

HEALTHCARE WORKER?? HELLO!

This wellness program is **just for YOU.**

Psychological First Aid & WHOLE Wellness Program

Who is eligible to participate? Nurses and healthcare workers.

What is it? The WHOLE Wellness & Psychological First Aid (PFA) Program is a project from the **Nebraska Collaborative Investment in Nurses: Resiliency, Retention, & Well-being** that's funded by the Health Resources and Services Administration. We connect nurses and healthcare workers with experts and peers to improve their knowledge about reducing stress. The program has two components:

1. Psychological First Aid (PFA): Engages participants in active discussions about PFA that augment & reinforce completion of the Johns Hopkins' PFA online course.

- **6 group sessions** using case/situation-based learning and mentorship while following John's Hopkin's online PFA course. We provide healthcare workers with the expertise and practice that they need to apply PFA to their lives.

2. Wellness. How One Lives Effectively (WHOLE): WHOLE's framework is based on SAMHSA's proven wellness models.

- **4 group sessions** with information on relaxation, meditation, social connectedness, values vs. goals, time management, priority setting, thought distortions, and humor. Videos, exercises, and group interactions make sessions dynamic, fun, and informative!



When is it?

One-hour online sessions at **1:00pm CT/12:00pm MT** every other week.

PFA Sessions

September 12, 2023
 September 26, 2023
 October 10, 2023
 October 24, 2023
 November 7, 2023
 November 21, 2023

WHOLE Sessions

November 28, 2023
 December 5, 2023
 December 12, 2023
 December 19, 2023

How does the program work?

- A participating facility nominates 3-5 workers to attend all 10 sessions between Sept. 12, 2023 and Dec. 19, 2023.
- Sessions are one hour with 15-20 min of didactic, 10 min case-based situations, & 30 min of facilitated discussion.
- Participants bring forward cases/scenarios that they are experiencing to discuss with peers & our experts.

The PFA & WHOLE Program goal:

Offer system-wide approaches that improve wellness in nurses and healthcare workers. Diversity, equity, and inclusion are at the heart of our curriculum.

What is required of a participating facility?

1. **Selection of 3-5 participants** who can attend all online sessions and assist the facility with implementing recommendations.
2. **Commitment to the program(s) of 60 minutes or less per week.**
 - Participants receive FREE American Nurses Credentialing Center (ANCC) contact hours to offset participation time.
3. **Complete a required contract to offset the cost of staff time.**
 - Facilities receive up to \$1085 upon completion of the PFA training & up to \$275 upon completion of the WHOLE training.
 - Facilities will be reimbursed up to \$1360/participant, with a maximum of 5 participants in each program. Reimbursement will be provided upon instructor confirmation of participation in each training program and presentation of an invoice.
4. **Understand that completing the Johns Hopkins' Psychological First Aid online course comes with our program,** but certification from them is not required.
5. **Support case/situation submissions for discussion during the sessions.**
 - Cases don't have to be patient-based. They can be situational.
 - Discussion topics should focus on your facility's needs. Our subject matter experts will optimize PFA strategies in your settings.
6. **Ensure staff have the resources to join virtual meetings:** Computer, webcam, microphone, speakers, and a reliable internet connection.

In support of improving patient care, University of Nebraska Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



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INTERPROFESSIONAL CONTINUING EDUCATION

The University of Nebraska Medical Center designates this activity for up to 10.0 ANCC contact hours. Nurses should only claim credit for the actual time spent participating in the activity.

Partnerships

Nebraska Board of Nursing – Nebraska Center for Nursing – UNMC College of Nursing – UNMC College of Public Health

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*Details for this project are continuously evolving, and information will be updated accordingly

Questions?

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100% of pilot participants recommend this program to others.

