



## GME Wellness Resources

Sharron Davis	GME Wellness Advisor/Counselor	254-724-2140 office	254-718-7282 cell	<a href="mailto:sharron.davis@bswhealth.org">sharron.davis@bswhealth.org</a>
Eric Hammer	Chaplain	254-724-0306 office	254-231-1157 cell	<a href="mailto:eric.hammer@bswhealth.org">eric.hammer@bswhealth.org</a>
Alton McCallum	Off-site Counselor	254-307-2495 office		
Peer Support	888-674-7337 office			

### **Support**

**On-Sight Counseling and Coaching** provides a completely confidential, safe space to process through whatever is needed to help you reach your goals. Sharron can help with emotional dysregulation, such as anxiety or depression, help you process through a difficult event or outcome, strengthen coping skills, or talk through life transitions. Couples/Relational counseling is also available to help strengthen the relationship during these challenging training years. Contact Sharron Davis at [Sharron.davis@bswhealth.org](mailto:Sharron.davis@bswhealth.org) to set up an appointment or to get more information.

**Off-Sight Counseling** is available at no cost to residents and fellows with Alton McCallum, LPC, at Insight Counseling Center in Belton. Alton specializes in solution-focused therapy and cognitive processing. Contact Alton at 254-307-2495 or [Insight Counseling Center \(insight-cc.org\)](http://insight-cc.org)

**Peer Support** is available to support you through unanticipated events and difficult times that occur in the workplace with understanding, compassion, and confidentiality. When you access Peer Support you will be paired with a peer who has been trained to walk alongside you during difficult seasons. Peer Support volunteers are standing by on the Peer Support Care Line 254-724-6544 or 888-674-PEER (7337) from 8 a.m. to 6 p.m. daily to provide support. Virtual staff support sessions via Teams are available with Maxine Trent, LPC, LMFT, or with Connye Moore, LCSW. Both are trauma-trained counselors. <https://bswhealth.sharepoint.com/sites/BSWEmployeeHealth/SitePages/PeerSupport.aspx>

Our **Expanded Employee Assistance Program** offers no-cost confidential assistance with a variety of concerns including counseling, legal assistance, parenting support, eldercare support, pet care support, identity theft assistance. They can be reached 24 hours a day, 7 days a week, at 877-622-4327. EAP now has access to TalkSpace where employees can make video counseling session even more accessible (you will need a code from EAP to begin this service). It's OK to not be OK [Emotional | Baylor Scott & White Health \(bswhealth.com\)](https://www.bswhealth.com/emotional)

### **Faith**

**Chaplains** can be reached at 254-724-0306 and are ready to provide confidential emotional/spiritual support to those of all faiths and those not associated with a faith tradition through numerous methods, including prayer. By compassionate service to people in chaotic or joyful times, chaplains attest to the sacredness of life. In-person and virtual prayer groups available by request, uplift blog, daylight devotions via email, volunteer opportunities, in-person and virtual sacred vocational classes. [Spiritual | Baylor Scott & White Health \(bswhealth.com\)](https://www.bswhealth.com/spiritual)

**Sacred Vocation** was created to increase joy in our work and connectivity with our teams, this self/professional-enrichment program helps participants connect their purpose to their work, as a special calling or "sacred vocation." It is delivered via video, Webex or site-based small group and contains: Chapter 1: What Gives Meaning to Our Lives, Chapter 2: Discovering Our Capacity to Heal and Harm, Chapter 3: Putting Purpose and Healing Skills Into Practice, Chapter 4: Living Your Purpose As An Emotional and Spiritual Healer. [Spiritual | Baylor Scott & White Health \(bswhealth.com\)](https://www.bswhealth.com/spiritual)

## Wellness

Our **BSW Wellbeing In Medicine** strives to help healthcare providers by offering programs aimed at reducing burnout, enhancing resilience and wellness, building community and camaraderie, and restoring the joy associate with practicing medicine and caring for others. Equipping Medical Leaders, Lunch and Learn, Rejuvenate Series.

<https://bswhealth.sharepoint.com/sites/BSWWELLBEINGINMEDICINE>

The **Well-Being Index** is a confidential tool to help you better understand your overall well-being and areas of risk compared to other providers across the nation, as well as provide access to local and national resources. It is 100% anonymous. Your information and score are private and will not be shared with Baylor Scott & White Health – or anyone, for that matter. Set up your account at [Well-Being Index Application \(mywellbeingindex.org\)](http://Well-Being Index Application (mywellbeingindex.org)) or go to download the mobile app from the App Store or Google Play. If prompted for an invitation code enter: BSWH Wellness.

**Headspace App** is available to all BSW employees and family members at no cost. Headspace is meditation made simple. The app teaches you life-changing skills of meditation and mindfulness in just a few minutes a day. Even better, BSW is providing employees and up to two family members (age 18+) free access to paid content! [Emotional | Baylor Scott & White Health \(bswhealth.com\)](http://Emotional | Baylor Scott & White Health (bswhealth.com))

**Graduate Medical Education Wellbeing Resources** provides additional resources designed specifically for BSW residents and fellows. Find information on things such as mindfulness and self-care, as well as access to self-assessments and expert presentations. [Our Well-Being Resources | BSWHealth.med](http://Our Well-Being Resources | BSWHealth.med)

The Baylor Scott & White NCQA-certified **Wellness Coaching Program** provides employees with four free sessions and direct access to trained and experienced Wellness Coaches. With wellness coaching, participants gain guidance in the areas of nutrition, exercise, stress-management and behavioral changes to achieve optimal well-being of body, mind, and spirit. [Physical | Baylor Scott & White Health \(bswhealth.com\)](http://Physical | Baylor Scott & White Health (bswhealth.com))

## Assistance

Access to a personalized **Family Concierge** at no cost through our partnership with Bright Horizons. For urgent or longer-term needs, the Family Concierge can coordinate and schedule the best solutions for child or elder care, pet care, housekeeping, adoption assistance, education enrichment and more. <https://bswhealth.sharepoint.com/sites/BSWConnect/SitePages/Family-Concierge-%26-Enhance-Family-Supports.aspx>

## Addiction

We've partnered with **Enterhealth** to offer eligible employees and family members free, unlimited access to support and the opportunity for better addiction recovery. The Enterhealth Connect portal delivers Advanced Recovery Support learning modules. It's free, confidential and available 24/7 to all employees and their families. [Emotional | Baylor Scott & White Health \(bswhealth.com\)](http://Emotional | Baylor Scott & White Health (bswhealth.com))

## Treatment

The **Texas Physician Health Program (TXPHP)** provides confidential early intervention, assessment, treatment referral and post-treatment monitoring for health professionals who may not be able to practice safely due to an impairing or potentially impairing health condition. <https://www.txphp.state.tx.us/>

