

Wellbeing Newsletter

PEERS FOR PEERS MONTHLY CHECK-IN

Leads are encouraged to attend the upcoming Peers for Peers check in and share their successes/challenges. Contact: faculty.wellbeing@schulich.uwo.ca
May 11, 2022; 8:00 a.m. – 9:00 a.m.
June 15, 2022; 12:00 p.m. – 1:00 p.m.

PEERS FOR PEERS TRAINING SESSIONS

The 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.
 Contact: faculty.wellbeing@schulich.uwo.ca
 As you know, all peer support leads at Schulich are selected and endorsed by their leader.

OPPORTUNITIES FOR FACULTY

Join Bill McCauley, Assistant Dean, Professional Affairs for an interactive session focusing on the professionalism opportunities and challenges throughout a medical career. This workshop will include practical approaches to identifying and managing professionalism issues that arise in the clinical setting. This program is targeted to Clinical Medical faculty.
May 11, 2022; 6:00 p.m. -8:00 p.m. [Details & Registration](#)

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

Mental Health Awareness Week is **May 2 - 8, 2022**. Western encourages you to take the time to support your mental health through a variety of [resources](#) and events. This includes a [one-week emotional wellness challenge](#), a [15-minute mental health e-module](#) available through OWL, and recorded fitness sessions in the areas of meditation, yoga and mindfulness can be accessed on the [Living Well@Western](#) page.

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](#), newly located to Thames Hall, Room 2120, Western University, 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 during COVID-19. <https://www.ontario.ca/page/covid-19-support-people#self-led-therapy>

Looking for tutors for elementary and secondary students?

- The Bachelor of Education Program, Faculty of Education, Western University maintains a Job/Volunteer Board of their current and recently graduated BEd students. Postings for Tutoring opportunities can be submitted through an [online form](#). The BEd Program will share postings and, if a Teacher Candidate (or recent graduate) thinks they could be a good fit, they'll be in touch with the submitter directly.
- For Faculty looking for [English tutors](#) for their high school students, Graduate students in the Department of English, Western University can be contacted who have expressed an interest in providing private tutoring and/or editing services.

ARTICLES OF INTEREST / MEDIA RELEASES

- [Championing Peer Support](#)
Schulich School of Medicine & Dentistry, April, 2022

AWARDS

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

[The Windsor Campus Awards of Excellence](#) recipients will be celebrated on May 30, 2022 (new date) at St. Clair College Centre for the Arts. [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**.

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.

As you know, 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**.

Your monthly Qualtrics peer support encounters are important in continuous quality improvement of our program and as such will be the metric that is required for our administrative team to enter your contributions.

UPDATE ON COUNSELLING SERVICE AVAILABLE AT WESTERN

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 it is 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.

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

Western Clinical Faculty Benefit Plan Specialist: [Kyle Digby](#), 519 661-2111 x85687

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

