

# An Overview of Wellness Activities at Eastern Virginia Medical School

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# Institutional Wellness Committee

- Composition
- Projects
  - Improving electronic communications
  - Creating awareness of institutional resources that are already available



# Waldholtz Wellness Series

- ❑ Currently offered virtually each quarter
- ❑ Lectures focus on various aspects of wellness
- ❑ CME credit opportunity



# Employee Assistance Program

- Monthly webinars with access to archived webinars
- Counseling



# Health Advocate

- ❑ Resources on health, finance, and well-being
- ❑ Healthy eating education and recipes
- ❑ Fitness challenges
- ❑ Activity logging
- ❑ Support services



# Wellness Centers

- Students, residents, and fellows
  - Waitzer Hall, Suite 212
  - Monday-Friday, 7a – 10p & Saturday-Sunday, 8a – 2p
- Employee
  - Andrews Hall, Suite 528
  - Monday-Friday, 7a – 10p



# GRADUATE MEDICAL EDUCATION



# Graduate Medical Education

- GME Leadership Coaching Program
- Well-being Index
- SupportU Peer Support Program
- Early Assessment and Mentorship
- Breaking Bad News
- Final Rounds
- Resident Retreats
- Faculty Retreats
- 24-hour Mental Health Crisis Care



# GME Leadership Coaching Program

- ❑ 1:1 Coaching for residents and fellows
- ❑ Brief 3-session model; 30-40mins; Virtual
- ❑ Self-Refer, Referred, Required
- ❑ PhD Counseling Interns from Old Dominion University

# Well-being Index

**WELL-BEING**  
index

ABOUT PRODUCT SOLUTIONS PLANS & PRICING RESOURCES LOGIN **GET STARTED**

## IT'S TIME TO GO BEYOND BURNOUT.

See how hundreds of leading healthcare organizations use the Well-Being Index to measure and support staff well-being.

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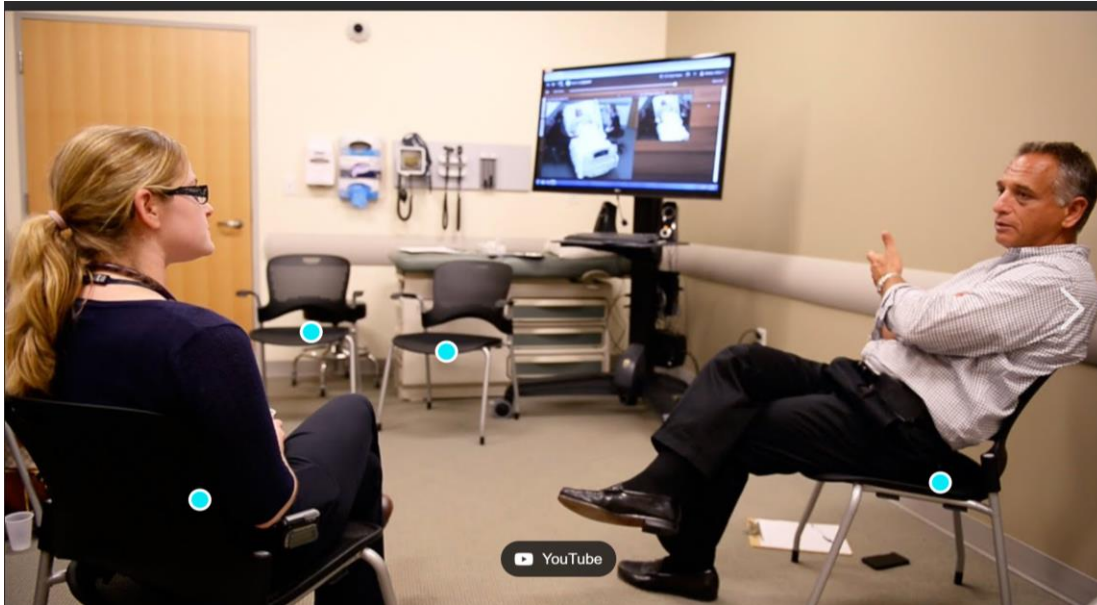
# SupportU

- Peer support program
- Designed to train peers of all professions at EVMS how to provide support to a struggling co-worker/colleague.

# GME Early Assessment and Mentorship

- LaConda Fanning, PsyD
- Explore areas for development with mentoring support.
- Pilot Phase

# Break Bad News



## Final Rounds

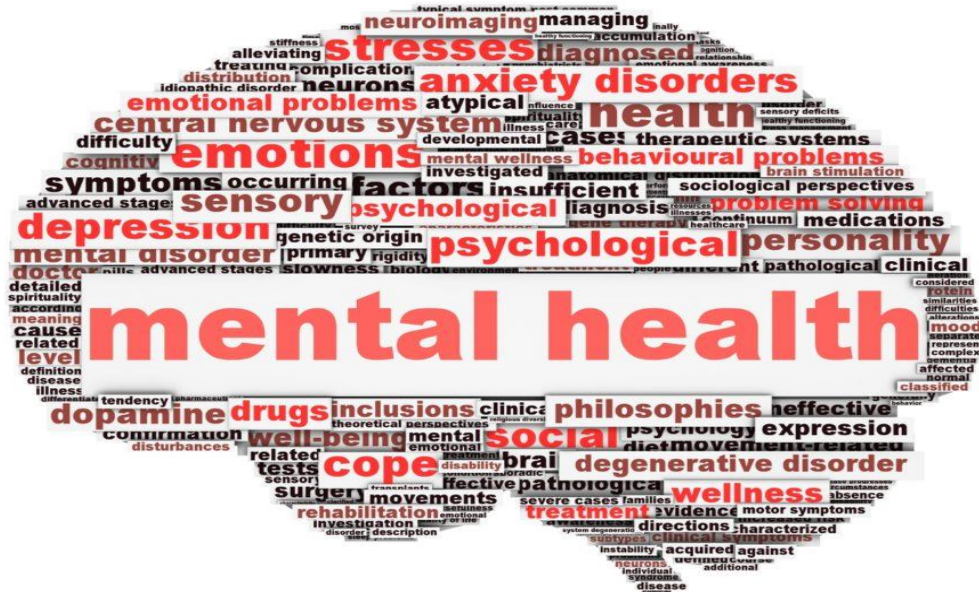
- ❑ Marissa Galicia-Castillo, MD
- ❑ Small Group
- ❑ Resident and Fellow's experiences with the death of patients.



# Resident and Faculty Well-being Retreats



# 24-hour Mental Health Crisis Care





# QUESTIONS

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