

Resiliency Resources from MUSC

COVID-19 Resiliency Clinic

Healthcare workers across MUSC who are responding to and caring for COVID-19 patients within our community are at increased risk of stress related difficulties. Developing strategies to bolster resilience in order to continue to respond effectively is essential for the health and well-being of our healthcare team. Below are several resources that have been compiled to assist in taking care of yourself and those around you during these challenging times.

Available MUSC resources:

COVID-19 Resiliency Clinic

MUSC, MUHA, and MUSC-P faculty and staff can be seen for free brief COVID-19 specific stress management and resiliency bolstering coping strategies within one to four individual telehealth clinical support sessions. These sessions will focus on learning tools to manage and cope with stressors related to COVID-19 care.

Contact: Dr. Melissa Milanak milanak@musc.edu 843-792-0042

Sleep and Anxiety Research and Treatment Center

MUSC, MUHA, and MUSC-P faculty and staff are offered individual evidence based cognitive behavioral therapy and medication management currently via telehealth for sleep and anxiety related difficulties.

Contact: Dr. Melissa Milanak milanak@musc.edu 843-792-0042

MUSC Employee Assistance Program (EAP)

MUSC, MUHA, and MUSC-P faculty and employees and their families can be seen for free, short term counseling. An operator is available 8:30am-5:00pm, sessions are by appointment only.

Contact: Jeni Bowers-Palmer bowersj@musc.edu 843-792-2848

MUSC Chaplaincy/ Pastoral Care Services

On-site service is available 24/7.

Contact: Call 792-9464 or Page (Main: 18089; ART: 17265; SJCH: 17075)

Recommended reading resources for healthcare providers in managing distress related to COVID-19:

Center for Disease Control:

Emergency Responder Tips for Taking Care of Yourself (CDC)

Managing Anxiety and Stress (CDC)

Uniformed Services University – Center for the Study of Traumatic Stress:

Facts sheets for Providers, Families, Leaders

American Psychiatric Association:

APA Resources for Providers, Families and Healthcare Leaders

<https://www.psychiatry.org/psychiatrists/covid-19-coronavirus>

American Psychological Association:

Seven Research Findings that can help People Deal with COVID-19

American Foundation for Suicide Prevention:

Protecting your Mental Health During the Coronavirus Outbreak

Recommended reading resources for guidance on talking to (your) family about COVID-19:

The American Academy for Child and Adolescent Psychiatry:

AACAP Coronavirus Resources for Parents, Youth and Clinicians

National Child Traumatic Stress Network, NCTSN:

Taking Care of Family Well-Being

Recommended apps to assist in learning and practicing mindfulness strategies:

Headspace (currently free for healthcare providers with NPI)

<https://www.headspace.com/health-covid-19>

Insight Timer

www.insighttimer.com

Calm

www.calm.com



Changing What's Possible