

WELL-BEING RESOURCES FOR RESIDENTS AND FELLOWS



Resources to Support Resident and Fellow Well-being

Our residents' and fellows' physical, psychological and emotional well-being is of paramount importance to Dartmouth Health, Graduate Medical Education and our ACGME-accredited training programs. Residents and fellows are encouraged to lead healthy lives and make healthy choices that support them in their personal and professional growth. Dartmouth Health offers many excellent resources for employees (and often family members too) to support your well-being. Please contact us if you know of a resource that is not included!





Crisis Phone Numbers

<u>988 Suicide and Crisis Lifeline</u> Dial 988	The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
<u>National Sexual Assault (RAINN) Hotline</u> (800) 799-7233	The National Sexual Assault Hotline is a safe, confidential service. When you call the hotline, only the first six numbers of the phone number are used to route the call, and your complete phone number is never stored in the system.
<u>National Domestic Violence Hotline</u> (800) 799-7233	Reach advocates 24/7/365 to get support. No names, no fees, and no judgment. Just help.
<u>Love is Respect</u> (866) 331-9474	National dating abuse helpline.
<u>Substance Abuse and Mental Health Services Administration</u> (800) 662-HELP	Confidential, free, 24/365 information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.
<u>NH Statewide Addiction Crisis Line</u> (844) 711-HELP (4357)	Confidential, 24/7, judgement free. Trained counselors available to listen and help individuals struggling with addiction or substance use take the next steps that are right for them.
<u>Poison Control</u> (800) 222-1222	Poison Control Centers provide poison expertise and treatment advice by phone. Poison centers are staffed by pharmacists, physicians, nurses and poison information providers who are toxicology specialists.
<u>West Central Behavioral Health</u> (800) 564-2578	New Hampshire community-based, mental health organization serving the needs of individuals and families which offers a wide range of specialized services for individuals struggling with emotional, behavioral or addictive disorders.
<u>Health Care & Rehabilitation Services of Southeastern Vermont (HCRS)</u> (800) 622-4235	The HCRS Crisis Team is staffed with special trained mental health professionals available whom can speak with individuals in crisis 24 hours/day via phone or can meet individuals in their offices, hospital ER or other settings.
<u>Healthcare Workers and 1st Responder Support Line</u> (800) 327-7451	24-hour toll-free crisis line that will be answered by certified, licensed mental health clinicians.
<u>Physician Support Line</u> (800) 409-0141	A free and confidential support line service made up of 800+ volunteer psychiatrists.



Institutional Resources & Support

<p>Graduate Medical Education (603) 650-5748</p>	<p>The GME Office is a safe place where residents/fellows can seek help with various needs including academic counseling, coaching and mentoring.</p>
<p>Live Well/Work Well (LWWW) (603) 650-5950</p>	<p>Resources/services that motivate, encourage, and promote healthy lifestyles and foster resilience including: Health Risk and Wellness Assessment, MindStrength mindfulness training, health and lifestyle coaching, diet and nutrition resources, fitness rooms, onsite fitness classes and more!</p>
<p>Employee Assistance Program (603) 650-5819 DH.EAP@hitchcock.org</p>	<p>Confidential and free counseling services which include up to six in-person visits/year and 24/7 telephonic counseling.</p>
<p>Lactation Rooms</p>	<p>Mamava Pods are free standing lactation suite for nursing mothers. There are Mamava pods in the following locations: Level 3, East Entrance, Level 3, Main Mall and Level 5, Next to Rotunda Elevators. There is also a lactation room available on Level 5 near Cardiac Rehab.</p> <p>Resident and Fellow nursing mothers also have access a GME owned space on Level 5 that include refrigeration storage. For access, please contact the GME Office.</p>
<p>Fatigue Transportation</p>	<p>Uber vouchers are available to Residents & Fellows for safe transportation from DHMC or the WRJ VA Medical Ctr. to your home. A return trip to DHMC or the WRJ VA Medical Ctr. is also covered to retrieve your vehicle. Each voucher is good for two rides. Claim voucher in MedHub.</p> <p>No car available within Uber? You may also contact Bonni's Rideshare at 802-359-7339. Bonni and her team are available 24/7. Your ride home and return trip will be billed to GME, just show your work ID.</p>
<p>DHMC Chapel</p>	<p>The transitional Chapel is accessible from Level 3 in the East Mall next to the Norris Cotton Cancer Center Pavilion Lebanon on the upper Mezzanine.</p>
<p>Chaplaincy Department (603) 650-7939</p>	<p>The chaplaincy provides personal support, crisis intervention, spiritual care and guidance, short term counseling and liaison with local religious communities. Monday - Friday, 8:00 am - 4:30 pm On call chaplain available any time at pager 9207</p>



