



# UC IRVINE SCHOOL OF MEDICINE GRADUATE MEDICAL EDUCATION Wellness Resource Guide

## Prioritizing Well-Being

The UC Irvine School of Medicine and UCI Health have made physician well-being a top initiative. One of our goals is to ensure 24/7 easy access to resources, protecting our valued physicians' wellness and promoting a supportive culture.

The information covered in this guide may or may not currently affect you, but it is important for all physicians to identify risk factors, warning signs or any concerning changes in yourself, as well as in others.

Be proactive in getting care for yourself. And if you see someone else struggling, please reach out immediately or notify another person in a position to help. Take good care of yourself and your colleagues!

The areas covered in this brochure include:

- **Self-Care Fundamentals**
- **UC Irvine Resources (mental health, finances, family support)**
- **County, State and National Wellness Resources**



*Psychological, emotional and physical well-being are critical to the establishment of the competent, caring and resilient health care provider.*

*Take appropriate action and seek help for yourself and your colleagues as needed.*



## Self-Care Fundamentals

The **Susan Samueli Integrative Health Institute** offers clinical services from integrative primary care and specialty physicians, naturopathic doctors, acupuncturists and nutritionists. SSIHI also offers free virtual services for UCI employees and any UC Care covered dependents, such as mindful meditations, acupressure, yoga, biofeedback and relaxation techniques, as well as education on topics such as sleep, anxiety, and stress management.

<https://www.wellness.uci.edu/SSIHIWellbeing.pdf>

**Campus Recreation** has an array of individual and group sports and fitness options at the Anteater Recreation Center (ARC), as well as other activities. It also provides a great opportunity to connect with other UCI community members.

<http://www.campusrec.uci.edu>

**Fit Squad offers Yoga and Zumba classes** at UCI Medical Center (Manchester Building), on the Irvine main campus and at the Santa Ana Family Health Center. The website has the most current schedule. You do NOT have to be an ARC member to take these classes. [www.campusrec.uci.edu/fitsquad/](http://www.campusrec.uci.edu/fitsquad/)

The **UC Irvine Perks and Discounts website** has a long list of discounts available to the UCI community. You can get discounts for education, entertainment, pets, financial and fitness services.

[www.wellness.uci.edu/discounts.html](http://www.wellness.uci.edu/discounts.html)



### Join the M-POWER Wellness & Professionalism Committee

*M-POWER welcomes faculty, resident and fellow involvement!*

*If you are interested in joining a committee that is dedicated to promoting physician wellness at UCI, please contact Dr. Patrick Lee (patrikl1@hs.uci.edu) or Dr. Anju Hurria (ahurria@hs.uci.edu).*



Replenish your reserves!

Carve out time to enjoy the great trails, parks and beaches in Orange County!

This [Orange County Parks website](#) has a full list of parks, trails, and beaches with helpful information on hours, scheduled events, trail closures, reservations and permits.

[Alltrails.com](https://www.alltrails.com) is another helpful resource for various kinds of trails.

## Watch for signs and symptoms in yourself and your peers.

### UC Irvine and UC System Online Mental Health Tools and Resources



#### **UCI Wellness Programs and Events**

A comprehensive website with a list of upcoming events, available workshops, tools and resources to promote wellness and work-life balance.

<http://www.wellness.uci.edu>

#### **UCI Wellness Videos**

Self-directed, online video programs for improving your mind, body, spirit and environment.

<http://www.wellness.uci.edu/audiovideo.html>

#### **UCI Human Resources Wellness Website**

This is an online resource just for UC Irvine employees with informational flyers, helpful articles, wellness videos, a list of upcoming programs and events, and available resources.

<http://hr.uci.edu/wellness/>

#### **UCI Wellness, Health and Counseling Services**

Resources for students, residents, fellows and faculty can be found here.

<https://whcs.uci.edu>

#### **UCI Mental Health Training Webinars for Faculty**

This website includes a curated list of pre-recorded webinars available on demand on pertinent mental health topics, along with supplemental materials. These tools allow you to navigate commonly requested training topics for faculty who are interested in gaining knowledge, skills and understanding of key mental health issues, enabling them to better support their trainees, co-workers and themselves. These trainings can be viewed in any order and do not require registration.

