Prioritizing Well-Being

The UC Irvine School of Medicine and UC Irvine Health have made physician well-being a top initiative. Our goal is to ensure easy access to resources, protecting our valued physicians’ wellness and promoting a supportive culture.

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, signs, and symptoms with an effective response that could make a true difference for you and 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 and Tools
• Local, State and National Wellness Resources

It is important for all physicians to identify warning signs or any alarming behavioral changes in yourself, as well as others. Be proactive in getting care for yourself. And if you see someone else struggling, please reach out immediately or notify another person in a position to help. 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. It offers a 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. The website has 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/)

**The Susan Samueli Integrative Health Institute** offers clinical services from integrative primary care and specialty physicians, naturopathic doctors, acupuncturists and nutritionists, as well as classes in mindfulness and Tai Chi. [ssihi.uci.edu](http://ssihi.uci.edu)

**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 like 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)

**Resident/Fellow & Faculty Wellness Opportunities**

The GME Office welcomes faculty, resident and fellow involvement in our wellness efforts! If you are interested in joining the M-POWER Committee (formerly the Wellness and Professionalism Committee), please contact Dr. Deena McRae (mcraed@hs.uci.edu).

**Orange County Parks, Trails and Beaches**

Replenish your reserves!

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

This [Orange County Parks website](http://www.orangecountyparks.com) has a full list of parks, trails, and beaches with helpful information on hours, scheduled events, trail closures, reservations and permits.

[Alltrails.com](http://www.alltrails.com) is another helpful resource for various kinds of trails.
Watch for signs and symptoms. Take good care of yourself and your peers.

UC Irvine and UC System Online Mental Health Tools and Resources

**UC Irvine Worklife and Wellness Website**
A comprehensive website with a list of upcoming events, available workshops, tools and resources to promote wellness and work-life balance.
[http://www.wellness.uci.edu](http://www.wellness.uci.edu)

**UC Irvine Wellness Program and Events**
A list of programs, activities and events for our UCI community are listed [here](http://hr.uci.edu/wellness/).

**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/](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](https://whcs.uci.edu)

**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](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](http://www.wellness.uci.edu/audiovideo.html)

**UCI HR Wellness YouTube Channel**
The official UCI HR YouTube channel for UCI faculty, staff and retirees. Enjoy a variety of videos covering fitness, nutrition, mental health, and financial wellness.
[https://www.youtube.com/channel/UCP-sAwiuMJki8Iru-qvHbVQ/](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.

**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/](https://www.uctv.tv/wellbeing/)

**UCI Virtual Self-Care Wellness Resources**
Webinars, online resources, and virtual meeting opportunities are listed here to promote physical, emotional and financial health. For example, there are links to sign up for free yoga sessions or to schedule 1-on-1 financial advisor sessions.
[http://www.wellness.uci.edu/virtualselfcare.html](http://www.wellness.uci.edu/virtualselfcare.html)
Watch for signs and symptoms. Take good care of yourself & your peers.

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
- Hospitalist Well-Being
- Physician Suicide and Support
- Preventing Resident and Fellow Burnout
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

Psychhub: A Mental Health Resource Hub
This is the product of many national mental health organizations’ efforts to help people address their well-being needs during the COVID-19 pandemic.
https://psychhub.com/initiatives/covid-19/

Smartphone Mental Health Apps
The website, One Mind PsyberGuide, provides reviews on user experience and summaries on the research supporting specific mental health apps and other digital health resources.
https://onemindpsyberguide.org

Popular Smartphone Apps
Cognitive Behavior Principles
- Wysa
- Sanvello: Anxiety and Depression
- MoodGYM

Mindfulness and Meditation
- Headspace
- Calm

10 Brief TED Talks for When You Feel Burned Out
A 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_burned_out

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/

MoodGYM
This is an online interactive workbook based on the principles of cognitive behavioral therapy and interpersonal therapy. Developed for medical interns, Mood Gym provides tools to cope with depression and anxiety.
https://moodgym.com.au
Hotlines and Crisis Text Lines

National Suicide Prevention Lifeline
Available 24/7
https://suicidepreventionlifeline.org
Online chat or call 800.273.TALK (8255)

CMA Physicians’ Confidential Line
Available 24/7
213.383.2691
https://www.cmadocs.org/confidential-line
Free 24/7 hotline that provides confidential physician-to-physician assistance about substance use and mental health concerns. Concerned family members and colleagues can also call this number to learn about constructive ways to show support and what resources exist for intervention and referral.

National Alliance for the Mentally Ill (NAMI)
NAMI’s national website (nami.org) provides education, support and resources. NAMI also offers a national Helpline, a free peer support service.