<p>Addiction Treatment Dept. of Psychiatry (603) 653-1860</p>	<p>The Doorway: Walking through the Doorway at D-H could be the first and most important step that someone takes today for opioid use or substance use disorder.</p>
<p>Behavioral Health Clinic for GME Residents/Fellows (BHC) (603) 650-7075</p>	<p>The BHC is a confidential, HIPAA protected service dedicated specifically to the needs of GME residents/fellows. Using a cognitive behavioral therapy model Dr. Andrew Smith works with you to address problems related to stress and mental health. Email: PsychiatryTeamBSupport@hitchcock.org</p>
<p>Employee Care Express (603) 653-3850</p>	<p>Walk-in care access for employees who have established their primary care at Dartmouth-Hitchcock Medical Center and need a same day appointment for a sudden illness can be seen in a number of clinic areas with quicker access to providers.</p>
<p>Occupational & Environmental Medicine (603) 653-3850</p>	<p>Occupational and Environmental Medicine provides a wide range of services including immunizations, care for employees exposed to an infectious disease, workplace injuries and employee health screenings.</p>
<p>Organizational & Employee Development Visit Halogen to enroll</p>	<p>Educational and professional skills development courses offered throughout the Dartmouth Health system to become more effectively personally, with your team, and with your patients.</p>
<p>KGA 24/7 External EAP Partner (800) 648-9557 My.KGALifeServices.com</p>	<p>Employer Code: Dartmouth</p>



Community Based Resources

<u>ALL Together</u>	ALL Together is a VT/NH community resource for prevention, treatment, recovery and advocacy of substance misuse and suicide.
<u>Employee Resource Networks</u>	Employee-led affinity groups whose mission is to contribute to the personal, professional and social development of members. <ul style="list-style-type: none">• <u>Asian & Pacific Islander Caucus</u>• <u>EmpowHER</u>• <u>Black Caucus</u>• <u>LGBTQIA+ Employee Network</u>• <u>Latinx Hispanic Council</u>
<u>Hanover Psychiatry</u> (603) 277-9110	Psychiatric and psychological practice service the Upper Valley.
<u>Headrest</u> Crisis Hotline: (603) 448-4400	Headrest is a non-profit community organization that provides addiction and crisis support services.
<u>Marcia Herrin, EdD, MPH, RD, LD</u> (603) 643-7677	Dr. Herrin is the founder of the Dartmouth College Eating Disorders, Prevention, Education and Treatment Program. She runs a private practice specializing in children and adults with weight issues and eating disorders.
<u>NH Health Professionals Health Program</u>	NHPHP serves physicians, physician assistants, dentists, pharmacists, and veterinarians with health problems, including medical conditions, psychiatric illnesses, substance abuse, and/or personal problems such as family difficulties, stress or career issues. <u>Sally Garhart, MD</u> , Medical Director, (603) 491-5036 <u>Deanne Chapman, MS, PA-C</u> , Assistant Medical Director, (603) 361-5446
<u>Substance Use Treatment in the Upper Connecticut River Valley Consumer's Guide</u>	This guide will help you to find treatment services for people whose alcohol and other drug use is negatively affecting their lives.
<u>WISE</u> (866) 348-WISE	WISE provides advocacy, crisis services, and community education to those affected by domestic and sexual violence and stalking throughout the Upper Valley region of New Hampshire and Vermont.