<https://whcs.uci.edu/faculty-staff-support-services/trainings>

#### **Weekly Guided Meditation Podcasts**

Each podcast has a different theme and offers a new daily life practice, guided meditation, silent practice time, and closing comments. Hosted by UCLA.

<http://marc.ucla.edu/meditation-at-the-hammer>

#### **UCI HR Wellness YouTube Channel**

The official UCI HR YouTube channel for UCI faculty, staff and retirees. Enjoy a variety of videos covering fitness, nutrition, mental health, and financial wellness.

<https://www.youtube.com/channel/UCP-sAwiuMJki8IrU-qvHbVO/>

#### **UCI “Wellness Adds Up” Video Library**

Educational and activity videos created for and by UCI on a wide variety of health and wellness topics. Topics include strength, flexibility, stress management, nutrition, sustainability and motivation. <http://www.campusrec.uci.edu/wellness-addsup/index.asp>

#### **UCTV Well-Being Channel**

UCTV offers a curated collection of videos on integrative medicine focused on wellbeing. <https://www.uctv.tv/wellbeing/>

#### **UCI Virtual Self-Care Wellness Resources**

Webinars, online resources, and virtual meeting opportunities are listed here to promote physical, emotional and financial health. For example, there are links to sign up for free yoga sessions or to schedule 1-on-1 financial advisor sessions.

<http://www.wellness.uci.edu/virtualselfcare.html>



# Take good care of yourself and your peers.

## National Online Mental Health Screening and Resources



### AMA STEPS Forward

The AMA has created some user-friendly, brief online modules on professional well-being topics:

- Physician Burnout
- Physician Well-Being
- Hospitalist Well-Being
- Physician Suicide and Support
- Preventing Resident and Fellow Burnout

<https://edhub.ama-assn.org/steps-forward/pages/professional-well-being>

### National Academy of Medicine

In 2017, the National Academy of Medicine launched the Action Collaborative on Clinician Well-Being and Resilience, a network of more than 60 organizations committed to reversing trends in clinician burnout. In particular, check out their Clinician Well-Being Knowledge Hub.

<https://nam.edu/initiatives/clinician-resilience-and-well-being/>

### The Accreditation Council for Graduate Medical Education (ACGME)

is focused on creating a learning environment with a culture of respect & accountability for physician well-being. The Well-Being Tools and Resources page was designed for institutions, programs, residents/fellows, and faculty members to support and promote well-being in the clinical learning environment

<https://dl.acgme.org/pages/well-being-tools-resources>

### Psychhub: A Mental Health Resource Hub

This is the leading mental health search portal and the product of many national mental health organizations' efforts to help people find the resources that best suit their needs.

<https://psychhub.com/initiatives/covid-19/>

### Smartphone Mental Health Apps

The website, One Mind PsyberGuide, provides reviews on user experience and summaries on the research supporting specific mental health apps and other digital health resources.

<https://onemindpsyberguide.org>

### Popular Smartphone Apps

Cognitive Behavior Principles

- Wysa
- Sanvello: Anxiety and Depression
- MoodGYM

Mindfulness and Meditation

- Headspace
- Calm

### 10 Brief TED Talks for When You Feel Burned Out

A collection of brief TED talks to help lift your spirits. Segments range from 4 – 20 minutes in length.

[https://www.ted.com/playlists/245/talks\\_for\\_when\\_you\\_feel\\_totall](https://www.ted.com/playlists/245/talks_for_when_you_feel_totall)

### Mindfulness-based Stress Reduction (MBSR)

Palouse Mindfulness is a free 8-week online course, created by a certified MBSR instructor, based on the program founded by Jon Kabat-Zinn.

<http://palousemindfulness.com/>

### MoodGYM

This is an online interactive workbook based on the principles of cognitive behavioral therapy and interpersonal therapy. Developed for medical interns, Mood Gym provides tools to cope with depression and anxiety.

