

SCOPE OF FREE SERVICES FOR HEALTHCARE WORKERS

Master Classes for Leaders: Each topic is divided into (2) 1-hour sections on different days;
Section 1 = Skill building and Section 2 = Skill application

(Note that all Master Classes indicated with an asterisk* are also available in a format for Frontline Healthcare Workers)

- Skills for Supervisors
- Team Building Through Change
- Motivation and Coaching
- Managing Workplace Conflict and Difficult Conversations
- De-escalation Techniques*
- Accountability in the Workplace*
- Professional Boundaries*
- Professional Communication*
- Respectful Workplace*
- Harassment in the Workplace*
- The Impact of Attitude*

Workshops for Frontline Healthcare Workers:

- Resiliency Strategies
- Stress Management
- Work/Life Rhythm
- Sustaining Compassion

To schedule services, please send an email to

StrengthenME@northernlight.org

or call 1-800-769-9819.

Lunch-and-Learn Wellness Workshops:

30 minutes of guided relaxation and education (additional topics and times of day available)

- Letting Go of What We Can't Control
- Staying Grounded
- Boundary Setting and Saying No
- Practicing Cognitive Flexibility
- Beating the Winter Blues
- Looking for Meaning
- Muscle Tension and Relaxation
- Quieting the Mind

Work/Life Coaching: 1:1 confidential coaching to assist with stress and to explore wellness options and resiliency. (Up to twelve 50-minute sessions per individual, conducted via Zoom.)

Text Support Line: (INFO TBD)

Maine Frontline WarmLine: Support line for hospital, emergency, and health clinic personnel and others responding directly to the pandemic; operates every day 8am-8pm: (207) 221-8196

Leadership Consultations: Unusual and/or difficult situations come up that are challenging from a leader's perspective. We are available to consult about these situations and offer guidance and best practices around how to handle them.

Wellness and Connection Groups: Combining the power of peer support with expert facilitation by a licensed mental health clinician, these are small closed groups of 6-10 members meeting bi-weekly for 3 months.

- Wellness and Connection Group for Physicians
- Wellness and Connection Group for Advanced Practitioners (NPs and PAs)
- Wellness and Connection Group for RNs
- Wellness and Connection Group for CNAs and MAs
- Wellness and Connection Group for Behavioral Health Professionals (Social Workers, Case Managers)
- Wellness and Connection Group for Healthcare Team Specialists (Lab sonographers, OT, PT, Etc.)
- Wellness and Connection Group for Healthcare Professionals (Paraprofessionals, Advocates, Patient Services Representatives, Etc.)
- Wellness and Connection Group from Healthcare Leadership and HR

How it works: To sign up, call 1-800-769-9819 and request to schedule a WAC consultation. During the consultation, you and the clinician will talk about the group, what you're hoping to get out of it, and your meeting availability. (Some WAC groups meet outside normal business hours.) No prep needed. Once we form a well-aligned group, we will be in touch to introduce your facilitator and group members.

Sessions will take place bi-weekly for 3 months. We ask members to attend meetings on time and be fully present. There is no cost to these groups: The State of Maine and Work Force EAP have collaborated to bring these services to healthcare workers for free through May, 2022.

Questions? Call 1-800-769-9819