Self-Assessment Tools

Dr. PST (603) 650-5819	Web-based depression therapy
Well-Being Index	Anonymous, online tool to assess wellbeing.
Copenhagen Burnout Inventory	A public domain questionnaire measuring the degree of physical and psychological fatigue experienced in three sub-dimensions of burnout: personal, work-related, and client-related burnout.
Professional Quality of Life (ProQOL)	The ProQOL is the most commonly used measure of the negative and positive affects of helping others who experience suffering and trauma. The ProQOL has sub-scales for compassion satisfaction, burnout and compassion fatigue.
Self-Compassion Assessment	An online quiz to determine how self-compassionate you are as well as self-compassion practices to try.





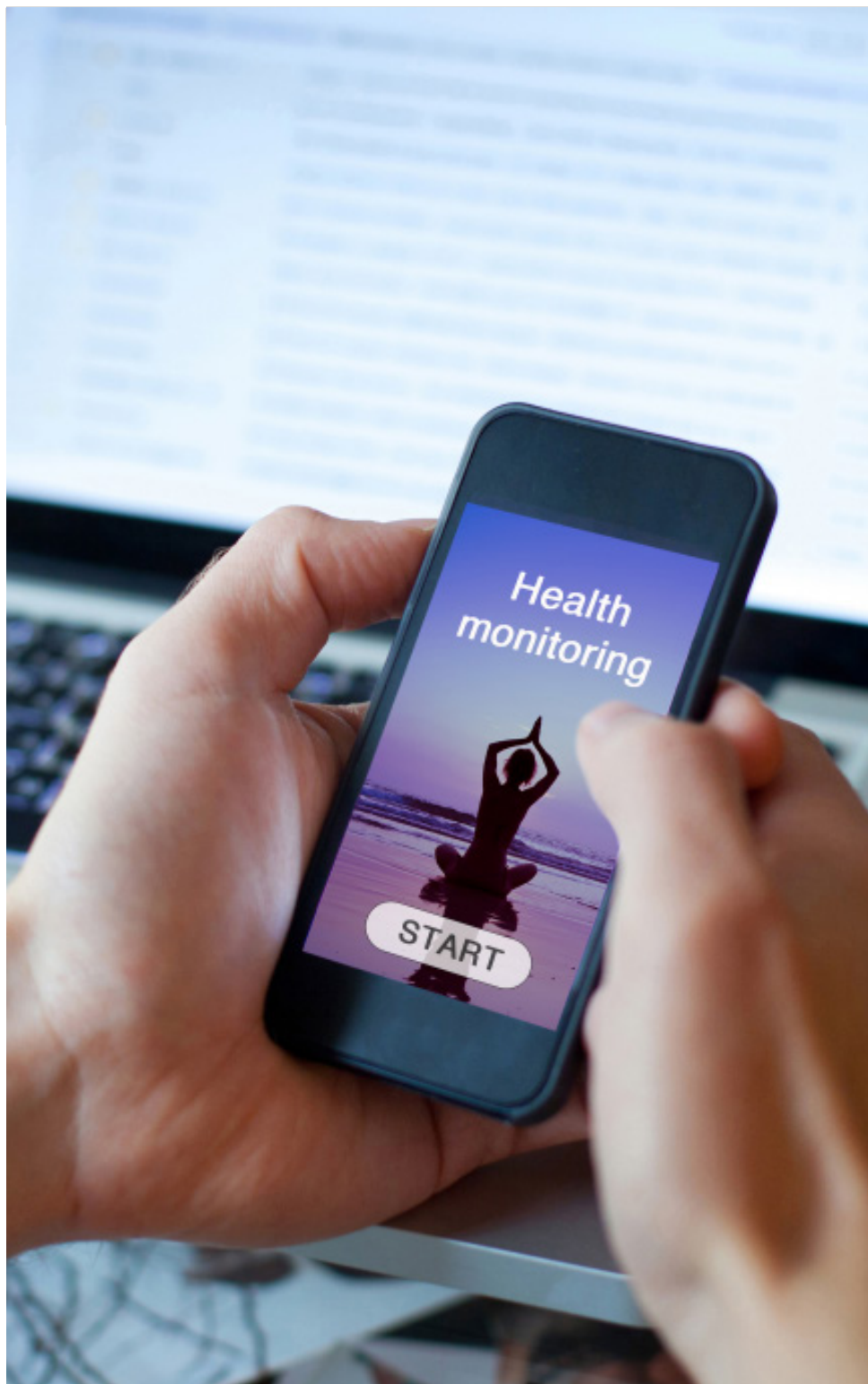
Publications, Websites and Apps

Publications	
<i>A Whole New Mind</i>	Book by Daniel Pink
<i>Being a Woman Surgeon</i>	Edited by Preeti John, MB
<i>Black Man in a White Coat: A Doctor's Reflections on Race and Medicine</i>	Damon Tweedy, MD
<i>Buddha's Brain – The practical neuroscience of happiness, love & wisdom</i>	Book by Rich Hanson, Ph.D., Richard Mendius, MD
<i>Earth Songs</i>	DVD - Brian Luke Seaward
<i>Emotional Intelligence 2.0</i>	Book by Travis Bradberry & Jean Greaves
<i>Forgive and Remember - Managing Medical Failure</i>	Book by Charles L. Bosk
<u>HeartMath</u>	PowerPoint, cards & tools, available in the GME Office
<i>Man's Search for Meaning</i>	Book by Victor Frankl
<i>The Mindful Path to Self-Compassion</i>	Book by Christopher K. Germer, MD
<i>Present Moment Wonderful Moment</i>	Card deck - Thich Nhat Hanh
<i>Staying Human During Residency Training (How to Survive and Thrive After Medical School)</i>	Book by Allan D. Peterkin, MD
<i>This Side of Doctoring: Reflections from Women in Medicine</i>	Book by Eliza Lo Chin, MD



<p><i>When Breath Becomes Air</i></p>	<p>Book by Paul Kalanithi</p>
<p><i>Your Brain at Work</i></p>	<p>Book by David Rock</p>
<p>Websites and Apps</p>	
<p><u>AMA Steps Forward Modules</u></p>	<p>Online interactive modules with downloadable tools that also offer CME credit for completion online</p> <ul style="list-style-type: none"> • Preventing Resident and Fellow Burnout • Preventing Physician Burnout • Improving Physician Resiliency • Preventing Physician Distress and Suicide