<https://moodgym.com.au>

## Hotlines and Crisis Text Lines



### Crisis Text Line

Text HOME to 741741

Free 24/7 support.

<https://www.crisistextline.org>

### Physician Support Line

888-409-0141

Free & Confidential

7 days/week, 5:00 AM – 10:00 PM

<https://www.physiciansupportline.com>

### CMA Physicians' Confidential Line

213.383.2691

<https://www.cmadocs.org/confidential-line>

Free 24/7 hotline that provides confidential physician-to-physician assistance about substance use and mental health concerns. Concerned family members and colleagues can also call this number to learn about constructive ways to show support and what resources exist for intervention and referral.

### NAMI Crisis Text Line:

Text NAMI to 741-741

### National NAMI Helpline:

Monday-Friday, 1 PM – 9 PM P.T.

800-950-NAMI (6264), [info@nami.org](mailto:info@nami.org)

### Local NAMI "Warmline" for CA residents only

Available 24/7

Phone/Text: 714-991-6412, [www.namioc.org](http://www.namioc.org)

## Local Mental Health Resources



### UCI Psychiatry Outpatient Clinic

UCI Psychiatry can offer assistance and work closely with you to protect your confidentiality.

To make an appointment, please email Erin Carroll, the Manager for UCI Outpatient Psychiatry ([ecarroll2@hs.uci.edu](mailto:ecarroll2@hs.uci.edu)) and let her know that you are a UCI resident, fellow or faculty member.

There are offices in the new Chapman Pavilion within easy walking distance of the UCI Medical Center, and in the Newport Beach Birch Street clinic near the John Wayne airport. UCI Psychiatry also offers sessions by Zoom.



Oak Health Center

[www.oak.care](http://www.oak.care)

Laguna Hills  
949.258.3741

Fullerton  
714.706.0206

Beverly Hills  
310.231.6805

Resident health insurance,  
Anthem Blue Cross PPO, is accepted.

Medication management, counseling and therapy are available  
in person and through telehealth.

 sensible care

[www.sensiblecare.com](http://www.sensiblecare.com)

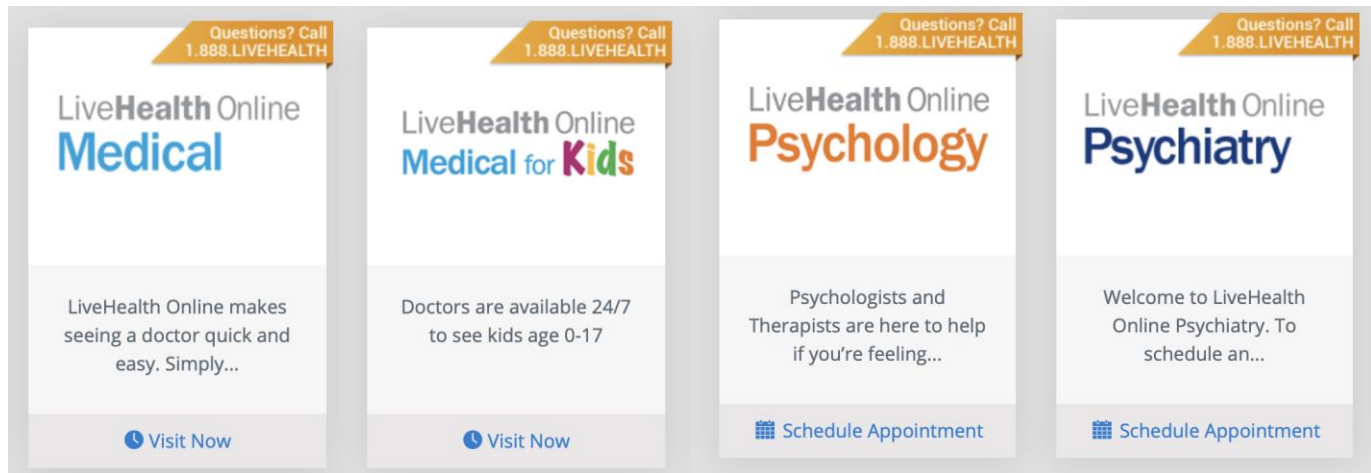
To make an appointment: 714-274-7575  
Dedicated line for UCI providers.

