



UNIVERSITY *of* MARYLAND  
SCHOOL OF MEDICINE

DEPARTMENT OF NEUROSURGERY

# Neurosurgical Residency Program

*Wellness Resources*

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## 1. Physical Health (GME)

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### *U Rec Fit*

[URecFit](#) is a multi-floor gymnasium right across the street from UMMC's downtown campus.

With three floors of recreation and fitness options, there's something for everyone to enjoy. The facility has an indoor pool, a gymnasium with two basketball courts, more than 90 cardiovascular stations and a powerlifting room. URecFit also hosts intramural sports leagues throughout the year.

### *UMaryland Immediate Care*

At [UMaryland Immediate Care](#), students and staff can receive expert treatment from physicians and nurse practitioners for the full spectrum of urgent care needs, including sprains and breaks, flu symptoms, rash, fever and sinus infections, as well as worker's comp cases.

No need to schedule an appointment. UMaryland Immediate Care accepts walk-ins, Monday–Friday, 7 am to 5 pm. We accept insurance and out-of-pocket payment. Call [667-214-1899](tel:667-214-1899) with any questions.

### *Employee Health Services*

The Employee Health Services office in the main hospital offers free biometric screenings. We'll tell you the readings for your blood pressure, body mass index (BMI), body fat percentage and cholesterol. Walk-ins are welcome!

Room T1R05, next to first floor Shock Trauma elevators

Appointments: [410-328-6151](tel:410-328-6151)

Monday - Friday: 7:00 am – 4:00 pm

### *Fatigue Management*

You'll be working long hours during your residency, and managing your fatigue is important to your success. Here are some tips on how to [manage your fatigue](#), including how to nap strategically and tips for your diet.

## 2. Mental Health (GME)

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### *Employee Assistance Program*

The [Employee Assistance Program \(EAP\)](#) is a free counseling and referral service for hospital employees and their family members. It is staffed by trained mental health professionals and designed to assist employees and family members experiencing personal, professional or family problems. The EAP staff provide short-term counseling and make referrals to other appropriate resources as needed.

It is important to note that all services provided by EAP are confidential, they do not use EPIC to keep records. Clinical notes are kept in a separate data base, available only within the EAP. The EAP does not release information regarding someone's care unless that person unless that person specifically authorizes it.

Call the Employee Assistance Program (EAP) at 667-214-1555 anytime-24 hours a day, 7 days a week. A counselor is always available by pager; follow the instructions on voice mail. You can also contact Wanda Binns [wbinns@som.umaryland.edu](mailto:wbinns@som.umaryland.edu) to make an appointment.

### *Wellness Champions*

Our physicians are very familiar with the rigorous lifestyle that comes with being a resident or fellow. We were in your shoes once! We also know how nice it can be to have a helpful ear and some guidance during difficult times from someone who has been in your position. Our [Wellness Champions](#) are here for just that. Feel free to reach out to any of them to set up time to chat.

### *UMMC Wellness Series*

This wellness program will offer information, tools and techniques to enhance overall well-being, tapping into gratitude as a strength when feeling overwhelmed and depleted, and broadening awareness of the positive impact it has on individuals, institutions and the communities where they live and work. To register and view upcoming dates, [visit the webinar page here](#).

### *Support and Social Work Services*

Heather Kangas, LCSW-C, is available to support you through a variety of circumstances. These services are free for employees (UMMC and temporary), voluntary and confidential.

Services include resources & referrals to help with:

- Childcare
- Finances, including loans, leases, bills, and utilities
- Accessing mental health care
- Connection to internal UMMC resources (i.e. career coaching)
- Crisis situations
- Domestic and intimate partner violence

To make an appointment, call [410-328-5231](tel:410-328-5231) or email Heather at [hkangas@umm.edu](mailto:hkangas@umm.edu).

### *Professional Assistance Committee*

The purpose of the Professional Assistance Committee is to assist members of the medical staff (including residents) who may be at risk of becoming impaired due to the use of alcohol or drugs, emotional distress, or a physical disability. The Professional Assistance Committee serves as a resource and an advocate for the physician experiencing these kinds of problems. Anyone that is concerned about a physician's health or well-being is encouraged to call the Professional Assistance Committee for advice and consultation.

For more information or to set up an appointment, please call [667-214-1555](tel:667-214-1555).

### *Resilience in Stressful Events (RISE) Program*

RISE is a peer support service for staff who encounter stressful, clinically related events. Support from RISE is available 24 hours a day/7 days a week. A RISE responder is immediately available to assist you. You may contact a RISE responder using in-house pager [#12602](tel:#12602).

RISE was first developed in an effort to provide timely, peer support to health care workers who are second victims (the term given to health care workers involved in adverse events, and/or encounter stressful, patient-related events). The RISE program provides immediate peer-to-peer support in a confidential and non-judgmental manner.

