



Proactively Identifying and Developing Relevant Prevention and Intervention Strategies: Helping Healers Heal Model

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**Healthcare workers
have historically been
at disproportionate risk
of suicide, due to a
variety of factors,
including:**

[Suicide Prevention for Healthcare Workers](#) | [Blogs](#) | [CDC](#)

Difficult working conditions, such as long work hours, rotating and irregular shifts

Emotionally difficult situations with patients and patient's family members

Risk for exposure to infectious diseases and other hazards on the job, including workplace violence

Routine exposure to human suffering and death, and

Access to lethal means such as medications and knowledge about using them

The Who, What, When & How

Healthcare workers at all levels and roles within the health care system, are impacted by the day- to-day trauma, crisis, emergency and health experiences of the communities we serve.

We are the communities we serve, and experiences can be paralleled including mental health, substance use, food and housing insecurity and other social needs.

These experiences were exacerbated by the health emergency and highlighted the importance of helping those who help others heal.

This needs to be done by integrating the input from the health care teams about what they feel would be most helpful, as a complement to overall comprehensive care.

We value our healthcare teams and want them to experience overall well-being in all parts of their life including work and personal life.

This interactive discussion will highlight some of the real experiences from the front line, as well as some tools and strategies for helping healers heal post-pandemic and beyond.

Grief, Depression and Trauma are Real!

Various events such as the current pandemic can disrupt the “normalcy” in our daily lives

Trauma can be experienced in a variety of ways

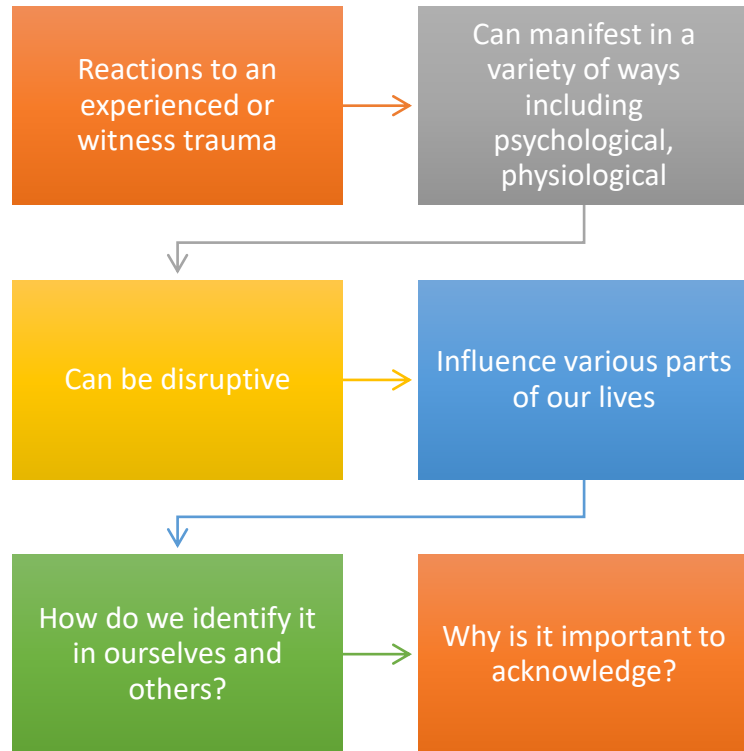
Your experience is valid and is defined by you

Healthy coping takes on many forms

Grief is real and can be a typical response

Awareness, Conscious vs. Unconscious

Grief, Depression & Trauma Experiences



Healing

A
Definition

The process of making or becoming
sound or healthy again



A Quote

“Awareness is the first step in healing.”
-Dean Ornish

Let's Talk About Resiliency...

Capacity to recover quickly from difficulties; toughness

What are factors that help us be resilient?



Recovery



A Definition

A return to normal state of health, mind, or strength

A Quote

“I’m not telling you it is going to be easy, I’m telling you it’s going to be worth it.” Anonymous

- Home
- H3 Wellness
- Resources
- Additional Resources
- Helpful Links
- LA General Wellness Portal
- Site contents
- My H3 Submissions
- Recycle bin

LA General Wellness presents

The H³ Team Helping Healers Heal

[More Resources](#)

[Coping with COVID-19 Resources](#)



LA General Second Victim Team
Peer Support

**Submit a "Routine"
Request for H3 Support**

***PLEASE DO NOT INCLUDE PHI
IN REQUEST***

H3Team@dhs.lacounty.gov

For "Urgent" Requests within
4hrs and/or "Routine" Requests
After Hours:

1:1 Peer Support and Group Debriefs
Contact:



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H³ Team

Peer support offering 1:1 or group debriefs for all LAC+USC staff.

