

wellness updates & resources for EM faculty, staff, and learners.

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:

Sarah Callihan, Mark Clark, Shelley Osenroth, Tonya Sheers-Hill, Eric Ridings, Tanner Vincent, Jennifer Gauvin, Liz Guerin, Adrienne Haggins, Sarah Ketelhut, Jen Lozada, Liz Macon, Cassie Sweidan, Kayla Vickers, Michele Carney and Valerie Stevenson.

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 [**sosenrot@med.umich.edu**](mailto:sosenrot@med.umich.edu)

2. COMPASS (COMpassionate 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)



WELLNESS OFFICE

IMPROVING HEALTH WHILE CARING FOR EACH OTHER

● ORGANIZATIONAL-LEVEL ● WORK-LEVEL ● INDIVIDUAL-LEVEL

wellnessoffice.med.umich.edu