To contact a RISE Peer Responder

Inside the medical center

- Go to the UMMC Insider and use the Pager function in the yellow bar at the top of any page, and enter ID [#12602](tel:#12602) or
- Search by typing "RISE" in the "Function Name" section

Outside the medical center

- Dial [410-328-2337](tel:410-328-2337), ID# [#12602](tel:#12602) and follow prompts

### *Headspace App*

UMMC and the Dept of Neurosurgery are pleased to offer you an account with Headspace, a mindfulness, meditation, and sleep app. This is available at <https://www.headspace.com/>. Contact Sophie White at [swhite@som.umaryland.edu](mailto:swhite@som.umaryland.edu) if interested in an account.

### *Schwartz Rounds*

Schwartz Center Rounds is designed to help health care staff deliver care with a human touch that makes "the unbearable bearable," in the words of its late founder.

These monthly sessions provide a safe environment and multidisciplinary forum where caregivers can discuss difficult emotional and social issues that come from caring for patients. Conversations during

rounds are intended to explore the human dimension of clinical practice, to enhance clinicians' sense of community, and to heighten our ability to provide compassionate care.

View our [events calendar](#) to see when the next session is.

### *Spiritual Support Services*

Chaplains are a part of the interdisciplinary team and are available to assist patients, families and staff to use their spiritual and/or religious resources to aid in healing, illness prevention, death, grief and loss, and adjustment to a new diagnosis or health care crisis.

- Call a Staff Chaplain for non-emergencies at 328-6014
- Page the On-Call Chaplain for emergencies at 328-HOLY

## 3. Hospital Support Resources

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### *House Staff Association*

The [UMMS House Staff Association](#) is a voluntary association dedicated to provide the UMMS residents and fellows with representation, advocacy and free food. The House Staff Association has a lounge that is open 24 hours a day, 7 days a week for house staff use.

We plan events outside of the hospital for all residents and fellows. We encourage you to bring your family to these events as well. We also try to have events inside the hospital. Residencies and fellowships are difficult. It is our goal to make sure you enjoy your time while you are here.

The House Staff Association collects a voluntary fee that is used to support the cost of its social events. Simply fill out the [application](#) and it will authorize UMMS payroll to automatically deduct \$3 per pay period from your paycheck. Return the completed form to the Graduate Medical Education Office at [gme@umm.edu](mailto:gme@umm.edu).

### *Carebridge Work-Life Resources*

[Carebridge](#) is an innovative information program that provides professional consultation, referral and information to help with a variety of personal and family needs. The Carebridge counselors have master's degrees and extensive experience in the field for which they are providing assistance. They will provide unlimited consultation and searches to help you find the services you need for you and your family.

### *Financial Counseling*

The University of Maryland Medical System partners with Prudential to offer free financial and retirement counseling. You can get help with:

- Active enrollment
- Determining an appropriate contribution percentage tailored to your goals
- Understanding your plan's investment options
- Adding or changing beneficiaries
- Rollover/consolidation of previous employer plans
- General financial and investment education

To make an appointment, call 301-641-6705 or email [chris.maas@prudential.com](mailto:chris.maas@prudential.com).

### *Food Services*

There are plenty of [restaurants in and around UMMC](#). If you need a late-night meal, there are vending machines available 24 hours a day that have refrigerated and frozen meals. You can find those vending machines in the hallway to the left of the Courtyard Cafe. House Staff Association members also have access to free food 24 hours a day.

