



# Resident Wellness Office

Connection • Compassion • Community



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

# Why Wellness?

## Doctors who take care of themselves:

- **Are better role models for their patients**
- **Are better role models for their children**
- **Have higher patient satisfaction and safety scores**
- **Experience less stress and burnout**
- **Live longer**

*Source: <http://wellmd.stanford.edu/>*



# Vision

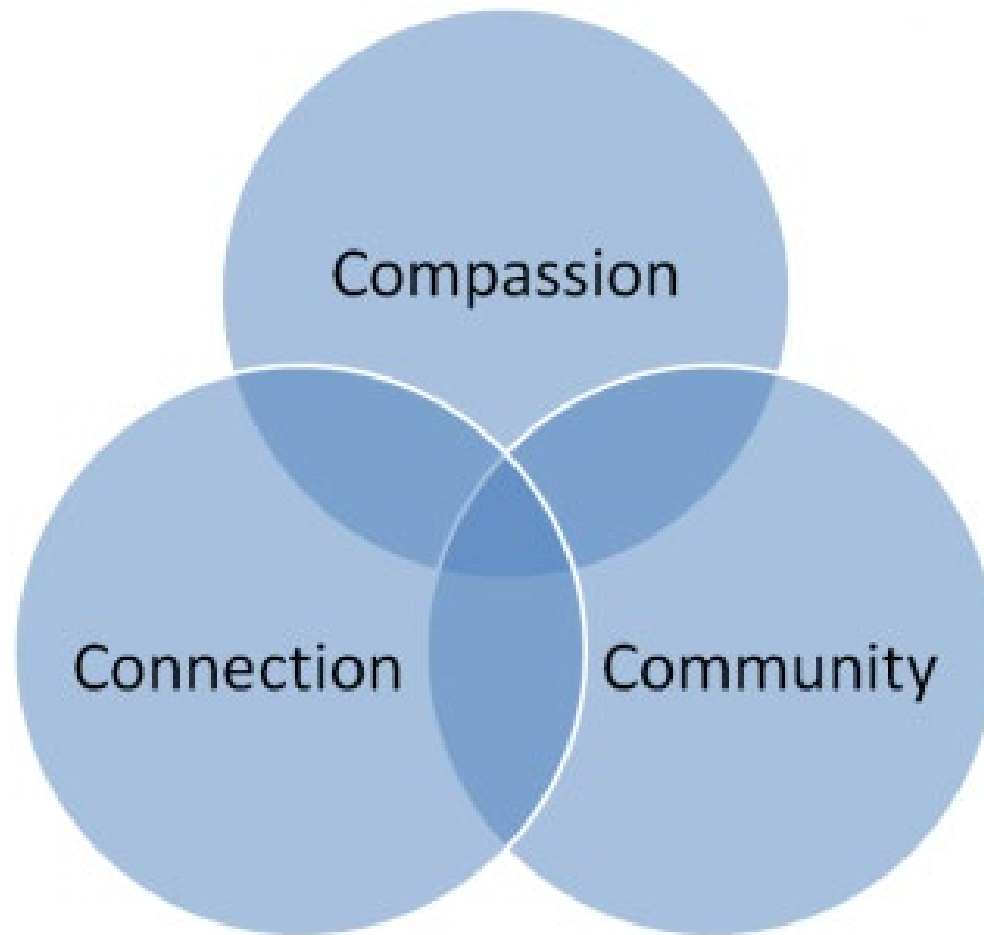
**The RWO is committed to providing confidential support services that meet the unique needs of medical residents and their partners.**

**We strive to create a safe and inclusive environment to empower residents to become proactive in taking care of their mental, emotional and physical well-being.**



# WHAT WE STAND FOR

---



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

# Services Available

- ✦ **In-person counselling at VGH, SMH & RCH**
- ✦ **Telephone and Zoom counselling**
- ✦ **Counselling for couples**
- ✦ **Annual visits to distributed sites (individual counselling, group sessions such as a workshop or Ice Cream Rounds)**
- ✦ **Referrals to community resources and other helping professionals**
- ✦ **Up-to-date online resources (website and wellness blog)**
- ✦ **Community events**



# Peer Led Ice Cream Rounds

**"ICE CREAM ROUNDS"**



**Peer Facilitator Toolkit**



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

# AIM. FOCUS. RELEASE: A SUPPORT GROUP FOR RESIDENTS ON LEAVE



Many residents that have gone on medical leave have described it as being a very stressful and isolating experience and have wanted a way to connect with other residents going through the same thing.