The Orange County NAMI chapter offers a “warmline” (714-991-6412), providing emotional comfort and/or resources to its community. (https://www.namioc.org)

Local Mental Health Resources

UCI Psychiatry
Outpatient Clinic

David Safani, MD, MBA
Medical Director
UCI Outpatient Psychiatry

UCI Psychiatry can offer assistance and work closely with you to protect your confidentiality.

To make an appointment, please email Dr. David Safani, the Medical Director of UCI Outpatient Psychiatry (dsafani@hs.uci.edu), and let him know that you are a UCI resident, fellow or faculty member. The residents’ medical insurance, Anthem Blue Cross PPO, is accepted at UCI Psychiatry.

There are offices in the new Chapman Pavilion within easy walking distance of the UCI Medical Center and in the Newport Beach Birch Street clinic.

Resident health insurance, Anthem Blue Cross PPO, is accepted.

Medication management, counseling and therapy are available in person and through telepsychiatry.

www.oak.care
Laguna Hills 949.258.3741
Fullerton 714.706.0206
Beverly Hills 310.231.6805

Resident health insurance, Anthem Blue Cross PPO, is accepted.

sensible care
www.sensiblecare.com
To make an appointment: 714-274-7575
Dedicated line for UCI providers.

505 North Tustin Avenue, Suite 150, Santa Ana
Office is located 5 miles south of UCI Medical Center

Resident health insurance, Anthem Blue Cross PPO, is accepted. In-person visits and telepsychiatry are available.
UCI Resident/Fellows Health and Insurance Coverage

This website provides information on how to find a health care provider (dentist, vision care provider, physician or psychologist) near you, as well as information on deductibles and out-of-pocket costs.

Telemedicine Options through Anthem Blue Cross PPO

Through LiveHealth Online, you can schedule appointments online and have video conferences 24/7 with board-certified physicians, using your mobile device or computer. They can diagnose and prescribe medications for many common non-emergency medical and behavioral health issues.

- For residents and fellows in ACGME-accredited programs (all have Anthem Blue Cross PPO): Each consultation is covered with a $15 copay.
- For faculty with Anthem Blue Cross PPO: Your first visit each calendar year is free. After that, the service costs $20 per consultation.

You may also schedule video conference appointments with therapists through LiveHealth Online Psychology. Book a time and date that is convenient for you, including evenings and weekends.

- For residents and fellows in ACGME-accredited programs (all have Anthem Blue Cross PPO): Each visit is covered with a $15 copay.
- For faculty with Anthem Blue Cross PPO: The first three consultations are free. After that, each visit costs $20.

The service is available not only to you, but also your eligible family members. LiveHealth Online mental health professionals can evaluate and treat patients age 10 and older.

Please note: The websites are used not only by UCI employees, so fees are listed. You should not be responsible for the entire fee, but only the co-pay as described above.
Faculty/Staff Support 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/Staff Support Services is completely confidential. Information about you or your visits is not shared with anyone without your consent or as required by law.
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
**Victim Referral Services on OC Sheriff's website:**
https://www.ocsd.org/about_ocsd/services/referral

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.

Substance Use

**The Physicians Confidential Line** is a 24/7 free service that provides support to physicians with substance use or mental health concerns. 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
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
LGBTQ+ Resources

UCIMC and UCI Campus Resources
UCI School of Medicine LGBTQ+
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. https://www.lgbqcenteroc.org/
Phone: 714.953.5428

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/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/Xparenting.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
Phone: 949.552.2727; Email: info@families-forward.org
UCI Financial Resources

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

One-on-one consultations (https://www.myucretirement.com/Resource/156)
Schedule a one-on-one consultation at UCI Medical Center, on Irvine Campus or via Zoom with a financial expert consultant from Fidelity. Gain a better understanding of your UC retirement benefit options, evaluate your individual situation and priorities, and start your retirement income planning.

UCI Financial Resources (http://www.wellness.uci.edu/staff-relief-resources.html)
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.

UC-specific Retirement
- UC Retirement Contact Page
- UCRAYS (retirement benefits, retirement estimator, update beneficiaries)
- UCPath (current health benefits, payroll, leaves)
- Voluntary Retirement Plans (403b, 457b, DCP Plan)
- Retiree Health & Welfare Benefits

Fidelity Financial Services
- Department Meeting Requests
- 1:1 Financial Consulting Requests
- Fidelity Webcast Hub

Support at UCI Medical Center

M-POWER (Medical Professionalism and Optimal Wellness Education and Resource) Committee
Faculty Chairs: Patrick Lee, patrikl1@hs.uci.edu; Deena McRae, mcraed@hs.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, pcarlsl@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

- GME policies and procedures
- Benefits information
- Wellness Resources
- Transportation Reimbursement Program for when you are too tired to drive home from work
- Anonymous Feedback Form
- Parking and Security

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