The following is a list of resources to support the Spectrum Health community in response to COVID-19.

**Virtual Support Groups**
- An open, facilitated discussion to process difficult experiences, offer coping skills and review resources
- Open to all physicians and APPs throughout the system
- Led by Spectrum Health Behavioral Health Services and Encompass representatives
- Limited to 20 participants per session
- Leaders in each space will coordinate with the Office of Fulfillment to introduce the Virtual Support Group and confirm attendance

Please confirm interest to Dr. Kristin Jacob or Claire Fleming.

E: kristin.jacob@spectrumhealth.org
E: claire.fleming@spectrumhealth.org

**Well-Being Index Update**
- A way to arm physicians and APPs with the tools necessary to monitor their fulfillment and connect to system resources
- Extending the WBI assessment to April 10
- Seeking a 40% completion rate. Current participation rates:
  - Physicians - 32%
  - APPs - 40%
  - Resident/Fellow - 24%

**InSite Resources**
- The Office of Fulfillment | Clinician Resources
  - Access to Headspace
- Clinician to Clinician Blog Series
- COVID-19 Team Member Resources
- Video: 60 Seconds with Stephanie Burdick, MD on How to Work and Stay Safe

**Need to talk to someone?**

For 24/7 in-the-moment mental health support, at no cost to you:

**Encompass**
P: 1 (800) 788 8630
www.encompass.us.com
Company Code: spectrum

For non-emergent support:

**SH Now Behavioral Health Services**
P: 1 (844) 322 7374 opt. 3

**Online Scheduling**

**Critical Incident Stress Mgmt**
P: 616 391 1753
CISM on InSite

**Priority Health Behavioral Health Hotline**
P: 1 (800) 673 8043

**For urgent care:**

Pine Rest Psychiatric Urgent Care
P: 616 455 5490
www.pinerest.org/urgent

**Logistical Support**

**Hotel Accommodations**
Reserved for patient-facing team members who:
- Need to self-quarantine and does not have accommodations to do so
- Is re-employed or redeployed to a location 75+ miles from their home or worksite
- Is scheduled eight or fewer hours between scheduled shifts and lives 20+ miles away

* Email covid19@spectrumhealth.org and include length of stay, number of rooms, scheduled shift, phone number & preferred email

**Childcare Accommodations**
View our partnership with the YMCA here.