Submit a request by visiting the website below or scanning the QR code.

Website: tiny.cc/H3request
Email: H3team@dhs.lacounty.gov



Virtual Schwartz Rounds

Join us for our Schwartz Rounds on the 2nd Wednesday from 12:00pm - 1:00pm. Always confidential and never recorded!

Join Link: zoom.us/j/99677339608



[Click Here to Learn About the H3 Team](#)



Click above to be taken to our H3 Peer Support Website to submit a request or to submit an encounter form, or for more information on the H3 peer support team.

[Submit a "Routine" Request for H3 Support](#)

EAP Telehealth

Confidential counseling services to all county employees free of charge.

First session can be on county time, with supervisor approval.

Website: <https://employee.hr.lacounty.gov/employee-assistance-program/>
Call: 213-433-7202



Care4CountyStaff Peer Support

Volunteer Peers from the Department of Psychiatry are now available for individual phone support.

Free-of-charge and always confidential.

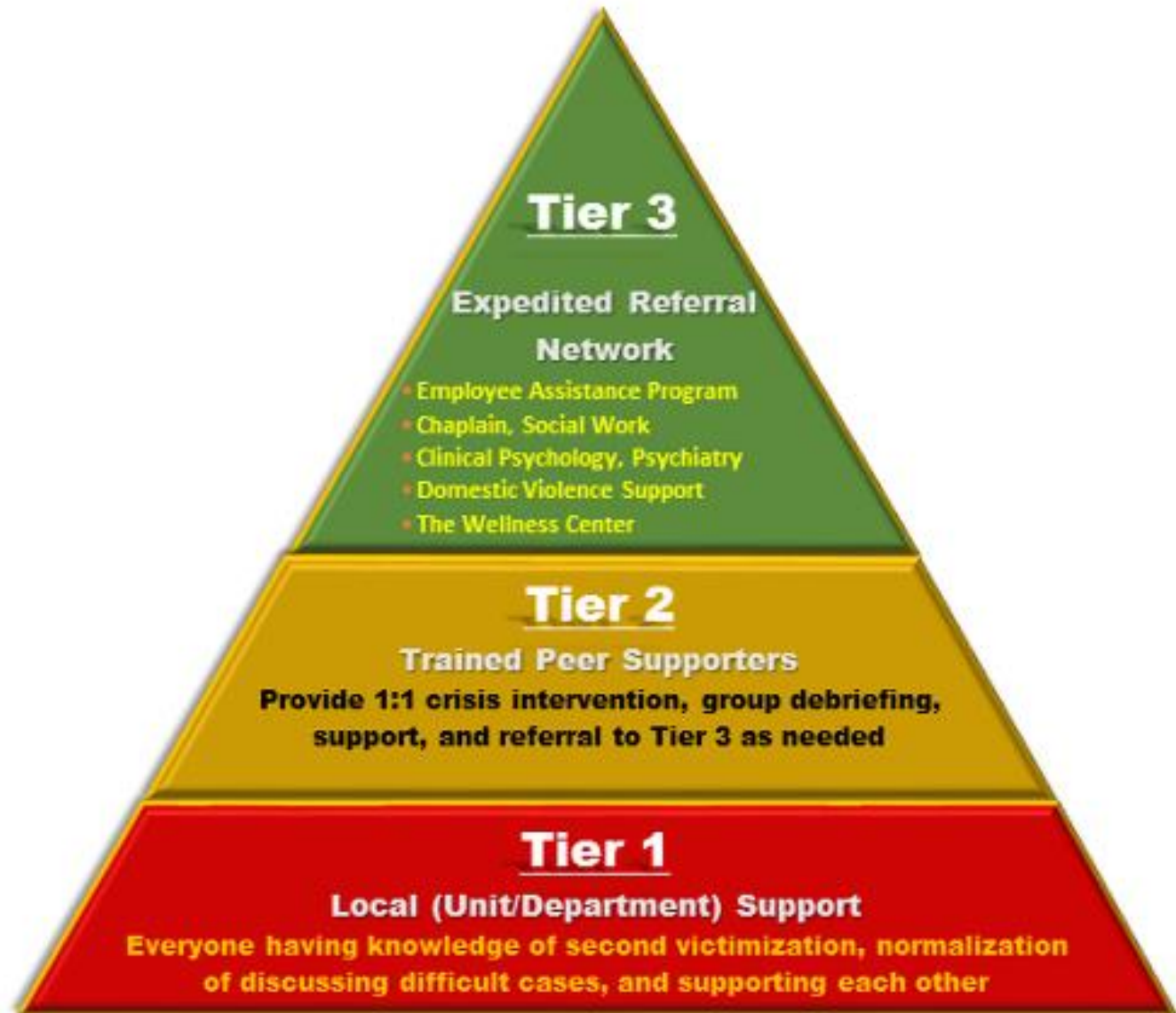
Email: Care4Countystaff@gmail.com
Call: 323-426-7970