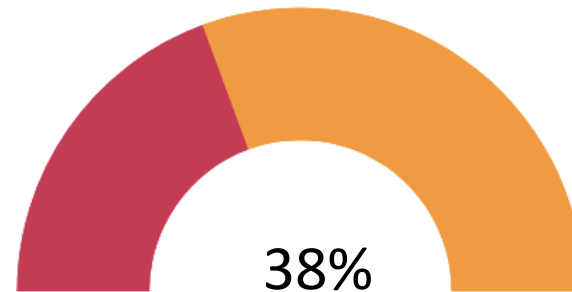
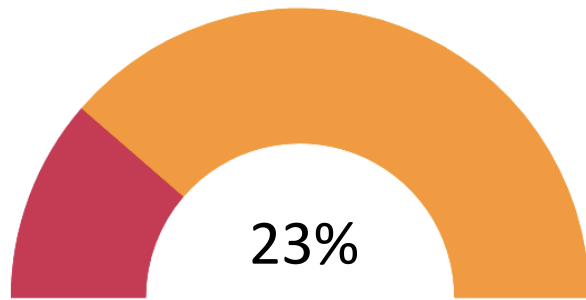
The Resident Wellness Office has created a 4 week support group that meets once a week in a safe and confidential environment. Learn healthy coping skills with a Registered Clinical Counsellor using the evidence based approach of Mindful Self-Compassion.



# Resident Wellness Office: 2019 Metrics

318 clients accessed individual counselling

23 Residency Training Programs accessed group supports



23% Client Access Rate All Postgraduate Trainees

39% Program Access Rate All Residency Training Programs



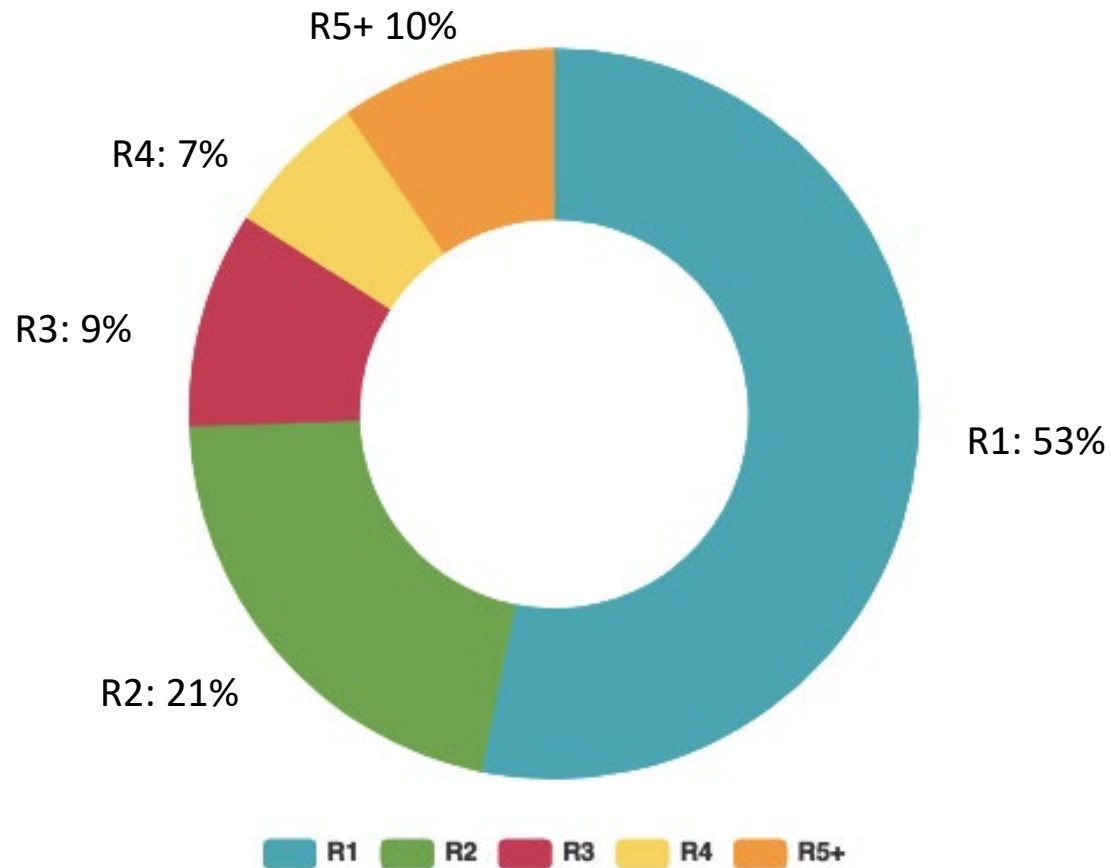
a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA



