

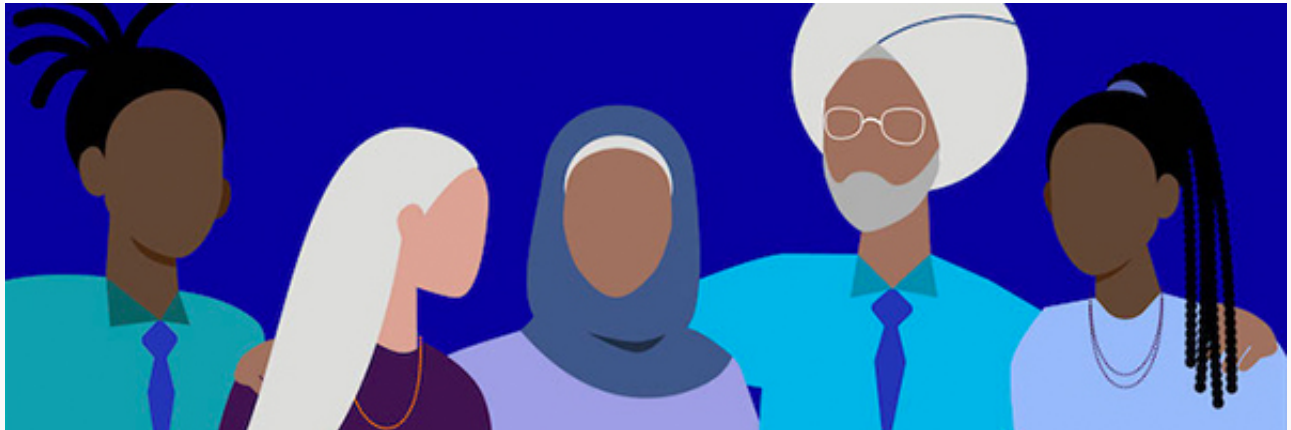
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*Johnson & Johnson*

Center for Health Worker Innovation



The Resilience Collaborative

# Equipping Health Workers to Recover, Adapt & Grow

Hello members,

Thank you for your continued participation in The Resilience Collaborative. We are working to make your experience more interpersonal and we appreciate the unique contributions each of you make to our community.

With this in mind, last month we launched our LinkedIn group. This is a space for members to get to know one another, share resources, ask questions and more. If you haven't joined yet, we'd encourage you to do so [here](#).

This edition of our newsletter highlights Mental Health Awareness Month, which is observed in the U.S. each May. Our spotlight features [University Research Co, LLC](#) (URC), which helped curate this month's newsletter. URC also shared resources, which are featured below from the [Center for the Study of Traumatic Stress](#) about supporting the mental health of health workers, caregivers and others in war zones in light of the ongoing conflict in Ukraine.

Partnering with members of The Resilience Collaborative for newsletters, workshops and other events helps expand our collective knowledge about the resilience of health workers. Reach out to [resilience@its.jnj.com](mailto:resilience@its.jnj.com) if you'd like to facilitate a professional development session, be featured in or share content for our newsletter or contribute in another way!

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### **The Resilience Collaborative is on LinkedIn!**

Connecting with other members of The Resilience Collaborative just got a lot easier. Join our [LinkedIn group](#) to share resources, ask questions and offer your expertise! It's the perfect place to make lasting professional relationships.



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### **Featured Resources**

Mental health is particularly complex in traumatic environments. Considering the ongoing war in Ukraine, our curation partner for this month's newsletter, URC, highlights the mental health needs of psychologists and citizens in areas of conflict.

Ukrainian psychologists have been providing support to their fellow citizens since the war began in February, but they are also affected by the trauma of war. Many are displaced, lack access to basic services and have lost social support networks; however, they continue providing care to others. Their patients struggle to cope

with trauma from death, nuclear threats and more. Secondary trauma experienced by psychologists can be debilitating.

URC shared three resources from the Center for the Study of Traumatic Stress about mental health concerns in war zones. Learn how psychological and behavioral disorders manifest during traumatic events and how to support affected individuals while also maintaining your own mental health:

- [Sustaining the Psychological Well-Being of Caregivers While Caring for Disaster Victims](#)
- [Information for First Responders on Emotional Reactions to Human Bodies in Mass Death](#)
- [Psychological and Behavioral Issues Providers Need to Know When Managing a Chemical, Biological, Radiological, or Nuclear \(CBRN\) Event](#)

Here are some additional resources that may be helpful as Mental Health Awareness Month comes to an end:

- The [National Academy of Medicine's Action Collaborative on Clinician Well-Being and Resilience](#) hosted a webinar called "Supporting Clinician Well-Being During COVID-19" earlier this month. [Listen to the discussion](#) about how the pandemic made clinician burnout worse and how to support frontline clinicians' health and well-being in the future.
- The [National Institute for Occupational Safety and Health](#) (NIOSH) has an online course called "Training for Nurses on Shift Work and Long Work Hours." This free online course teaches nurses how to reduce their risk for fatigue in the workplace. [Take the course](#) to learn personal behaviors and workplace systems can help nurses cope with long working hours.

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"Many healthcare workers place the well-being of others before self. On the surface, this dedication to patients may seem admirable. However, it can

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ultimately be harmful if it delays or prevents workers from getting the help that they need for their own health and well-being.”

– [NIOSH](#) on why are health workers more likely to experience mental health problems.

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## Resilience Collaborative Spotlight

[University Research Co, LLC](#) (URC) helps countries with fewer resources create sustainable health systems. Its approach supports local partners implement science-driven solutions.



