

This month, while rounding at a few of our CentraCare facilities, I spent some time chatting with several wonderful providers. My spirit was fed by the stories they shared. One provider mentioned that it was good to know that we, at The Center for Physician Wellbeing, were just a phone call away. That comment stayed with me for the next few days as I considered what it might be like to be a provider in these satellite facilities, and the great responsibilities we ask of our physicians and APPs every day.

It also reminded me of a time from my professional past. My clinical training at BU Medical Center, gave me the opportunity, and honor, to work with a program called *Living*



After Murder. It was the first federally funded support group for survivors of homicide. The group consisted of African-American mothers who had a child murdered. I learned so much from these amazing women that I carry with me every day. They taught me about grace, resilience, forgiveness, and the deepest levels of sorrow that come from such senseless destruction. They embraced love from a place of pain. They gave me a tremendous gift when they allowed me to evaluate their program for part of my dissertation.

One finding from my research was that the most valued part of the program was the fact that we stayed in touch with them through the **phone** (this before cell phones.) We would call regularly if they couldn't get to the meetings, or on anniversary dates, like birthdays, death dates, holidays, and we would just chat. Those phone calls, along with deep spiritual beliefs, were the two markers for resiliency following their traumas.

Please know that we at CPW are happy to chat on the phone as we know it is not always possible for you to get to see us, or for us to get to you during your busy days. Here is an example of some of the calls we have had the opportunity to receive from our providers in the past:

- A moment of extreme anxiety
- A concern for one of their teammates
- An issue with one of their children
- Feeling of exhaustion
- STRESS!

We are happy to answer your call!

Thank you for all that you do! *Kathy*



**The Center for
Physician Wellbeing**
*Honoring the Expertise and Humanity
of Physicians*

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Many of us are willing to extend a helping hand, but we're very reluctant to reach out for help when we need it ourselves. It's as if we've divided the world into "those who offer help" and "those who need help." The truth is that we are both.

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