

PROGRAM SUMMARY

CDC COVID-19 Health Disparities Grant

Key Impacts:



The Safety Net Health Worker Resiliency Program supported and reinforced participants' commitment to the healthcare field, contributing to less turnover and more workforce stability.



“Figuring out my Purpose Statement and making my own personal goals to meet it rather than basing my goals on other people’s responses to problems.”



COLORADO PLATEAU
CENTER FOR HEALTH PROFESSIONS
AT NORTH COUNTRY HEALTHCARE

Safety Net Health Worker Resiliency Program

Program Description:

Among the health care and first response workforce, work-related stress and trauma are well-documented experiences that impact their mental health and resilience and significantly contribute to poor retention and turnover. The program included a series of collaborative, evidence-based workshops for direct patient care and support services health workers in Northern Arizona aimed at improving these workforce issues.

Program Goals:

- ▶ Enhance coping strategies by equipping health workers with effective mechanisms to recognize and manage stress.
- ▶ Reinforce and strengthen the mental and emotional resilience of health workers.
- ▶ Foster a supportive environment by creating a sense of community and mutual support among health workers.



CDC COVID-19 Health Disparities Grant Strategies:

Strategy 1: Expand existing and/or develop new mitigation and prevention resources and services to reduce COVID-19-related disparities among populations at higher risk and that are underserved.

Strategy 4: Mobilize partners and collaborators to advance health equity and address social determinants of health as they relate to COVID-19 health disparities among populations at higher risk and that are underserved.



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“I realized today that I am resilient and have been for a long time.”



Milestones:

- ▶ 507 healthcare workers in Northern Arizona participated in four resilience workshops in October and November of 2023.
- ▶ 96% of workshop respondents felt the materials and workshop met the overarching objective



Stepping into the future:




Following the resilience workshops, materials are hosted in the North Country HealthCare’s intranet, including a *Building Resilience* module that features the following resources: videos, worksheets, assessments, articles, handouts, and a book. Action items will be implemented from a workshop debrief convened in mid-January 2024 for facilitators and NCHC-CPHCP leadership.

Partnerships developed or strengthened:



North Country HealthCare Clinics
 Northern Arizona Health Care Workers
 Colorado Plateau Center for Health Professions

The Wellbeing Collaborative of Arizona Health Professionals

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| Primary |  | Health Equity SDOH Primary Area of Impact: |
| | | Education |
| Secondary |  | Employment |
| | | Health Systems and Services |
| Tertiary |  | Housing |
| | | Income and Wealth |

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|---------------------------|
| Physical Environment |
| Public Safety |
| Social Environment |
| Transportation |



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