



August 2020

## Protecting the Well-being of Caregivers

Dear Friends,

As we collectively make our way through these difficult times, the Schwartz Center continues to help healthcare workers cope with the challenges of providing care during a global pandemic. In some parts of our country, hospitals are caring for a critically high number of patients while others are rapidly ramping up in anticipation of a COVID-19 surge in the fall. In either case, the stress on caregivers is intense.

To help reduce the negative effects of stress before they impact the health and well-being of healthcare workers, we have introduced a new [Stress First Aid \(SFA\)](#) program to our members. We are also bringing SFA training to a group of Boston-area healthcare organizations through a train-the-trainer program supported by the Boston Resiliency Fund.

SFA is an important addition to the other programs and resources we offer to serve the needs of caregivers, including our virtual [Compassion in Action Healthcare Conference](#) ongoing through November, our [Schwartz Rounds®](#) program including Virtual Schwartz Rounds, and our [COVID-19 resource page](#).

We continue to be inspired by the profound compassion all around us. Whether you are a caregiver or someone who supports their work, we thank you for sharing in our mission to put compassion at the heart of healthcare.

Matt Herndon, CEO

## Easing Caregiver Stress Through New Training Program

Earlier this month the Schwartz Center launched [Stress First Aid \(SFA\)](#), a new program designed to provide training and resources for emotional and mental health support to reduce the negative impacts of stress on caregivers. The program, which is available to Schwartz Center Members free of charge, is the result of a collaborative with Patricia Watson, PhD, of the National Center for PTSD.



## Compassion in Action Healthcare Conference Sessions Continuing Through November

[The 2020 Virtual Compassion in Action Healthcare Conference](#) continues with twice weekly sessions through November. The series includes 40+ online sessions featuring content aligned with our original conference themes, as well as special programs with tools to manage the challenges, experiences and impact of the COVID-19 pandemic on healthcare workers, leaders and our healthcare system. Registration is still open and includes access to recordings of all prior sessions. Continuing education credits are available.

### Upcoming sessions include:



**Beyond Empathy Fatigue: How Self-compassion Can Sustain Caregivers and Reduce Burnout**

September 1, 2020,

1:00-2:00 PM EDT

**Phoebe Long Franco, PhD**, Research Scientist, The Center for Resiliency at Dell Children's Medical Center

**Rev. Krista Gregory, M.Div, BCC**, Founder, The Center for Resiliency at Dell Children's Medical Center

[Register Now](#)

## Honoring a Nation of Compassionate Caregivers



In honor of all who are providing care during this difficult year, the Schwartz Center is collecting stories, images, recordings and more, to illustrate the extraordinary compassion caregivers have shown, and continue to show, every day. [Can you share your experience of compassion with us?](#)

[Share Your Story](#)

## Compassionate Caregivers in Action

In each edition of *Touchpoints*, we profile a caregiver (or caregivers) who demonstrates *Touchpoints*, we profile a caregiver (or caregivers) who demonstrates compassion in the delivery of care. This month we profile the 3 North staff at WMC/Good Samaritan Hospital in Suffern, New York.



[Read Story](#)

## Visit Us on Social Media



Here are some of our recent social media posts that resonated most with our followers.

1. [After her shift is over, 26-year-old nurse Damaris Silva plays the violin at 6 pm 2x a week for her patients \(many coronavirus\) in El Pino Hospital.](#)
2. [Schwartz Center CMO Beth Lown, MD, was interviewed by Arun Roth, host of In it Together on WGBH radio.](#)
3. [How Personal Grief Led This Doctor to Connect COVID Patients With Their Families.](#)



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Save the Dates

**The Virtual Compassion in Action Healthcare Conference**

Through Nov. 17, 2020

[Register](#)

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**25th Annual Kenneth B. Schwartz Compassionate Healthcare Dinner**

Thursday, Dec. 3, 2020

[Learn More](#)

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