



# RESILIENCY TOOLKIT

FOR INDIVIDUAL AND TEAM RESOURCES

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**PRESENTED BY: SHC SELF CARE RESOURCES TASKFORCE**

FOR MORE INFORMATION CONTACT:

## **IN THE MOMENT (first 24hrs to 48hrs) Individual & Team Resources**

**Spiritual Care Service:** Free. Hospital Chaplains willing to come be supportive to staff who want to discuss 1:1 a challenging work scenario that is causing them distress. Page your unit chaplain or page 15683 (1LOVE)

**Code Compassion for Caregivers:** entails compassion for self and peers overloaded with stress and dealing with challenging/traumatic situations at work. See B2 example in Attachment A

**Emergency Ride Home Program:** Is to ensure commuters who travel using alternative transportation can depart work in an expeditious manner in the event of a personal emergency. You are allowed four free rides per academic year (September through August).

<https://cardinalatwork.stanford.edu/benefits-rewards/sweeteners/free-emergency-rides-home>

**Employee Assistance Program:** Free access to health oriented life coaching, counseling, mobile apps, and webinar recordings. Resources include “Manager’s Tools” as well. 1.855.281.1601

<https://www.achievesolutions.net/achievesolutions/en/shclpch/Home.do>

**HealthySteps to Wellness Audio Recordings of Guided Meditations:** Free

<https://wellness.healthysteps4u.org/tools/for-your-team/audio/>

**“The Power of the Pause” Contemplation by Design (CBD):** A campus-wide, multidisciplinary program designed to encourage all members of the Stanford community to enjoy the power of the pause for the purposes of re-establishing balance, tranquility, compassion and energy to support our creative excellence. Free to be practiced by all. 650.723.9649

<https://contemplation.stanford.edu/index.php>

**WellMD:** Free mindfulness and compassion development resources, tips and videos. Classes available with payment. May be eligible for CEs.

<http://wellmd.stanford.edu/healthy/mindfulness.html>

**AFTERMATH/ SHORT TERM (first 1-2 week)**  
**Individual & Team Resources**

**Employee Assistance Program:** Free access to health oriented life coaching, counseling, mobile apps, and webinar recordings. Resources include “Manager’s Tools” as well. 1.855.281.1601  
<https://www.achievesolutions.net/achievesolutions/en/shclpch/Home.do>

**Becoming Parents Program:** Free online video library and Classes (most have fees) include: Car Seat Fittings (free) – fills up quickly, Birth Center Orientation, Pregnancy Pilates, New Mom Support Group, Bringing Baby Home – co-parenting tips, Infant CPR,  
<http://www.stanfordchildrens.org/en/classes>

**Bright Horizons’ Back-Up Care Advantage Program:** Provides you high-quality back-up care for your children and adult/elder relatives when regular dependent care is unavailable. The Back-Up Care Program supplements, rather than replace, your normal care arrangements and helps get you to work with the confidence of a provider you can trust at an affordable cost.  
<https://healthsteps4u.org/additional-benefits/special-programs-back-up-care/>

**Cuddles for Caregiver:** Pet Assisted Wellness bring therapy dogs for staff to enjoy to the nursing patio the 1st and 3rd Wednesdays of the month, for free. Contact Guest Services for more information. 650-498-3333

**Fitness Classes:** With over 180 group fitness classes from aquatics to weight training, we hope to make physical activity enjoyable and accessible to as many people as possible. Classes available with payment. Free “fitness sampler” classes are occasionally offered.  
<http://med.stanford.edu/hip/classes/group.html>

**Gym Memberships:** Discounts at multiple fitness chains throughout the bay area including: Crunch Fitness, Orange Theory, Soul Pilates, and more.  
<https://wellness.healthsteps4u.org/tools/for-you/discounted-gym-memberships/>

**Massage Services:** For a fee. Contact guest services at 650 498-3333.

**Stanford Center for Compassion & Altruism (CCARE):** Learn to develop the qualities of compassion, empathy and kindness for oneself and for others. Free access to videos recordings of conferences, speaker series and interviews on compassion based resiliency. Classes available with payment.  
<http://ccare.stanford.edu/>

**Stanford Health Library:** Provides scientifically-based medical information to help people make informed decisions about their health and health care. All services are free.  
<http://healthlibrary.stanford.edu/>

**Stanford Faculty Staff Help Center:** All services are **free** for hospital employees, their spouse/ domestic partner, and eligible dependents up the age of 26. Services include confidential, resolution focused conversation facilitation, discussion groups (grief and more), workshops, and departmental consultations and trainings. 650.723.7935