<p><u>AAMC MEdEd PORTAL</u></p>	<p>Search for “wellness” or “burnout” and published curricula which includes downloadable materials that can be implemented or adapted for your use</p> <ul style="list-style-type: none"> • Negotiating Work-Life Integration • Early Detection and Intervention for the Stressed Resident • Building Resilience for Wellness: A Faculty Development Resource • A Curriculum to Foster Resident Resilience

<u>AAMC Wellbeing in Academic Medicine</u>	Website that includes articles on physician well-being, ways to get help, and links to programs and courses involved in well-being.
<u>APA Well-Being Resources</u>	Website which includes links to TED talks related to burnout, a resilience app, and an online self-assessment, as well as links to other resources
<u>Clinical Well-Being Knowledge Hub</u>	Searchable database for research, toolkits, educational materials, and other resources relevant to clinician well-being and resilience
<u>Mindful.org</u>	Mindfulness website dedicated to inspiring, guiding, and connecting those who want to explore mindfulness
<u>Mindfulnet</u>	Everything you need to know about mindfulness on one website
<u>HeartMath</u>	Science-based technology and programs for taking charge of your life, proven to help reduce stress and anxiety by increasing inner balance and self-security
<u>Naturespace</u>	Sleep/rest app with sonic therapy for anxiety and stress relief
<u>Headspace</u>	Meditation app
<u>The Mindfulness App</u>	Mindfulness app
<u>Optum Behavioral Health Attaining Personal Empowerment</u>	Toolkits for addiction recovery, family recovery/resilience, general recovery/resiliency/empowerment and journaling
<u>Joy in Work</u>	Dr. Stephen Swensen discussing joy in work and preventing burnout.
<u>Work-Life Balance Quiz</u>	An online quiz to help you find your own personal balance between work and life
<u>How Stress Hurts</u>	Information from Mental Health America on how stress can impact physical and mental health





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Health

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