



The Metro Omaha Medical Society is currently piloting a third-party way for healthcare providers in the community to seek help without fear of being seen by their patients, colleagues and employers. The project has been strategically developed in phases. The initial design phase took place in 2016 and led to an online assessment tool that launched in early 2017. Custom links for each hospital system capture which providers are seeking help. Once a participant has completed their assessment, a social worker from the contracted telehealth firm reviews the assessment. A tailored response to every participant is communicated via the website and/or email. Providers needing help have the option to utilize the out-of-state telepsychiatry services or be referred to local specialists that will make special arrangements to maintain provider anonymity.

Alongside the assessment tool, a need was identified to create a greater sense of resiliency in the health care provider population. In 2018, the Medical Society's program will address this through the implementation of a peer support system that creates a sense of community. Modeled after suggestions from the Women in Medicine group, where members meet regularly in small groups and build camaraderie and support for one another, the Society intends to extrapolate from that success by establishing four peer groups of six to 12 individuals (a range given to us by Task Force members who run small groups as psychiatrists) each, that meet for happy hour, for coffee, a book club, and one tailored for residents.

The plan is to utilize the active and engaged Women in Medicine group to initiate a fifth peer support group via a private Facebook group. There is anecdotal evidence from other networks (the "Physician's Mom Group" on Facebook) that have sparked large-scale interest from women doctors as a way to access support virtually. The purpose of these groups is to determine whether that can create a sense of connection for the modern age and achieve the results of in-person groups.

The Metro Omaha Medical Society's commitment to physician health and well-being is demonstrated through programs that identify solutions to address mental health and promote professional fulfillment.

For more information, visit: <https://omahamedical.com/physician-burnout/provider-wellness-online-assessment/>