Resident health insurance,  
Anthem Blue Cross PPO, is accepted.  
In-person visits and telehealth are available.

505 North Tustin Avenue, Suite 182, Santa Ana

## UCI Residents and Fellows' Health Benefits: Telehealth Options through Anthem Blue Cross PPO

[This website provides information on how to find a health care provider](#) (dentist, vision care provider, physician or psychologist) near you, as well as [information on deductibles and out-of-pocket costs](#).



Through [LiveHealth Online](#), you can schedule appointments online and have video conferences 24/7 with board-certified physicians. They can diagnose and prescribe medications for many common non-emergency medical and behavioral health issues.

- For residents and fellows in ACGME-accredited programs (all have Anthem Blue Cross PPO) and faculty with the UC Anthem Blue Cross PPO plan: Each calendar year, you get one no-cost medical visit and three no-cost visits with a psychologist or psychiatrist. After that, residents pay \$15 per consultation and faculty pay \$20 per consultation. Call Anthem Health Guide at 844-437-0486 to receive your free consultations.

You may also schedule video conference appointments with therapists through [LiveHealth Online Psychology](#). Book a time and date that is convenient for you, including evenings and weekends.

- For residents and fellows in ACGME-accredited programs (all have Anthem Blue Cross PPO): Each visit is covered with a \$15 copay.
- For faculty with the UC Anthem Blue Cross PPO: The first three consultations are free. After that, each visit costs \$20.

The service is available not only to you, but also your eligible family members. LiveHealth Online mental health professionals can evaluate and treat patients aged 10 and older.

For more information: Call LiveHealth Online, 844-784-8409, 7:00 am – 11:00 pm (any time zone).

*Please note: The websites are used not only by UCI employees, so fees are listed.  
You should not be responsible for the entire fee, but only the co-pay as described above.*

## Ginger App Resource

Ginger is a mental health app that offers on-demand, confidential mental healthcare through coaching via text-based chats, self-guided activities, and video-based therapy and psychiatry — all from the privacy of your smartphone and at no cost to you.

- Coaches are available to chat 24/7, 365 days per year.
- Private video sessions with a therapist are available outside of business hours on evenings and weekends.

All UC residents and fellows, and their dependents who are at least 18 years of age and enrolled in a UC medical plan, are eligible to use Ginger's services: behavioral coaching services, self-guided activities, and up to 15 virtual therapy sessions per plan year.

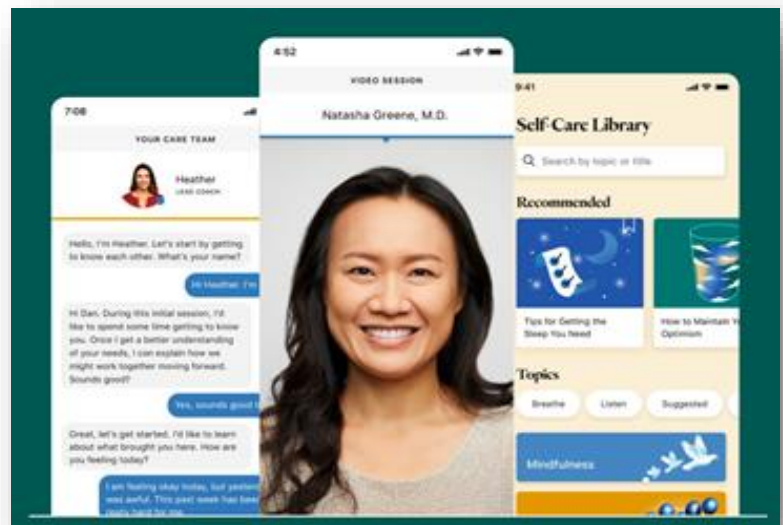
### To access Ginger

#### **UC Residents and Fellows:**

1. Download the Ginger Emotional Support app: [App Store](#) | [Google Play](#)
2. Once it's downloaded, tap Get Started, and enter your UCI email address.
3. Follow the instructions sent to your inbox and you'll be set!

