

Office of Well-Being

Resources for Mental Health Program Planning

Compiled by Johns Hopkins Medicine Office of Well-Being

Please contact owb@jhmi.edu to alert us to needed updates

A curated list of resources for well-being committees, managers and department leaders in the Johns Hopkins Medicine community to plan and implement mental and emotional supports for teams.

Program Planning Resources

[National Academy of Medicine Action Collaborative for Clinician Well-Being](#): Presents overview of burnout as a public health issue, and a compendium of resources, research and guidance. Useful for education and program planning.

[Dr. Lorna Breen Heroes' Foundation](#): Advocacy group focused on health care worker mental health and suicide prevention. Offers advocacy toolkits and grants for organizations to support mental health of clinicians.

[American Academy of Physicians](#): Offers well-being resources targeted to internal medicine physicians and trainees.

[Accreditation Council for Graduate Medical Education](#): Offers well-being resources targeted to trainees including organizational approaches, individual supports, podcasts and screening tools.

[American Medical Association \(AMA\)](#): Provides toolkits and CME from the AMA STEPS Forward campaign to address burnout. Contains strategies to engage leadership in organizational change.

[American Nurses Association](#): Stress and Burnout Prevention Program provides a self-assessment tool and guidance on stress first aid specific to nurses.

Burnout and Well-Being Self-Assessment Tools

[Stanford Medicine Professional Fulfillment Index](#)

[Well-Being Index](#)

[Interactive Screening Program - American Foundation for Suicide Prevention](#)

[Validated tools to measure burnout collected by National Academy of Medicine](#)

Peer Support Resources

[American Medical Association](#): Presents practical steps for creating a peer support program. Contains sample program description, questions for support groups and success stories.

[COMPASS Groups](#): Intervention designed to build a sense of community and reduce stress and burnout. [Learn](#) how **COL**leagues **M**eeting to **P**romote **A**nd **S**ustain **S**atisfaction (COMPASS) groups build a sense of community to reduce burnout and distress felt by isolated physicians.

[PeerRxMed](#): Peer support program for clinicians and members of a health care team. Provides structure, prompts and guidance for regular check-ins with a peer group. Also has a helpful weekly blog on coping and resiliency strategies.

[National Alliance on Mental Illness](#): Presents a collection of peer support resources for nurses, health care workers and other frontline professionals. Includes helpful conversation starters for when you are worried about a colleague.

[Federation of State Physician Health Programs](#): Every state has a physician health program that serves as an alternative to discipline and provides confidential assessment, referral to treatment, resources and monitoring for physicians, health care professionals and those in training who may be at risk of impairment from mental illness, substance use disorders and other health conditions.

[Maryland](#)

[District of Columbia](#)

[Florida](#)

Offers a collection of links to [virtual support groups](#) focused on recovery from substance use disorder.

Coaching Resources

[Johns Hopkins University School of Medicine Office of Faculty Development \(OFD\)](#): Offers leadership development and coaching resources for faculty of the Johns Hopkins University School of Medicine. Contact OFD@jhmi.edu to learn more.

JHU Office of Women in Science and Medicine: Offers leadership development programs for early, mid-career and executive-level women faculty of the Johns Hopkins University School of Medicine. Contact OWISM@jhmi.edu to learn more.

[Association of American Medical Colleges](#): Offers virtual and in-person career development programs to members.

[American Medical Women's Association](#): Offers individual and group coaching resources to members. Contact coaching@amwa-doc.org to learn more.

Personal Stories

[We Are All Wounded Healers](#): Dr. Christopher Veal and other clinicians share their mental health journeys. Videos collected by the [Dr. Lorna Breen Heroes' Foundation](#). Consider incorporating into educational activities.

[Removing the Mask](#): President's address at the 2023 Academic Surgical Congress. A brave and vulnerable testimony to the challenges inherent in medical culture. Consider incorporating into educational activities.