

STATISTICS PROVE IT IS TIME FOR A CHANGE

- According to Dr. Shanafelt, 80% of burnout is triggered by characteristics of work environment, organizational and professional culture
- Burnout costs an average of \$7,600 per physician per year
- Burnout costs an average of \$4.6 billion per year nationwide
- Small investments reap large financial dividends
- Over HALF of all physicians report burnout
- Over 400 healthcare providers commit suicide every year
- More than one doctor a day takes his/her own life
- Nurses are 4x more likely to commit suicide than the general public
- Burnout leads to 117% greater likelihood of suicide

Interested in the step-by-step guide for establishing a peer support team, further education, or a debriefing at your organization ?

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*Peer Support
is the "bandage"
that stops
the soul
from bleeding*

Peer Power: Building Resiliency to Traumatic Events



**R³ESILIENCY
CONNECTIONS, LLC**

*Your STEP-BY-STEP partner
to change the culture of
your institution and begin
supporting the well-being
of your team!*

WHY DO YOU NEED A PEER SUPPORT TEAM?

Burnout is at a national high. COVID-19 and the current state of distress within our nation is only leading to increased stress and anxiety.

Rates of burnout are directly related to an institution's level of support for peer related services within the hospital system.

Living, breathing and practicing in an environment of perfection; the suicide pandemic is proving that the "suck it up" culture must change.

Patient satisfaction is directly related to the compassion felt from providers. One's ability to show compassion and empathy is directly linked to their level of moral injury and burnout.

R³esiliency Connections is your guide to changing the culture within your institution, increasing your financial stability, and increasing the overall health of ALL of your employees.

R³ESILIENCY CONNECTIONS MISSION

Coaching health care organizations through the development of a peer support team by providing the step-by-step processes, tools and resources for crisis intervention and stress reduction to enhance the resiliency of care givers, providers, and support staff.

R³ESILIENCY CONNECTIONS PROGRAMS

Peer Support Manual customized for your institution:

- Step-by-step instruction from concept to daily operations
 - Three PowerPoint presentations with notes
 - Operating guidelines, policies and procedures
 - Marketing resources
 - Educational resources
 - Forms
 - Handouts
 - Sample care kit
 - Consulting hours with experts in the field
 - EVERYTHING needed to create, implement, and manage a successful peer support team
- *"Backpack of Bricks: Inside the Heart of a Physician"* Lecture
 - On-site Peer Support Debriefing Intervention
 - *"Coping with COVID"* Debriefing and Education session
 - Grand Rounds Lecture
 - *"Do No Harm: Exposing the Hippocratic Hoax"* film screening and Debriefing Session

R³esiliency Connections provides you with EVERYTHING you need to successfully establish your team!

WHAT YOU WILL GAIN

Assist your staff in managing the stress and emotional distress of the job, difficult clients and unwelcomed outcomes

Investing in a peer support program, sends messages of :

- Supporting one another
- Demonstrating employees' well-being is IMPORTANT
- Recognizing each member plays a vital role to the overall team
- Promoting enhanced resiliency and resistance to stress reactions and decrease burnout
- Responding to your team's emotional, physical and psychological needs

Organizations with peer support teams report:

- 82% increased positive contributions and decrease of high risk behaviors
- 80% decrease in level of burnout among staff

KEYS TO A SUCCESSFUL PEER SUPPORT TEAM

- Funding
- Administrative Support
- Team Selection
- Training / ICISF
- Legal Support
- Policy and Procedure Development
- Implementation
- Education
- Longevity Planning