#### **Dependents:**

1. Download the Ginger Emotional Support app: [App Store](#) | [Google Play](#)
2. Once it's downloaded, tap Enter Insurance or Name/DOB, then tap I'm a Spouse/Dependent (18 or older).
3. Enter the info for the primary subscriber (UC resident or fellow) and your email address.
4. Follow the instructions sent to your inbox and you'll be set.



*You can rest assured that the UCI GME Office will not, nor will your program or department, have access to who is using the Ginger services or any of the conversations between you, your coach, and your therapist.*

*Your information is securely stored and protected by law, as described in their Privacy Policy and Terms of Use.*

**More information** is available on the [UC resident benefits website](#).

**For questions:** email [help@ginger.com](mailto:help@ginger.com)



## UC Irvine Mental Health Resources



**Faculty/Staff Support Services**  
**Negar Shekarabi, Psy.D.**  
Licensed Clinical Psychologist  
[nshekara@uci.edu](mailto:nshekara@uci.edu)  
949.824.5208



Faculty/Staff Support Services provides consultative services and support to resolve behavioral health issues, serves as a primary crisis intervention resource to facilitate and coordinate appropriate resources, provides time-limited case management for residents/fellows, and develops and implements instructional training and materials to assist in the promotion of mental well-being for all UC Irvine Health faculty and housestaff.

Support is offered for a wide range of issues, including:

- Work-related stress
- Relationship/Couples Issues
- Family Problems
- Depression, anxiety
- Grief and loss
- Alcohol, drug and other addictions
- Consultations and training services for faculty and staff management

Information shared with the Coordinator of Faculty/Staff Support Services is completely confidential. Information about you or your visits is not shared with anyone without your consent or as required by law.



### Employee Assistance Program (EAP)

This program is a free, confidential benefit that can help address personal or work-related issues faced by UCI faculty, staff, retirees and dependents. This service, staffed by experienced clinicians, is available 24 hours a day, seven days per week.

A master's or doctoral level Guidance Resource Professional will help with problem identification, assessment and referral to treatment providers and community resources. Guidance Resources can assist with concerns such as marital conflict, interpersonal difficulties, conflict at work, stress management, alcohol or drug abuse, and personal decision-making.

<http://www.wellness.uci.edu/facultystaff/eap/introduction.html>  
Phone (24/7): 844.824.3273

[www.guidanceresources.com](http://www.guidanceresources.com)  
First time users: Click "Register" and use organization web ID: UCIEAP3

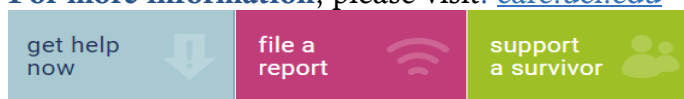


## Campus Assault Resources and Education (UCI CARE)

The UCI CARE office provides free and confidential services to any member of the UCI community who has been impacted by sexual assault, sexual harassment, relationship violence, family violence, or stalking.

Services are available to students, staff, and faculty on campus or at the medical center and include advocacy, accompaniment, support with navigating reporting options, housing and financial support, referrals, holistic healing programs, consultation, training opportunities, and awareness and prevention programming.

For more information, please visit: [care.uci.edu](https://care.uci.edu)



### **Contact Information:**

G320 Student Center  
Irvine, CA 92697-2220  
Phone: 949.824.7273

Office Hours:  
Mon-Fri, 8:00AM - 5:00PM

## Substance Use

**The Physicians Confidential Line** is a 24/7 free service that provides support to physicians with substance use or mental health concerns. This service is completely confidential and will not result in any form of disciplinary action or referral to any disciplinary body. Calls are quickly connected to a physician with extensive experience in helping other health professionals. You can call about yourself or colleague.

<https://www.cmadoes.org/confidential-line>

Phone: 213.383.2691

### **National Institute on Drug Abuse (NIDA)**

The National Institute on Drug Abuse (NIDA) has launched a new website to provide physicians and other health professionals with the latest science on drug abuse and addiction. It contains resources for people struggling with addiction and their families, as well as relevant research, documented trends in addiction and other informational materials.

