

## Resiliency Center

## Supporting Staff through Adverse Events

The Resiliency Center takes a three-tiered approach to supporting staff who have experienced stress injury from adverse events.

### 1 Expedited Referral Network

This is a collection of resources, including the Resiliency Center, Employee Assistance Program, and Psychiatry, that provides streamlined access to care for those needing additional support.

See next page for a list of resources.

### 2 Peer Support Specialists

The **Peer Support Program** provides institutional-level support to U of U Health employees during, or after adverse clinical events and stressful situations. It consists of a diverse network of U of U Health professionals who are trained as Peer Supporters.

See sidebar for information on how to activate.

### 3 Local Peer Support

We teach staff about peer support fundamentals and resources through presentations and trainings so they can maintain a general understanding of how to support others through adverse events.

To schedule a presentation, contact [resiliencycenter@hsc.utah.edu](mailto:resiliencycenter@hsc.utah.edu).



The **Peer Support Program** is activated via contacting Dr. Jake Van Epps directly at [jake.vanepps@utah.edu](mailto:jake.vanepps@utah.edu) or the Resiliency Center at [resiliencycenter@hsc.utah.edu](mailto:resiliencycenter@hsc.utah.edu) or 801-213-3403.

Once the program is activated, a Peer Supporter reaches out to you to talk via phone or in-person. These conversations are private and confidential. They are designed to be helpful but are not a substitute for mental health services.

If you are concerned about yourself or your colleague, please contact the Peer Support Program.

Find more information online at <https://healthcare.utah.edu/wellness/resiliency-center/>

## Resiliency Center

## Expedited Referral Network Resources

**Employee Assistance Program: 801-213-8753**

- All University employees

**HMHI – BHN: Start at Resiliency Center or EAP**

- All UUH Insurance Policy Holders

**Resiliency Center: 801-213-3403**

- Health campus/hospitals

**GME Wellness: 801-587-9319**

- Medical residents and fellows

**School of Medicine Wellness: [somwellness@hsc.utah.edu](mailto:somwellness@hsc.utah.edu)**

- All medical students

**Counseling Center: 801-581-6826**

- All Students
- Psychologist for Students of Health Sciences [kmeyers@sa.utah.edu](mailto:kmeyers@sa.utah.edu)

**Resources for Anyone in Crisis****HMHI Crisis and Warm Line**

- **801-587-3000 (24/7)**
- **801-587-1055 (8a -11p)**

**U of U Health person  
urgent psychiatric support**

- [unioutpatientpsychiatry@hsc.utah.edu](mailto:unioutpatientpsychiatry@hsc.utah.edu)
- HMHI will reach out within 24-48 hours to schedule an appointment