<https://cardinalatwork.stanford.edu/faculty-staff-help-center/services>

**Stanford Living Strong, Living Well Program for Cancer Patients and Survivors:**

(LSLW) A **free** is a twelve-week small-group community strength and fitness training program designed for adult cancer survivors who have recently become deconditioned or chronically fatigued from their treatment and/or disease. Our goal is to help patients build muscle mass and muscle strength, increase flexibility and endurance; and improve functional ability and quality of life. This program is available at **no cost to participants.**

<https://lslw.stanford.edu/>

**Stanford's Recreational Facilities:** Access is available to Stanford University alumni and hospital employees via a daily rec pass or rec access membership ( 6 or 12 months ) for a fee.

<http://recreation.stanford.edu/membership/nonaffiliates/>

**Stanford University Programs:** Resources and services (some at a fee) offered to hospital staff such as child care on and off campus, elder care/caregivers, work/life integration.

[https://cardinalatwork.stanford.edu/benefits-rewards/worklife/offerings-me/hospital-staff?utm\\_source=i-am&utm\\_medium=hospital&utm\\_campaign=WorkLife](https://cardinalatwork.stanford.edu/benefits-rewards/worklife/offerings-me/hospital-staff?utm_source=i-am&utm_medium=hospital&utm_campaign=WorkLife)

**Wellness Discounts:** For everything from contact lenses to vacations. Save money on things you already purchase.

<https://stanfordhospital.benefithub.com>

## **RESILIENCE BUILDING (long term)**

### **Individual & Team Resources**

**Employee Assistance Program:** Free access to health oriented life coaching, counseling, mobile apps, and webinar recordings. Resources include “Manager’s Tools” as well. 1.855.281.1601

<https://www.achievesolutions.net/achievesolutions/en/shclpch/Home.do>

**Beacon Tobacco Smoking Cessation Program:** Free to benefited employees, get paired with a coach to design and begin your individualized smoking cessation program. Available 24/7 at 1.855.281.1601

[https://wellness.healthysteps4u.org/wp-content/pdf/tools/for\\_you/Stanford\\_KICK\\_IT\\_brochure.pdf](https://wellness.healthysteps4u.org/wp-content/pdf/tools/for_you/Stanford_KICK_IT_brochure.pdf)

#### **HealthySteps to Wellness:**

**Team Trainings:** Free trainings scheduled on your team’s availability. We offer a variety of topics including positive communication, healthy behavior change, self-care, mindfulness and building optimism. We also offer free six-week courses. Please follow the link to get your questions answered and schedule a training:

<https://wellness.healthysteps4u.org/tools/for-your-team/team-training/>

**Champion Network:** We are committed to providing the best care possible to our employees, but we can’t do it without you. As a Champion, you’ll be a role model for healthy behavior and positive self-care within your department. We know you are busy, so your time commitment can be minimal. You’ll be the first to receive information about the HealthySteps to Wellness program and related events.

<https://wellness.healthysteps4u.org/champions/>

**Events Calendar:** Wellness events and classes (some with fees) organized by calendar date including Heart Math, sound immersion healing, farmers markets, walking meditations and more.

<https://wellness.healthysteps4u.org/events/>

**Healthy Living Classes:** Draw from the biological, physical, behavioral, environmental, and medical sciences, as well as traditional medicine practices to provide the most effective, and enjoyable approaches to well-being. Classes available with payment. Educational Assistance Funds towards approved for eligible classes.

<http://med.stanford.edu/hip/classes/healthy-living.html>

**Healthy Steps Event Calendar:** Wellness Events and Classes (some w/fees) organized by calendar date including Heart Math, sound immersion healing, farmers markets, walking meditations, etc.

<https://wellness.healthysteps4u.org/events/>

**Individualized Health Improvement Program:** Addresses ergonomics, smoking cessation, nutrition counseling, equine-imity somatic horsemanship, transportation counseling, and stress reduction. Some have a fee. Educational Assistance funds may be applied with approval.

<http://med.stanford.edu/hip/classes/individualized-programs.html>

**Leading With Heart Caritas Leadership Caring & Leading Self and Others CE class:** The purpose of this course is to engage the heart and spirit of nurses and inter-professionals at all levels. Designed as a daylong experiential program, nurses can explore and renew their personal and professional connection to nursing practice and leadership. Continuing Education funds may be applied.