<https://www.drugabuse.gov>

## Assault and Violence

**Domestic Violence Assistance:** 714.935.7956  
**Victim/Witness Assistance:** 714.834.4317  
**Domestic Violence Hotline:** 800.799.7233 (24 hours)  
**Rape Crisis Hotline:** 714.957.2737 (24 hours)  
**Sexual Assault Victim Services:** 714.834.4317  
**Victim Referral Services on OC Sheriff's:** [website](#)



## LGBTQ+ Resources

### UCIMC and UCI Campus Resources

#### **UCI School of Medicine LGBTQ+**

#### **Meetings and Activities for Residents and Fellows**

Please contact Dr. Cristobal Barrios for times and locations ([cbarrios@hs.uci.edu](mailto:cbarrios@hs.uci.edu)).

**The UCI LGBT Resource Center** provides a safe and welcoming environment for people of all identities and offers educational, social justice and social programs.

<http://www.lgbtrc.uci.edu>

UCI LGBTRC

G301 Student Center  
Irvine, CA 92697-5125  
949.824.3277

**UCI LGBTQ Mentoring Program** is a trusting, confidential, one-on-one relationship between the mentee and an LGBTQ mentor. This provides a venue for the mentee to explore many issues regarding sexual orientation or gender identity in a safe, non-judgmental, supportive and empowering environment.

<https://counseling.uci.edu/peer-programs/lgbtq-mentoring-program/>

### Online and Off-Campus Resources

#### **The LGBT Center - Orange County**

advocates for individuals' rights and represent the policy and legislative interests of Orange County's LGBT community. It also offers a variety of services and programs, as well as empowering educational courses and events.

<https://www.lgbtqcenteroc.org/>

Phone: 714.953.5428

#### LGBTQ Resource List

List of a variety of resources

<https://www.glaad.org/resourcelist>

#### National LGBT Health Education Center

Very extensive and comprehensive list of resources on LGBT health and health care delivery. Includes description of health initiatives, curricula, training, videos, hotlines and much more.

<https://www.lgbthealtheducation.org/resources/>

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## Working Parent Resources

**UCI Child Care Services** offer many options to UCI student, staff and faculty families. Some options are an infant/toddler center (3 – 36 months old), a Montessori school (3 months – 1<sup>st</sup> grade) and a developmental after-school program for children aged 5-12 years old (11:30 AM – 6 PM on weekdays during the school year, 7:30 AM – 6:00 PM during the summer).

[www.childcare.uci.edu](http://www.childcare.uci.edu)

### UCI Parenting Support Programs and Educational Classes

A variety of educational opportunities exist to help you navigate parenthood, including classes for expecting parents, new parents and parents of older children. Classes range from learning how to navigate the UCI disability leave process before going on parental leave to breastfeeding to managing young children's behavior to saving up for your child's college tuition to college admissions workshops.

<https://spf.ssi.uci.edu/>

**Families Forward** is an organization dedicated to helping families in financial or emotional crisis to be successful and self-sufficient.

[www.families-forward.org](http://www.families-forward.org)

## Back-Up Care & Additional Family Support Program

It can be especially challenging to plan for the unknown or find the last-minute support your family needs. To help, UCI has extended the partnership with Bright Horizons® to offer [Back-Up Care™ and Additional Family Supports Program™](#) for all UCI faculty, residents/fellows and staff.

From November 1, 2021 – October 31, 2022, all eligible participants can access up to 10 days of subsidized back-up care.



### **Sign Up for the Back-Up Care™ Program. Book Care When You Need It.**

Create your no-cost care profile now and find care last minute or up to 60 days in advance.

Whenever your regular child or elder care is unavailable, or your child needs help with homework or dedicated support in a specific area, you have access to high-quality subsidized back-up care and tutoring from Bright Horizons for your loved ones. Through the [Back-Up Care™ Program](#), you can access short-term, highly subsidized, in-home or center-based back-up care, or virtual tutoring for up to 10 uses from November 1, 2021 – October 31, 2022.

