

Physician & APP Well-being Resources

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](#).