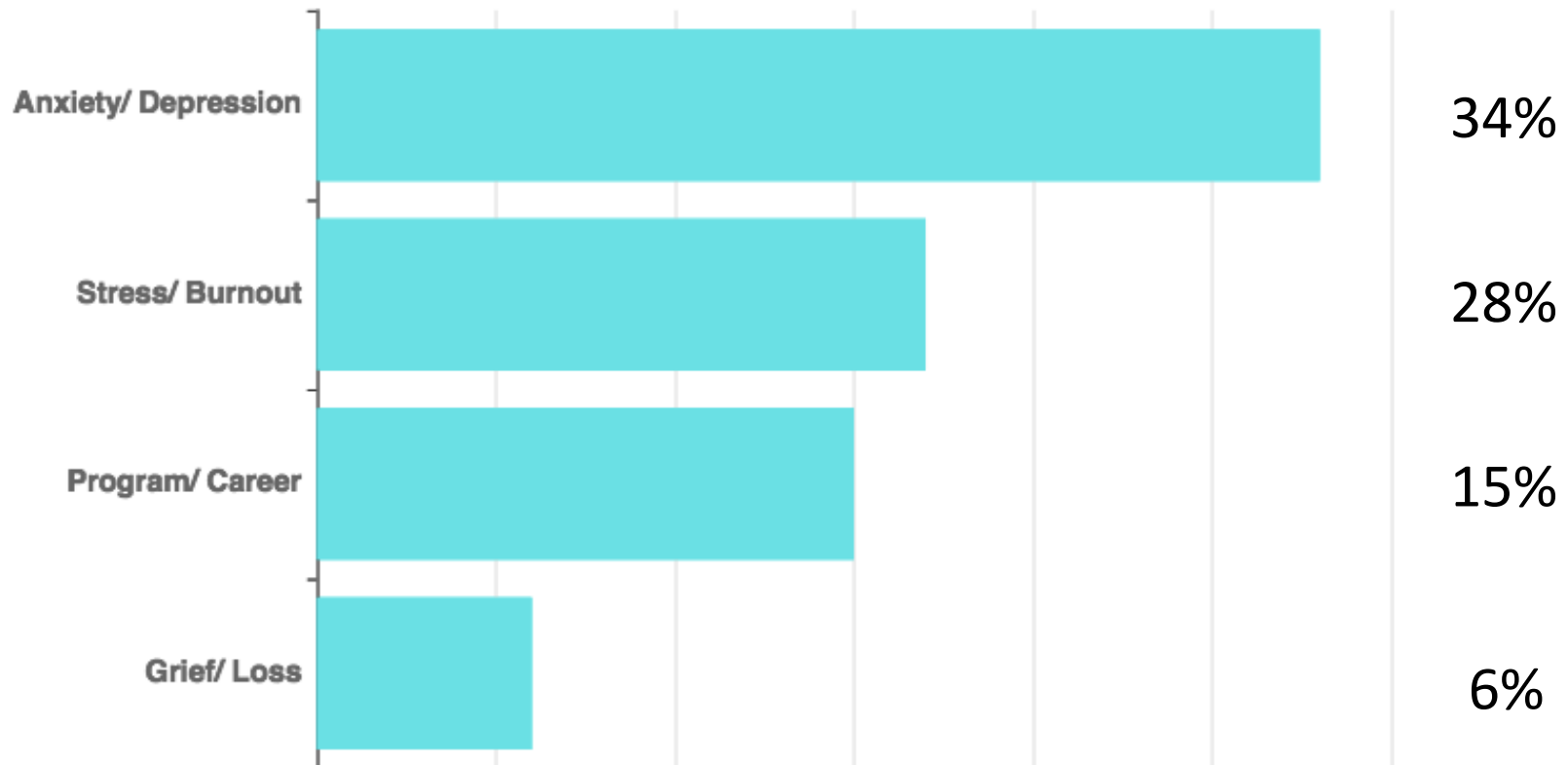
# Resident Wellness Office: 2019 Metrics

