

Mindfulness and Wellness Training for Healthcare Personnel

The following community partners have experience providing training and group support for healthcare personnel on areas such as compassion resilience, mindfulness, self-care, and emotional well-being.

Willamette Health & Wellness

Contact: Joy Oelfke, oelfkej@whwpdx.com

Website: <https://www.willamettehealthandwellness.com/>

- Currently offer 6-week mindfulness group (includes education, mindfulness practices and discussion)
 - Improve mood and anxiety
 - Reduce symptoms of trauma
 - Reduce your negative response to life's stressors
 - Develop personal empowerment and emotional resilience
 - Increase overall ability to feel a sense of calm even when life is challenging
 - Improve focus, concentration and productivity

Foundation for Medical Excellence

Contact: Dr. Ellen Singer, esinger@tfme.org

Website: <https://tfme.org/>

- May be available to share expertise in co-creation and co-facilitation of group activity (e.g., activity with mindfulness component, future thinking component, way to promote individual and community growth and mindfulness). Could work with hospital partner to co-design activity for defined audience.
- Work is inspired by Priya Parker “Art of Gathering” (<https://www.priyaparker.com/>)

Trauma Informed Oregon

Contact: To request services and support please contact info@traumainformedoregon.org

Website: <https://traumainformedoregon.org/>

- Experience providing training/group support around areas of compassion fatigue, secondary trauma/vicarious trauma, burnout

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