### *Resident Wellness Retreat*

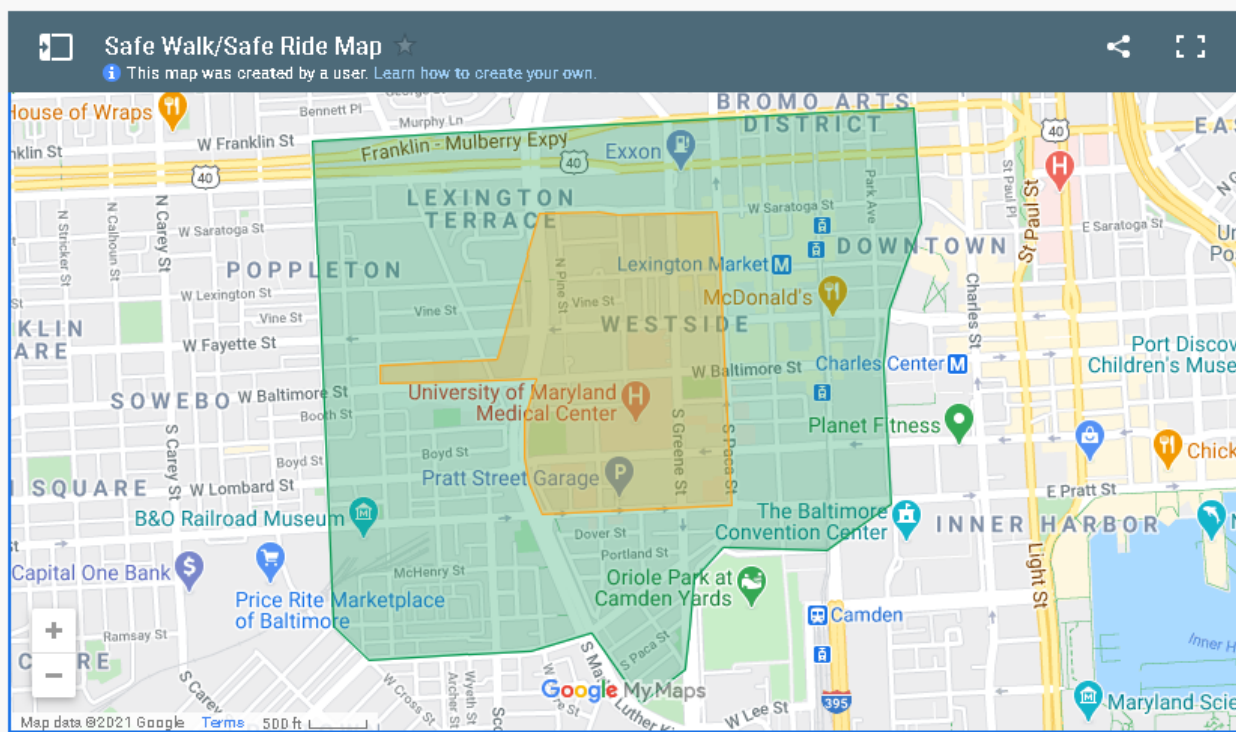
The Wellness Retreat is held annual, usually around February. It is sponsored by the UMMC Resident-APP Wellness Committee to provide education regarding burnout and wellness in medicine, to equip our you with the tools to foster resilience, and to promote an opportunity to network and enhance a sense of community. The Agenda and links to the Keynote speaker presentation from the February 2021 retreat can be found on the [Wellness Retreat](#) page.

### *Safety Numbers*

- Campus Police (non-emergencies): [410-706-6882](tel:410-706-6882)
- Police (emergencies): 911

Safe Walk is available 24/7. Safe Walk can be requested by calling [410-706-6882](tel:410-706-6882).

Safe Ride is available 7 a.m. to 1 a.m., 365 days a year. Rides can be requested through the Mobile UMB app or by calling [410-706-6882](tel:410-706-6882).



### *Volunteer Opportunities*

Residents and fellows can volunteer in the community through our Community Outreach team. We offer a wide variety of options to connect you with your surrounding community.

If you are interested in participating in health-related events, please contact Mariellen Synan, UMMC Community Outreach Manager at [410-328-8402](tel:410-328-8402) or [msynan@umm.edu](mailto:msynan@umm.edu). If you are interested in volunteering for youth and education events, please contact Samuel Burris at [410-328-4485](tel:410-328-4485) or [samuelburris@umm.edu](mailto:samuelburris@umm.edu).



## 4. ACGME Resources

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### *ACGME AWARE Well-Being Resources*

The [AWARE](#) suite of on-demand well-being resources is designed to promote well-being among residents, faculty members, and others in the GME community. AWARE's initial focus is primarily on individual strategies for cognitive skill-building and includes a video workshop, podcasts, and the ACGME AWARE app. Programs, institutions, and individuals are encouraged to download these educational resources to mitigate the effects of stress and burnout and foster well-being among members of the GME community.

AWARE Podcast: [Spotify](#), [RadioPublic](#), and [Apple Podcasts](#)

AWARE App: [Apple App Store](#) or [Google Play](#)

Video Workshop: [Cognition and Well-Being Skill Development Video Workshop](#)

## 5. Department Resources

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### *Mentorship Program*

Residents select a mentor of their choosing within their first year of residency. Together with their mentor, the PGY-1 will submit an academic work such as a grant/award application, an abstract, or a first author manuscript.

The mentor relationship should be maintained throughout residency, providing continual support to the resident throughout training. Mentors can be changed as needed based on the discretion of the resident.

### *Wellness Funds*

Residents have annual funds to be used toward an approved wellness activity. Historically, residents have used the fund toward U Rec Fit membership, race registration, and group fitness classes. Details on funding can be found in the Funding Support policy for the Residency Program.

### *Team Development*

Department-sponsored resident events are hosted multiple times each year to foster team cohesion within the resident cohort. Past activities have included happy hours, team races, paintballing, and more. Details on funding can be found in the Funding Support policy for the Residency Program.