

Selection of Solutions to Fund

UCLA Center for Autism Research & Treatment

Area of Service: Nationwide Center located in Westwood, Los Angeles, CA

Ask: \$125,000

Program: The overarching goal of this program is to pilot an innovative collaboration between two academic centers at UCLA to increase mental wellness of UCLA behavioral healthcare providers.

The Center for Autism Research and Treatment (CART) and the Mindfulness, Awareness Research Center (MARC) will partner to provide world-renowned, empirically supported mental health services by offering classes and workshops teaching the skills of mindfulness and providing hands-on workplace tools to CART clinicians.

While new to CART, mindful awareness training is a proven method with a large body of evidence for its effectiveness. Based upon the extensive research into mindfulness, CART can expect improvements in health outcomes, including lowering blood pressure and boosting immunity, increased attention and focus, aid for those suffering from ADHD, help with anxious and/or depressed thoughts, fostering well-being, and thickening the brain in areas responsible for decision-making, emotional flexibility, and empathy.

MedStar Georgetown University Hospital Department of Surgery

Area of Service: Washington, DC

Ask: \$75,000

Program: Train one surgical attending and one non-surgeon hospital employee as wellness coaches. With the combination of these two different backgrounds, both people can understand the burdens that surgical residents face as well as provide the sometimes much needed outside perspective. There will be monthly 30-minute "check-ins" with small groups of individuals in the residency to discuss any current issues they face in an open and safe environment.

Hennepin Healthcare Foundation

Area of Service: Minneapolis, MN, Wisconsin, North and South Dakota

Ask: \$149,789.18

Program: Will build a cohort-style affinity group for high-risk resident groups to provide group therapy with individual and group coaching. Will shift from a reactive model of support to a proactive model of prevention and enhanced resiliency. The intervention will focus on these three high-risk groups: Group 1) physician mothers in medicine, Group 2) residents from marginalized populations, and Group 3) PDs and APDs.

SSM Health

Area of Service: Illinois, Missouri, Oklahoma, and Wisconsin

Ask: \$125,000

Program: Reducing mental health stigma and improving access to resources are the goals of the newly redesigned Care for Caregivers 2.0 peer support system. The Care for Caregivers 2.0 peer support system is an umbrella of offerings including one-to-one peer support and referral system, group support by way of Schwartz Rounds and other unit support interventions, well-being resources that are readily accessible, and a standardized approach to responding to acute trauma events. Money to go to coaching and education, Heart Math, and EMDR.

Washington Health System

Area of Service: Washington, PA

Ask: \$150,000

Program: A special committee will conduct needs-based assessments and create change ideas around the areas of largest concern. From there, a multi-disciplinary task force will engage in cooperative solutions and will concentrate on 1. systems and culture change and 2. individual resilience training.

UCHealth and University of Colorado Hospital on the Anschutz Medical Campus

Area of Service: Front Range of Colorado

Ask: \$122,000

Program: The Positive Intelligence program is a 6-week individual and group coaching program that combines asynchronous individual work with synchronous group coaching. Participants go through a tailored program specific to their particular mental fitness scores and individual cognitive saboteurs.

Storytelling

In addition to funding organizational well-being programs in healthcare systems, ALL IN funds storytelling. At the beginning of 2022, #FirstRespondersFirst partnered with StoryCorps to capture personal stories of health workers who had navigated the Covid era within their healthcare systems. Those interviews were leveraged online, in podcasts, and on social media. Specifically, #FirstRespondersFirst and Dr. Lorna Breen Heroes' Foundation worked with Lemonada, a podcast producer, to highlight StoryCorps clips on Burnout, In the Bubble with Andy Slavitt, and The Cost of Care, which generated 48,000 lifetime downloads and engaged with an online audience of over 1.9 million people.

#FirstRespondersFirst also sponsored multiple episodes of The Nocturnists, which supported the "Shame in Medicine" series.

Gathering stories from health workers steeped in the practice is a powerful method to establish the need for change. Moving forward, storytelling will be an important workstream to establish understanding and make systems change.