact one of the Committee Chairs for referrals and resources, or if you want to participate as a Committee member.

UCI Health Wellness Program  
Justin Wang, Wellness Program Coordinator  
714.509.2390, justw11@uci.edu  
Event coordination and development of resources for housestaff, faculty, other health care providers and staff at UCI Health.

UCI Medical Center Chaplain  
Pirjo I. Carlisle, Associate Chaplain, pcarlisl@uci.edu  
Meditation room, email support group and a basket for prayer requests at UCIMC are available.
The UC Irvine Office of Graduate Medical Education is here to help. Please check out our website and explore the listed resources.

http://www.medec.uci.edu/gme/for-house-staff.asp

- Description of policies and procedures
- Benefits information
- Wellness Resources
- Taxi Reimbursement Program for when you are too tired to drive home from work
- Anonymous Feedback/Grievance Form
- Parking and Security

Office of Graduate Medical Education
333 City Boulevard West
Suite 870
Orange, California 92868
714.456.3526
gme@hs.uci.edu
http://www.medec.uci.edu/gme/index.asp

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