Welcome

Welcome our new Chief Wellness Officer, Dr. Liz Harry. She has many wonderful publications and insights, especially in cognitive load, a subject near and dear to emergency medicine. More info here: Message from the Chief Wellness Officer

1. ED Departmental Wellness Committee

Members:

The mission of the ED Wellness Committee is to:
- Share resources amongst all job families to cultivate a collegial and supportive environment.
- Enhance our physical, psychological, and emotional well-being through activities to promote a healthier workplace.

Current projects
- Planning an event involving the whole department. Ideas: Bring your child to work day, volunteering, event, craft show etc.
- Volunteers distributing snacks in the department
- Candy grams
- Get to know your colleagues

We would love more members: email Shelly Osenroth sensenrot@med.umich.edu
2. COMPASS (COMMpassionate Peers And Stress Support)

Michigan Medicine Peer Support Network designed to offer faculty, staff, & trainees individual emotional support.

- Connects clinicians with someone who has been through a similar experience for social/emotional support, information, and resources.
- Provides a safe zone to express personal reactions to stress and help promote and enhance coping skills.
- Encounters are private and confidential.
- Support available to any member of care team.
- Referrals can be made for yourself or a care team member through the email address ED-CES-Peersupport@med.umich.edu

Michele Carney is one of the peer supporters in CES

**Michigan Medicine Wellness Office**

The wellness office is a wealth of information for caregivers, mental health help, helping those in crisis and much more.

[Wellness Office (umich.edu)](https://wellnessoffice.med.umich.edu)