

Resources

Counseling

- **Employee Assistance Programs:** <https://o2.ohsu.edu/spark/emotional-welless/eap.cfm> and <https://hr.uoregon.edu/er/general-information/employee-assistance-program>
At Oregon universities, all benefits-eligible employees and their family members get 3-free sessions with an experienced, master's or doctorate level counselor.
- **OHSU Resident & Faculty Wellness Program:** <https://www.ohsu.edu/school-of-medicine/graduate-medical-education/resident-and-faculty-wellness-program-gme>
RFPW seeks to provide an array of services to increase clinician wellness and reduce burnout, thereby facilitating a strong and thriving workforce. RFPW is here to help you address any problems or concerns, personal or professional
- **OHSU Chaplain Services:** <https://www.ohsu.edu/xd/health/for-patients-visitors/patient-services/support-services.cfm>
Chaplains provide spiritual support to patients, their families and OHSU staff regardless of religious affiliation. They provide spiritual guidance, prayer, emotional support, and comfort.
Chaplain's office: DCH 10th floor, next to the Meditation Room. Hours: Monday-Friday 9 AM – 5 PM Phone: 503 418-5392

Mindfulness & Meditation

- **OHSU Mindfulness Based Stress Reduction:** <https://www.ohsu.edu/xd/health/services/mindfulness/mmsr-mindfulness-stress-reduction.cfm>
MBSR teaches participants moment-to-moment, non-judgmental awareness to reduce stress and enhance well-being. Call 503.418.6272 or email fitness@ohsu.edu
- **OHSU Breath by Breath:**
Mindfulness-Based Stress Reduction drop-in class that is free and open to all. Kohler Pavilion, conference room 13000A, 13th floor. Every 2nd & 4th Monday from 5:30-6:30 PM, and every 1st and 3rd Friday from 9:30-10:30 AM.
- **OHSU Marquam-Hill guided meditation:**
A weekly guided meditation practice that combats anxiety, stress, and distraction in our daily lives. The class is drop-in and are open to all regardless of practice level or religious affiliation.
12:00-12:30 PM Wednesdays at Doernbecher Children's Hospital (10th floor Meditation Room)
- More mindfulness resources: <https://www.ohsu.edu/xd/health/services/mindfulness/>
For more information or questions about Mindfulness at OHSU Please contact Kimberly Carson, MPH, C-IAYT; carsonk@ohsu.edu; 503-245-9642

Wellness

- **OHSU Joseph B Trainer Health & Wellness Center:** <https://www.ohsu.edu/xd/education/student-services/joseph-trainer-health-wellness-center/>
Provides students and postdoctoral scholars access to high quality, confidential primary and behavioral health care.
- **OHSU Spark Health Enhancement Programs:** <https://o2.ohsu.edu/spark/pathway-to-wellness/index.cfm>
Spark offers anyone who completes a Health Evaluation free enrollment in a Health Enhancement Program of their choice: Mindfulness Based Stress Reduction, Behavior Change for Weight Loss, National Diabetes Prevention Program, Medical Exercise Program, or Health Focus 1:1 Coaching.
- **U Oregon Employee Wellness:** <https://hr.uoregon.edu/programs-services/work-life-resources/employee-wellness>
Wellness seminars, programs, and fitness on-campus.
- **LifeBalance:** <https://lifebalanceprogram.com/startpage.php?deeplinkid=1275553>
LifeBalance is an online wellness program designed to help members find well-being by participating in a wide variety of healthy activities.

Peer Support

- **OHSU Trauma support:** https://o2.ohsu.edu/spark/emotional-welless/upload/Peer-Support-Following-Trauma_OHSU-2.pdf
Peer advocate guidelines for supporting psychological wellbeing after trauma.
- **OHSU Peer Support Program:** <https://o2.ohsu.edu/nursing-portal/staff-tools-resources/peer-support/index.cfm>
The OHSU Peer Support Program will serve as a resource for all OHSU employees who experience professional distress, a significant professional setback or stressor including an adverse medical event, unexpected negative outcome, litigation or board complaint. Peer Support Meetings are private and confidential.

Finance

- **OHSU Spark Financial Security & Growth:** <https://o2.ohsu.edu/spark/financial-wellness/index.cfm>
To support all OHSU employees in achieving financial wellness, Spark offers resources for personal budgeting, debt repayment, home ownership managing your investments, and more.
- **Cascade Centers Financial Coaching:** <http://www.cascadecenters.com/>
Free 30-day financial coaching program to help with getting out of debt, improving credit score, developing spending plan, understanding retirement, understanding home buying/refinancing strategies, and more. 800-433-2320
- **OHSU Finance Friday:**
Tips and tricks posted on Fridays by Staff News to help address financial questions. Is there a financial wellness topic you would like to learn more about? Email your suggestion to sparkwellness@ohsu.edu!
- **OHSU Tax and Accounting Services through Spark Work-Life:** <https://o2.ohsu.edu/spark/workplace-wellness/taxes.cfm>
Free 30-minute consultation per employee with a tax professional. Call 1-800-430-2320
- **National Institute of Health Loan Repayment Programs:** <https://www.lrp.nih.gov/>
NIH encourages outstanding health professionals to pursue careers in biomedical, behavioral, social, and clinical research.
- **U.S. Department of Education Public Service Loan Forgiveness Program:** <https://studentaid.ed.gov/sa/repay-loans/forgiveness-cancellation/public-service>

Other Resources

- **OHSU Spark Emotional Resilience Benefits:** <https://o2.ohsu.edu/spark/emotional-welless/index.cfm>
- **OHSU Compassion fatigue:** <https://o2.ohsu.edu/spark/emotional-welless/compassion-fatigue.cfm>
- **OHSU International Affairs/Immigration:** <https://o2.ohsu.edu/international-affairs/index.cfm>
- **OHSU Ombudsman:** <https://o2.ohsu.edu/ohsu-ombudsman/index.cfm>
- **OHSU Supplemental benefits:** <https://o2.ohsu.edu/human-resources/benefits/supplemental-benefits/index.cfm>
Childcare, breastfeeding, adoption, education assistance benefit, employee assistance program, senior care, credit unions, staff discounts, gym membership, and more.
- **OSU Elder Care:** <https://familyresources.oregonstate.edu/elder-care>
- **OSU Office of Work-Life:** <https://facultyaffairs.oregonstate.edu/work-life>
- **OSU Employee Benefits:** <https://hr.oregonstate.edu/e-book/employee-benefits>
Child and dependent care, Public Employee Retirement System, Savings programs, and counseling.