## Year of Access



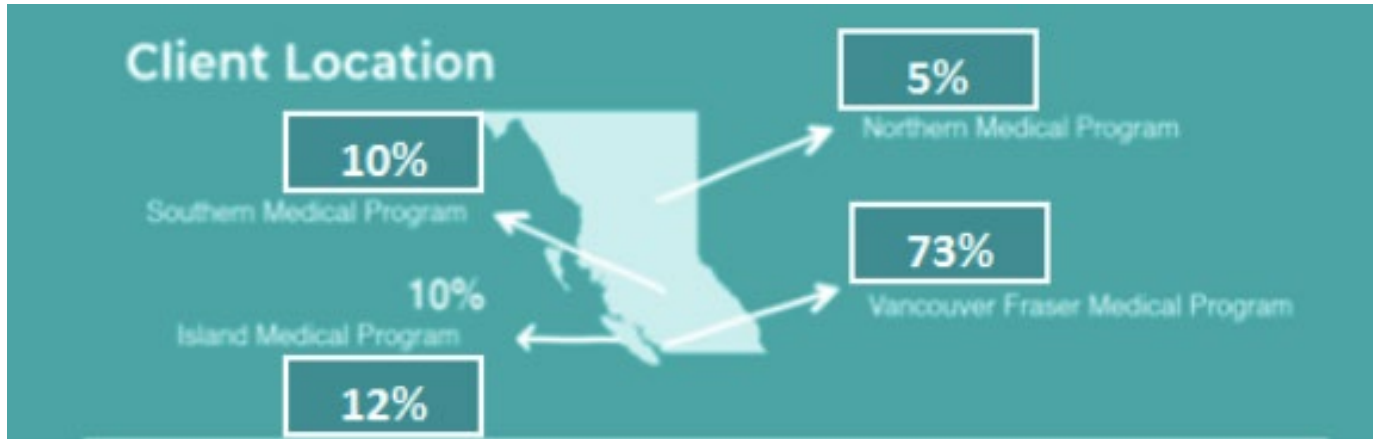
# Resident Wellness Office: 2019 Metrics

## Reasons for Access

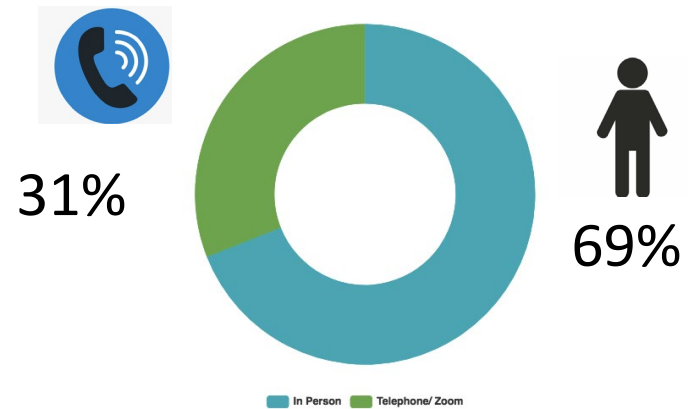


# Resident Wellness Office: 2019 Metrics

## Location of Clients



## Type of Access



# How Do I Access?



**1 855 675 3873**



**resident.wellness@ubc.ca**



**[www.postgrad.med.ubc.ca/resident-wellness](http://www.postgrad.med.ubc.ca/resident-wellness)**



**Book online: [ubcresidentwellness.janeapp.com](http://ubcresidentwellness.janeapp.com)**

**General hours: Monday – Friday, 8:00am - 4:00pm**

**(With evening appointments available on certain days of the week)**

**\* If you are in crisis, please call the Physician Health Program (PHP) 24-hr helpline at 1 800 663 6729.**



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

# What residents are saying:

“

**I feel pretty well adjusted normally, but I find so much value in having someone who was knowledgeable, non-judgmental, and kind to talk to about things that are troubling me.**

*-R1*

“

**Working with the RWO Counsellors has made a huge impact on my life. Thank you so much for providing this service to residents. It is really important.**

*-R3*



# Virtual Resident Talent Night: September 2020!



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA