

PEERS FOR PEERS MONTHLY CHECK-IN

Leads are encouraged to attend the upcoming Peers for Peers check in and share their successes/challenges on **June 15, 2022; 12:00 p.m. – 1:00 p.m.**

Contact: faculty.wellbeing@schulich.uwo.ca

PEERS FOR PEERS asynchronous Peers for Peers training sessions are available for all leads at <https://schulichlearning.uwo.ca>. Even if you participated in the initial training sessions, we are asking that you complete the training modules to provide feedback on the curriculum. As you know, all peer support leads at Schulich are selected and endorsed by their leader.

Contact: faculty.wellbeing@schulich.uwo.ca

OPPORTUNITIES FOR WELLBEING LEADS

Wellbeing leads from five different clinical departments at Schulich came together and were successful in securing an AMOSO innovation grant for \$300K. The funds are dedicated exclusively to the operational expenses of the study over two years. Dr. Don Richardson, Department of Psychiatry and primary investigator and research team from The MacDonald Franklin OSI Research Centre will lead the study. The proposed project is titled *“Supporting Physicians: A Multi-Systems Investigation to Understand Burnout, Resilience, Moral Injury, and Institutional Trust”*. Over the next month we will be forming a **physician advisory board** in helping with study design to ensure it is well thought out and the data we collect will be meaningful for faculty wellbeing. Contact: [Bayan Moussa](mailto:Bayan.Moussa@schulich.uwo.ca) if you are interested in participating.

2022 International Conference on Physician Health, October 13-15, 2022

Two wellbeing submissions have been accepted to the ICPH. Andrea Lum and Laura Foxcroft’s *Peers for Peers Physician Wellbeing Support Program* submission and Joy Mangel’s *Introduction of a Universal Wellbeing Check-in Program for Clinical Faculty in the Department of Medicine: A Pilot Project* submission.

OPPORTUNITIES FOR FACULTY

Clinical Faculty Mentorship is a formal process whereby a faculty member has the assistance and support of others to help them with their professional goals. This process is initiated by the Mentoring Committee but is soon led by the mentee. Register at [Clinical Faculty Mentorship: Applying the Schulich Mentorship Policy Workshop](#).

Please be aware of the [Schulich Clinical Faculty Mentorship Oversight Committee](#). There is representation on this committee from every clinical department at Schulich. Faculty members can contact their representative to ensure mentorship committees and experience are optimized.

RESOURCES

<http://simplyalwaysawake.com>

One of our Peer Supporters, Dr. Adam Power has a spouse that has generously offered three free yoga classes at her studio to our wellbeing leads on **June 12, 19 and 26 from 4:00 p.m.- 5:15 p.m.** There are six spots available per class. Each practice will include some breath work, yoga asana (all levels practice), savasana and short meditation.

Contact: Amy Power crookedcrowstudios@yahoo.com to register or if you have any questions or visit www.crookedcrowstudios.com

Do you know of a faculty struggling with work life balance? This house manager service in London came highly recommended by faculty that utilized it: <https://www.lifemadeeasier.ca>

The [Staff and Faculty Family Practice Clinic](#) are located in Thames Hall, Rm. 2120, Western University and is for full-time staff and faculty members and their immediate family (spouse and children), who do not have a family physician. Learn what [financial, mental health and other supports](#) are available.

AWARDS

The [2022 Awards of Excellence](#) Dinner is taking place on **June 14, 2022**. Come together to honour the outstanding talent found at the Schulich School of Medicine & Dentistry. [Purchase tickets today](#).

The [Canadian Medical Hall of Fame](#) invites nominations of Canadian citizens whose outstanding leadership and contributions to medicine and the health sciences, in Canada or abroad, have led to extraordinary improvements in human health. Nomination deadline: **June 13, 2022**.

COLUMBIA SPORTSWEAR EMPLOYEE STORE has an exclusive in store only offer for the Schulich School of Medicine & Dentistry from **June 10 - July 3, 2022 (closed July 1)**. For store access, please provide your digital invite (printed or shown on your mobile device) + proof of affiliation / membership. Invitees can bring up to four additional guests with each visit. Find store location and hours [here](#) or on the invite included in this newsletter.

ENCOUNTERS TO BE DOCUMENTED BY WELLBEING LEADS monthly via [Qualtrics](#). It is important to log the data for continuous quality improvement of the program. An encounter is counted when: 1) a faculty reaches out for support; 2) you reach out to a faculty member yourself to “check in”.

RECEIVING CREDIT FOR YOUR ROLE AS A PEER SUPPORTER

We have now ensured there is a way to document your contributions in StarCV: **Acuity Star documentation as a Peer Supporter:**

- 1) Training for Schulich Peer Supporters:** Once you have completed the Peer support asynchronous training modules, acknowledgement of your completed certificate will be added into StarCV *by our administrative team* into the **Other Specialized Training** page.
- 2) Leadership Activity – Schulich Peer supporter:** The leadership you have demonstrated by volunteering to support your peers will be recognized by adding an entry into StarCV *by our administrative team* into the **Positions Held and Leadership Experience** page.
- 3) Peer Support Activities:** At the end of each academic year, your monthly Qualtrics peer support encounters will be reviewed, and a letter will be sent to your chair chief outlining your contributions. The time spent as a peer supporter will then be entered into your StarCV *by our administrative team* into the **Mentoring Activities** page.

Our peer supporters are not paid (to ensure psychological safety). However the contributions are significant in contributing to a healthy academic environment and as such we want to ensure they are valued in your academic dossiers. This will be done **by our administrative team and is no extra work to you**.

COUNSELLING SERVICE AVAILABLE for Western employees have access to the [Employee Assistance Program \(EAP\)](#) CTAs who have benefits through Western also have access to a health care spending account that pays the deductible for OPIP, where there is extensive coverage for paramedical services including psychology and other mental health treatments. If an employee is seeking additional support, outside of EAP, they can connect with employee.wellbeing@uwo.ca

In an effort to support timely support to a counsellor, or social worker, the referrals now go through the Employee Well-being office at employee.wellbeing@uwo.ca. If a CTA needs support, the Employee Well-being office can assist them to navigate their benefits to get the access to the services they need by ensuring they have the appropriate contacts.

Western Clinical Faculty Benefit Plan Specialist Contact:

[Kyle Digby](#), 519 661-2111 x85687

OMA Benefits Contact: info@omainsurance.com Toll Free: 1.800.758.1641

GOING ON LEAVE REMINDER to all Clinical Academics (Full-time and Part-time): **if you are going on leave for more than two weeks because of an illness, injury and/or disability, please notify your Department Manager of Administration and Finance** as soon as possible. They will inform [Schulich Faculty Affairs](#) so that Western University wellness and well-being resources are available to you as you need them. Congruently, you may access these resources on your own by contacting [Western Health & Well-being](#).

[Schulich Faculty Wellbeing Program](#)