What is a second victim?

A Second Victim is a healthcare professional who has experienced a significant personal or professional impact as a result of a patient safety incident can be referred to as a Second Victim.

H³ Team (Helping Healers Heal)





H³ Team Goal

- The ultimate goal of the **H³ Team** is to provide immediate and personalized support to traumatized staff to take those with the disposition of ***dropping out*** or simply ***surviving*** to staff who recover in a healthy way and end up ***thriving***.

A large orange circle on the left side of the slide, partially cut off by the edge.

Common
Themes
that may
trigger peer
support

Failure to rescue

Unexpected death

Pediatric case

Connectedness to patient/family

First death experience

Medical error

Staff assault

Death of a coworker

Difficult patient encounter

Experiencing
Overall
Well-Being

Physical

Emotional

Intellectual

Social

Spiritual

Environment/Occupational



Workforce Well-Being

★ Following



Welcome to Workforce Well-Being!



Live Well-Being Events



On-Demand Well-Being Events & Resources



Need Urgent Support?



Explore the Navigation Bar Above & Scroll Below to Discover More

The [Live Events Calendar](#) has been re-formatted and the first version is now released. Instead of events being listed individually by date, each card represents a host, organization, or department that consistently offers free, live well-being workshops, webinars, and experiences. For sites whose offerings are not as easy to navigate, we have created individual cards per event where and as needed. On each card, direct links to their offerings are provided (*please click on the blue buttons at the bottom of each card for access - they will be labeled*



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Push Pause

Overall Wellness

Think of Your Best Day...what elements make it a “best day”?



Wellness is the Integration of Mind & Body

Healthy Food Choices

Balance

Music

Outdoor Activity

Art



Wellness is Sustainable

How to Move Self-Care from a one-time thing to an intentional lifestyle

Strategies to Support Prevention

Increasing access to mental health screening tools for self-assessment

Increasing access to behavioral health care services (e.g., Employee Assistance Programs) and offering easy access for employees to helping services (e.g., mental health and substance use disorder treatment, financial counseling)

Promoting connectedness and a sense of community

Improving organizational policies to create safer workplaces, including strategies to reduce access to lethal means of suicide within workplaces

Identifying and supporting people at risk through gatekeeper training for managers' and supervisors, where gatekeepers are those who are identified as having the potential to observe changes in mood and behaviors of others^[11]

Helping to educate colleagues at all levels about the role they play in keeping themselves and their colleagues safe and well

Encouraging colleagues to have caring conversations and take action to be there for others, especially those who are struggling

Teaching coping and problem-solving skills, including relationship and parenting programs

Offering support and preventing future risk after death of a co-worker by suicide

Links of Interest

- <https://theactionalliance.org/communities/workplace/blueprintforworkplacesuicideprevention>
- <https://www.cdc.gov/violenceprevention/pdf/suicideTechnicalPackage.pdf>
- [Suicidal ideation and suicide attempts in healthcare professionals during the COVID-19 pandemic: A systematic review - PMC \(nih.gov\)](#)



Resources

Resources

- Each other-peer/colleague support
 - Therapeutic support
 - Tools like Headspace
 - Movement, Music, Art
 - Department of Mental Health

YOU ARE AMAZING IN
CASE YOU HAVEN'T
HEARD IT YET TODAY!

Time for Curiosity