Under the [Human Resources for Health 2030](#) (HRH2030) program, URC is collaborating with the University of Malawi, testing an eight-week trial of a mental health chatbot called [Vitalk](#). The URC team is evaluating whether the use of chatbots, like Vitalk, impacts mental health outcomes among health workers in Malawi. Researchers are comparing assessments of depression, anxiety, resilience, burnout and loneliness before and after treatment.

This study also assesses participants' resilience-building activities, including those related to stress management, self-awareness, self-care, purpose and connection with others. The interactive Vitalk chatbot is expected to increase self-awareness and provide health workers with self-help and coping tips.

URC's influence on health worker resilience extends to many different countries, programs and studies. Its work also includes:

- Leading USAID's [Health Evaluation and Applied Research](#)

[Development](#) (HEARD) Project, which brings universities around the world together through the Implementation Science Collaborative. This provides a unique opportunity for health workers to participate in learning networks for a variety of health topics.

- Conducting studies in Malawi and Madagascar through the [Advancing Post-Partum Hemorrhage Care](#) (APPHC) Program, in partnership with Population Council, that specifically addressed mental health among health workers. In Malawi, studies examined the impact of provider well-being and burnout on the provision of quality maternity care.
- Facilitating the [Mental Health and Psychosocial Support](#) (MHPSS) Learning Collaborative in a joint effort with the City University of New York School of Public Health. Within MHPSS, HEARD funds four studies evaluating the effectiveness and implementation of community interventions, with particular focus on psychosocial support interventions and impact. These priorities are reflected in several other studies in seven countries across four continents.

URC is also looking for opportunities to assist caregivers in low-resource communities and areas of conflict, like Ukraine. [Email Diana Chamrad](#) if you have opportunities URC can assist with.

*Does your organization go above and beyond to promote health worker resilience? We would love to feature it in an upcoming newsletter. Please send a short description and health worker resilience materials you have to [resilience@its.jnj.com](mailto:resilience@its.jnj.com).*

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## Events, Offerings & Webinar Recordings

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### **75th World Health Assembly**

**May 22-28, 2022, Geneva, Switzerland, Virtual**

The theme for this year's [World Health Assembly](#) (WHA) is "Health for Peace, Peace for Health." In addition to emphasizing disease prevention, the role of primary care in universal health coverage and sustainable World Health Organization (WHO) financing, the 75th WHA also features roundtables about behavioral health.

The WHA is returning to Geneva, Switzerland for the first time since the COVID-19 pandemic began. In-person attendance is limited, but virtual attendance is available with interpretation available in Arabic, Chinese,

## **Compassion in Action Healthcare Conference**

**June 14-15, 2022, Virtual**

The [Schwartz Center for Compassionate Healthcare](#) is hosting its annual [Compassion in Action Healthcare Conference](#) virtually this Spring for healthcare leaders, health workers and others who want to nurture compassion in healthcare. Keynote speakers, panel discussions and workshops will focus on sustaining a culture of compassion in healthcare. Register [HERE](#) with a team now to receive a discount. There are also [scholarships available](#) for medical, nursing and other health profession students.

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## **World Health Summit Regional Meeting**

**June 15-17, 2022, Rome, Italy**

The [World Health Summit Regional Meeting](#) takes place at Sapienza University of Rome this year, hosted by the [M8 Alliance](#). It prefaces the larger World Health Summit scheduled for October. Health professionals around the world have the opportunity to participate in expert and plenary sessions featuring leaders in global health.

There are onsite and virtual sessions available. Discounted registration costs are available to students found [HERE](#).

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## **International Forum on Quality and Safety in Healthcare**

**June 20-22, 2022, Gothenburg, Sweden**

The [Institute for Healthcare Improvement](#) (IHI), a partner of The Resilience Collaborative, and [The BMJ](#) are bringing together people in the health and care sectors as well as patients, family members and service users at an in-person conference focusing on “Creating Tomorrow Today: How Does Quality Improvement Shape the ‘New Normal’?” Attendees will learn about the most innovative initiatives to address health and care staff burnout and collaboratively design safer and more equitable care. IHI and The BMJ aim to re-energize attendees, provide tools and inspiration for meaningful change, highlight case studies and build a learning community. [Learn more about the program](#) and register [HERE](#).

Discounted rates are available for groups, full-time students, teachers and residents from low- and lower-middle income countries. They will announce

plans for participants to attend the conference virtually.

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**In case you missed them, you can find recordings of past events related to health worker resilience below:**

1. [STI Forum, United Nations Department of Economic and Social Affairs](#) (May 5-6, 2022)
2. [Healing Healthcare Summit from Mindful](#) (February 8-10, 2022)
3. [The Exhaustion Epidemic: Examining the COVID-19 Burnout Crisis in Health Care from STAT](#) (February 9, 2022)
4. [Clinicians in Crisis: Healthcare Workers Are Suffering; TV Stories Can Help from Hollywood, Health & Society](#) (February 9, 2022)

**Looking ahead, some other key global community moments include:**

1. [Mental Health Month](#) (May)
2. [National Nurses Month](#) (May)
3. [World Refugee Day](#) (June 20)

Please email [resilience@its.jnj.com](mailto:resilience@its.jnj.com) if you would like to feature an upcoming event.

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**Know someone who is interested in improving health worker well-being?**

Tell them about The Resilience Collaborative and [encourage them to join](#).

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**Not a part of The Resilience Collaborative?**

[Visit us](#) to learn more about our work to equip health workers to recover, adapt & grow.

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[Sign up](#) to receive ongoing email communications from The Resilience Collaborative.

Follow the link to opt out of future emails:

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