<https://stanfordhealthcare.org/health-care-professionals/continuing-nursing-education/past-education-courses/leading-caritas.html>

**Mobile Device Services:** The MDS team has partnered with AT&T, Sprint and Verizon to help save you money on your personal mobile device plans. Just by being a university or hospital employee, you may be eligible to receive discounts of up to 18 percent on qualifying monthly service plan charges.

<https://uit.stanford.edu/mobile/personaluse>

**Omada Weight Management & Nutrition Program:** Omada is a 16-week online program that fits seamlessly into your life, so you can lose weight and lower your risk of disease without taking time away from the things you love. (Omada formerly called Prevent.)

<https://go.omadahealth.com/deployments/healthysteps>

**Online self assessments:** **Free**, anonymous assessment tools available to gauge one's own emotional intelligence, burnout, depression, self-compassion, stress, etc.

<http://wellmd.stanford.edu/test-yourself.html>

**Stanford Federal Credit Union:** As an employee of SHC, you and your family are eligible to join and utilize a wide range of banking benefits.

<https://healthysteps4u.org/additional-benefits/stanford-federal-credit-union/>

**Stanford Hospital Occupational Health Services:** **Free** health screenings, vaccinations, workplace ergonomic evaluations and workplace illness and injury resources. 650.721.7316

<http://stanfordocchealth.org/>

**Stanford Parking, Transportation & Bicycle:** Transit advice and options including: **Free** (to eligible employees) AC Transit Line U, VTA ECO Pass, and Caltrain Go Pass/Clipper Card. **Free** Access to on campus bike repair stations, **free** folding bike rental/stipend, and Car/Vanpool parking discounts. 650.723.9362

<https://transportation.stanford.edu/>

**Voluntary Benefits:** you have access to a variety of voluntary plans and discounts to help protect your hard-earned assets and save money on many types of expenses. Through this site, you can purchase

quality insurance coverage at group rates through the convenience of payroll deductions and take advantage of other discount offers on a wide variety of goods and services such as auto insurance, homeowners/renters insurance, legal insurance, pet insurance, identity theft, and a purchasing power program.

<http://www.shclpchvoluntarybenefits.com/Default.aspx>

**Walking Labyrinth:** If life has you wandering in circles, embark on a personal journey that has stood the test of time for thousands of years. Enter the labyrinth and discover that walking in circles can actually put direction back in your life – that the rhythm and simplicity of following a clear path can quiet your mind, help you find balance, pray, facilitate meditation, insight and celebration. **Free** access to a trained labyrinth facilitator at scheduled times.

<https://religiouslife.stanford.edu/programs-events/labyrinth>

**Wellness on Wheels:** The Health Improvement Program (HIP) brings Fitness and/or Healthy Living classes to your University or SHC/LPCH location via Wellness on Wheels - WoW. Many of the classes that are offered each quarter by HIP can be brought to your worksite. Yoga, Zumba, Band stretching.

<http://med.stanford.edu/hip/classes/wellness-wheels.html>

## **Emergency Resources**

### **Domestic Violence**

Santa Clara County:

Linda Haskell Empowerment Center (San Jose): (408) 295-4011

Next Door, Solutions to Domestic Violence: (408) 279-2962

Sunnyvale Family Justice Center: (408) 749-0793

San Mateo County:

CORA, Community Overcoming Relationship Abuse: 800-300-1080

### **Emergency Police Services**

Stanford Police: 9-911 from campus, or (650) 329-2413 from off campus

Palo Alto Police: (650) 321-4433

San Mateo County Police: (650) 363-4911

### **Emergency Room Services**

Stanford Hospital Emergency Room: (650) 723-5111

### **Mental Health Service Plans - 24 Hour Response**

Faculty/Staff must refer to medical plans for external Mental Health support

Mental Health resources should be listed on the back of the insurance card

Stanford Hospital, Lucile Packard Children's Hospital, and Menlo Medical Clinic employees can call Value Options at (855) 281-1601

### **Parental Stress**

Santa Clara County: (408) 295-2656

San Mateo County: (650) 877-5494

### **Sexual Assault**

Linda Haskell Empowerment Center (San Jose): (408) 295-4011

San Mateo County, Rape Trauma Services: (650) 692-7273

Sunnyvale Family Justice Center: (408) 749-0793

### **Suicide and Crisis Hotlines**

Santa Clara County: (855) 278-4204

San Mateo County: (650) 368-6655