### **Back-Up Care Can Now Be Used for Virtual Camps.**

Starting January 15, 2022, Bright Horizons will offer [Virtual Camps](#) as a part of your Back-Up Care program. Gain access to a wide variety of fun, engaging virtual camps and activities including, crafts, Roblox, fitness, Minecraft, digital art, space exploration, mathletes, acting games and more. One back-up care use can be exchanged for a whole day of virtual camps for children ages 3–12. No copay. View the Virtual Camp program [flyer](#) and [FAQs](#) to learn more.

### **Register for the No-Cost College Coach Program.**

Take the worry out of your child's educational future with the [Bright Horizons College Coach® Program](#). This new free program gives you access to a team of college admissions and finance experts in addition to live events, one-on-one guidance, and online resources to help you maximize your child's academic success and plan for college costs.



## UCI Financial Resources

### **Fidelity financial education on-site classes** (<https://www.myuciretirement.com/Classes>)

Classes are regularly scheduled on topics such as the fundamentals of retirement income planning, initiating your UC Retirement Savings Program, and the basics of when and how to claim social security.

### **One-on-one consultations** (<https://www.myuciretirement.com/Resource/156>)

Schedule a one-on-one consultation at UCI Medical Center, on Irvine Campus or via Zoom with a financial expert consultant from Fidelity. Gain a better understanding of your UC retirement benefit options, evaluate your individual situation and priorities, and start your retirement income planning.

### **UCI Financial Resources** (<http://www.wellness.uci.edu/staff-relief-resources.html>)

Resources on classes, individual consultations, ScholarShare 529 college saving plans, retirement 403b loans, flexible spending accounts and emergency loans can be found on this UCI website.

#### **UC-specific Retirement**

- [UC Retirement Contact Page](#)
- [UCRAYS](#) (retirement benefits, retirement estimator, update beneficiaries)
- [UCPath](#) (current health benefits, payroll, leaves)
- [Voluntary Retirement Plans](#) (403b, 457b, DCP Plan)
- [Retiree Health & Welfare Benefits](#)

#### **Fidelity Financial Services**

- [Department Meeting Requests](#)
- [1:1 Financial Consulting Requests](#)
- [Fidelity Webcast Hub](#)

## Support at UCI Medical Center

### **M-POWER (Medical Professionalism and Optimal Wellness Education and Resource) Committee**

Faculty Chairs: Patrick Lee, [patrikl1@hs.uci.edu](mailto:patrikl1@hs.uci.edu); Anju Hurria, [ahurria@hs.uci.edu](mailto:ahurria@hs.uci.edu)

This Committee's objectives are to provide wellness resources to faculty and housestaff, organize educational seminars, coordinate activities to build camaraderie, offer group debriefings to health care teams after stressful patient events, and maintain a formal faculty peer support program. The Faculty Peer Support program is designed to proactively reach out to individuals who are going through an acute occupational stressor (e.g., lawsuit, critical event). Please contact one of the Committee Chairs for referrals and resources, or if you want to participate as a Committee member.

### **UCI Health Wellness Program**

Kelly Shedd, Wellness Program Coordinator

714.509.2390, [kshedd@hs.uci.edu](mailto:kshedd@hs.uci.edu)

Event coordination and development of resources for housestaff, faculty, other health care providers and staff at UCI Health.

### **UCI Medical Center Chaplain**

Pirjo I. Carlisle, Associate Chaplain, [pcarlisl@uci.edu](mailto:pcarlisl@uci.edu)

Meditation room, email support group and a basket for prayer requests at UCIMC are available.

# The UC Irvine Office of Graduate Medical Education is here to help.

Please check out our [UCI GME website](#) and explore the [listed resources](#).

- GME policies and procedures
- Benefits information
- Wellness Resources
- Transportation Reimbursement Program for when you are too tired to drive home from work
- Parking and Security
- [UCI GME Anonymous Feedback Form](#)



Revised July 2023



**UCI School of Medicine  
Office of Graduate Medical Education**

[gme@hs.uci.edu](mailto:gme@hs.uci.edu)  
<https://www.meded.uci.edu/gme/>