

Resources for Harborview Staff Resilience and Well-Being

Welcome to Spring, Harborview Care Community! As we enter this season of growth and renewal, may we each be sustained by one another. These are indeed challenging times, requiring us to stretch professionally and personally in ways unfamiliar and sustained. In recognition of all that you do and all that you work to keep in balance, please consider these resources available to enhance your own personal well-being:

Childcare

- Healthcare Providers; you have an opportunity for **free childcare with Bright Horizons**. Bright Horizons is partnering with First Responders First to operate **free** fully-funded child care for essential workers in centers located in close proximity to healthcare hubs, including Bright Horizons at 101 Sixth Ave. S., Seattle, WA, 98104 (Pioneer Square). There are a total of 40 spaces available on a first come, first-served basis. Here is a [link to a flier with more details](#).
- Are you in need of urgent childcare? The [UW Emergency Baby and Kid Sitter Network](#) is a new program to match family and friends of UW Employees who are capable of providing essential baby and kid sitting services with UW families that urgently need child care.

Parking Resources

- **Staff Parking** resources have changed this week at Harborview, with the addition of free parking at the Seattle Community College and O’Dea campuses, through April 30th; and changes to HMC Parking Garages, effective April 1st.
 - **O’Dea/Seattle University Free Parking Access:** Please send an email to Matt Versdahl, Parking and Commuter Services Manager, versdahl@uw.edu, and provide your name, email address, EID, Vehicle make and Vehicle license. Once this information is received you will be given further instructions for sign up. Please do not contact Seattle U or O’Dea directly as they asked that all requests come from the HMC Parking Office.
 - **On Wednesday, April 1st, all Harborview parking gates will be lifted.** This will allow all staff who are required to work – as well as our patients and visitors – to park with no cost through April 30, 2020. Staff that presently have parking permits and wish to park at no cost for the month of April will need to request that their deductions be suspended for the month by the HMC Parking Office. Consistent with the current process, please send an email to hmcpark@uw.edu with “Parking Permit Suspension” in the subject line. Include your full name and employee identification number, which can be found on the back of your badge. Please make this **request no later than Sunday, April 5**. If you elect to suspend your parking, you must request that it be reactivated once we determine the gates will be lowered. If this request is not made, it may cause access issues once the gates are lowered.

Community:

- Join us for the next [UW Medicine Zoom Town Hall: Coming Up – Friday April 3rd at 3:00PM](#) at <https://uw-phi.zoom.us/j/887116941>.
- [The UW Medicine Care & Share website](#). This website is an interactive platform that allows us to connect people offering and seeking support (child care, carpooling, pet care, etc.). Once a connection is made, the offerer and requester can communicate via phone or email, outside of the Care & Share site.

Personal Well-being

- [Dream Clinic](#) Massage. Hours for on-site massage have recently been expanded!
- [Mindfulness series, "Preparing ourselves for the Next Wave"](#) on April 1st (12:30-1:00 and 4:00-4:30). This 30-minute session will introduce mindfulness practices you can use on the fly and create space to address your concerns.
- Share stories of [Well-being and Gratitude](#) and read your colleagues [55 Word Stories](#): Help lift up the stories that make UW Medicine great!
- [Psychiatry Support](#): During this time of increased stress and anxiety, the UW Medicine Department of Psychiatry and Behavioral Sciences is available to provide UW Medicine staff and faculty with free, informal , telephone or video based conversations with volunteer clinician colleagues.
- [The Whole U Online Guided Meditation Series](#): Take as little as 5 minutes to reduce stress and increase calmness during your day.
- The [UW Medicine Peer to Peer Program](#) is ready to connect in-person or virtually with UW Medicine community members who want to talk through how they are feeling.
- [HMC Spiritual Care](#): Providing spiritual and emotional support to staff, patients and family at Harborview, regardless of religious affiliation.
- [UW CareLink](#)
- Also consider resources found at the [HMC Resilience and Well Being Webpage](#)