Land Acknowledgement

We respectfully acknowledge the University of Arizona is on the land and territories of Indigenous peoples. Today, Arizona is home to 22 federally-recognized tribes, with Tucson being home to the O’odham and the Yaqui. Committed to diversity and inclusion, the University strives to build sustainable relationships with sovereign Native Nations and Indigenous communities through education offerings, partnerships, and community service.
Topic: Wellness

Panelists:

• Eileen Lawless, Specialist, Dependent Care, Life & Work Connections

• Alison Sutton-Ryan, Director, Mental Health and Wellness Program, CVM

• Leslie Langbert, Executive Director, Center for Compassion Studies, SBS
Housekeeping

- **To ask questions live** during the webinar, please **submit your question in the Q&A window and raise your hand** using the hand icon located on the bottom of Zoom page.
- When called upon, you will be unmuted for others to hear. Please expect a slight lag. Due to Zoom limitations, we regret we are not able to show your video image without losing your access to the Q&A and chat history.
- The Chat function allows you to send chat messages to your colleagues in the meeting.
- The webinar Recording, the Q&A feed, the Chat feed, and any presentation materials will be available after the webinar at [https://provost.arizona.edu/content/provost-forum](https://provost.arizona.edu/content/provost-forum).
Wellness Ambassadors
Health Promotion

- Health Impact Program (HIP)
- Flu Shots
- Mini-health Screenings
- Mammography Screening
- Prostate Screenings
- Financial Literacy
Employee Assistance Counseling

Free, confidential short-term counseling is available to all benefits-eligible employees, their dependents, and members of their households.

- 12 counseling sessions per issue per year.
- Extended appointment times
- Statewide network of providers
- A range of service modes
- English- and/or Spanish-speaking counselors, and translation services for other languages.
- 24/7 access support
Adult and Elder Care

- Elder Care Consultations
- Adult Care Consultations
- Caregiver Consultations
- Caregiving referrals and resources
Childcare & Family Services

- Childcare & Parenting Consultations
- Childcare Choice
  *Up to $2,000 back in reimbursements per FY!*
- Sick and Back-Up Childcare
  *Up to 10 days in backup childcare!*
- Lactation Room Consultations
- *For Parents – webpage*
  *A hub of information on UArizona services and benefits for parents*
Workshops & Trainings

- Caregiving and Estate Planning
- Q&A: COVID-19 Vaccination for Children
- Mindfulness
- Stress Management
- Resiliency Skills
- QPR Suicide Prevention Classes
- The Sandwich Generation Club
- Compassion Through Transitions
  . . . and so much more!

We also offer Department Workshops!
Content On Your Time

On-Demand Videos

The Latest

Tools
Your Team

Here for You!

lifework.arizona.edu
(520) 621-2493
University of Arizona Provost Report

Alison Sutton-Ryan DBH, LCSW, LISAC
Director, CVM Mental Health and Wellness Program
Clinical Assistant Professor, Department of Psychiatry
University of Arizona
Programs Developed

- UAHS ODI Program of Mental Health Wellness
  - Pharmacy, Public Health, Nursing, Medicine
- College of Medicine, UME Mental Health Program
  - Medical Students
- College of Medicine, GME Mental Health Program
  - Residents and Fellows
- College of Veterinary Medicine

Research:
GME Access and Barriers to Mental Health Care

Utilization:
First 3 months of academic year 2018 compared to 2019 resulting in **42% increase** in utilization due to new program infrastructure

Barriers Identified

<table>
<thead>
<tr>
<th></th>
<th>not at all concerned</th>
<th>slightly concerned</th>
<th>somewhat concerned</th>
<th>moderately concerned</th>
<th>significantly concerned</th>
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</thead>
<tbody>
<tr>
<td>Privacy</td>
<td>23.04%</td>
<td>11.50%</td>
<td>16.07%</td>
<td>24.59%</td>
<td>16.70%</td>
</tr>
<tr>
<td>Lack of care available</td>
<td>21.11%</td>
<td>16.67%</td>
<td>24.59%</td>
<td>11.50%</td>
<td>16.70%</td>
</tr>
<tr>
<td>Concern regarding impact on career</td>
<td>25.61%</td>
<td>11.50%</td>
<td>26.59%</td>
<td>16.70%</td>
<td>16.70%</td>
</tr>
<tr>
<td>Stigma of mental health</td>
<td>18.06%</td>
<td>11.50%</td>
<td>15.39%</td>
<td>10.79%</td>
<td>17.70%</td>
</tr>
</tbody>
</table>
Mental Health Program and Infrastructure Development

**CLINICAL SERVICES**

- Electronic Health Record
  - Luminello

- Consent to Treat
  - Scope of Practice/ Care
  - Reviewed and Approved by UA Legal Counsel
  - Crisis contacts
  - Tele services consent

- Tele-Therapy
  - HIPPA Complaint Zoom
  - Consistent with Best Practice

**PROGRAM DEVELOPMENT**

- Mental Health Program Policies and Procedures
- Redcap HIPPA complaint referral system
  - Referral System
  - Triage System
  - Signed Consent to Treat
- Website with direct referral and resources
- Mental Health Services Policies and Procedures
  - Program consistent with best practices, University policies, and licensure requirements
College of Veterinary Medicine
Mental Health and Wellness Program

CVM Mental Health Program is committed to creating an aware and educated community of students, faculty, and staff that values mental health.

We're Here For You

- CVM Mental Health Program offers free and confidential counseling services. We strive to create an aware and educated community of students, faculty, and staff that values mental health. Our program will offer services including:
  - Individual Therapy
  - Group Therapy and Mental Health Trainings including Suicide Prevention and Mental Health First Aid
  - Mental Health Presentations and Workshops
- https://vetmed.arizona.edu/student-services/mental-health

Current Utilization Data: Serving 1/3 of CVM Student Population
Veterinary Social Work and Integrated Care

- CVM: MSW Internship program in Collaboration with ASU School of Social work
- Research Project on Veterinary Social Work Understanding, Concepts, and Opportunities with CVM affiliates
- Education and outreach on the four components of Veterinary Social Work:
  - Grief/loss;
  - Compassion Fatigue, Conflict Resolution, and Wellbeing of/for Veterinary Professionals
  - Animal Assisted Interventions;
  - Link between Animal Abuse and Interpersonal Violence
CBCT© (Cognitively Based Compassion Training) - 8 weeks every Fall & Spring

Courageous Compassion (SCT) - 4 – 6 weeks currently offered via SBS Community Classroom

Compassion Cultivation Training (CCT) - 8 weeks Fall 2020

Field of Care - weekly community practice for program 'alumni'
OUTREACH: PRACTICE GATHERINGS

Mondays
Mindful Mondays – every other Monday
beginner and experienced practitioners – Open to ALL

Tuesdays
Embodiment Lab – 2nd and 4th Tuesdays
for BIPOC students/students of the Global Majority ONLY

Tuesdays
LGBTQ+ Care Space – 1st Tuesdays
for students and recent (2yrs) alumni

Tuesdays
LGBTQ+ Care Space – 3rd Tuesdays
for ALL members of the LGBTQ+ community (UA & non UA)
CAMPUS PARTNERSHIPS

• CAPS at Campus Health
• Residence Life
• Campus Rec and Outdoor Rec
• UA Museum of Art
• Faculty and Instructor support workshops, bookgroups
• Research partnerships across disciplines (e.g. Family Studies, Public Health, Education, Nursing, etc)
• Undergraduate coursework – Sociology and College of SBS
THANK YOU!

https://provost.arizona.edu/content/provost-forum