Wellness Ambassador Brainstorming/Training Notes
July 16, 2019

Abbreviations:
• WA = Wellness Ambassador
• SFHWB = Staff and Faculty Health and Well-being

Mini-grants – Application period open October 21 – November 15, 2019
• Used to be offered twice a year, now changing to annual model
  o Everyone who applied in Spring 2019 can still apply this Fall for 2019-2020 year
  o Examples of past mini-grant projects: purchased silent disco equipment; hired instructors for
    yoga, meditation; purchased bento boxes (or Tupperware) for colleagues to bring lunches
• Grant process may be becoming a bit more competitive. Can provide 20 departments with funds if they
  all apply for $500 each.
  o Funds must be spent by June 1, 2020. The grants are reimbursement-based.
    ▪ If you are under the School of Medicine, accounts can be easily created
    ▪ If you are not under the School of Medicine, SFHWB has set up “bridge” account, where
      you can recharge to to extract the money that you are approved for

How to Apply for a Mini-grant
WA’s Have until October 21 to complete the following:

1. All WA’s need to complete a needs assessment as it is best practice. However you do not need to submit
   the needs assessment to SFHWB for review. Good way to get baseline information on your department.
   a. How to get to the Needs Assessment
      i. Head to https://safetyservices.ucdavis.edu/article/wellness-ambassador-program
         1. The right-hand column has several resources, including a sample Needs
            Assessment (PDF)
         2. You can more features on WA’s and the past mini-grants that have been
            approved for ideas

2. Healthy Department Certification
   a. Application period open August 26 – October 4, 2019
   b. Available at: https://safetyservices.ucdavis.edu/article/healthy-department-certification
      i. The right-hand column has a copy of the 2018 HDC Assessment Questions (PDF). This
         assessment highlights best practices. The 2019 assessment will be linked on the above
         webpage and will be available on August 26.
   c. The certification does not have to cover just one or an entire department – can be flexible as
      long as you take into account the needs of the people you may work with as a WA.
   d. *Encouraged to do it as a team or as partners*
   e. Last time: 26 departments filled it out, takes about 10-20 minutes
Brainstorming Session

Check out the WA Roster if you wish to get in contact with a fellow WA

Most Successful Events

Lina Ibarra and Sarah Arsenoff from Office of Medical Education

- Walking Group in the Med Ed Building
  - In the beginning, it was difficult to get people to show up at a certain time
  - The key was to be consistent
  - Send a calendar invite (10:30 am, 12:30 pm, 2:30 pm) so everyone has it (about 8 people have it on their calendars, and they bring their colleagues)
  - 1.5 years later, even if Lina is not there, there are people walking
  - Promoted it by sending the calendar invite – colleagues forwarded it on to their colleague

- Annual “Hands-on” all-day retreat
  - Had large group wellness talks and then broke out into wellness activity sessions:
    - Teaching self-massage
    - Build your own Kettlebell
    - Painting

Michelle Harris from Information Technology Services

- Large staff of about 500 employees
- Brought in Love on Loan – bring therapies dogs and bunny to the office
  - Sacramento SPCA – Love on Loan program
    - Contact: Marnie Musser at 916-504-2847 or email mmusser@sspca.org
- Meditation – led by someone on their team who is already part of non-profit called Heartfulness
  - Sacramento: Link to Facebook page
- Large department strategy: schedule certain types of emails on certain days of the week. The Wellness Email goes out once a week on a certain day.

Monica Martin and Leta Lemos from Health Management and Education

- Conducted a team-building Strengths Finder workshop
  - Great engagement from both staff and management
  - Shut down the office for a half-day workshop
  - Started with everyone getting their individualized assessment and got their results. There was a lot of self-revelation within the group
  - Individual results were sent back to the facilitator to see how everyone fits as a team
  - Broke out into groups of 4 to see how they connected with everyone else
  - Management is so satisfied that they will have other breakout sessions come to their office/dept
  - Facilitator: Judy Isaman from UC Davis Health System's Training and Development (Judy’s bio)
Maureen Craig from Patient Care Services

- Detailed whole-food, plant-based diet success stories
  - Started with an individual who was reluctant, and then they were successful, putting their whole family on the diet – changed their lifestyle

Mariko Dea and Kelly Forman from Community Hospital Partnerships & Affiliations

- Tai chi sessions at their department have been quite successful

Least Successful Events

Lorie Hobart from Patient Care Resources

Team Run – but only one person showed up

- Many people in the department expressed desire to get fit
- Lorie found a run for them to do together, the Bubble Run, which was low cost, about $12 a person for the waiver
- The department has about 16 colleagues. 8 registered/paid and planned to go. Only one showed up on the day of the run.
- **Obstacles**: Commitment wasn’t there, weekend time, also did not train together
- **Suggestions**: Maybe doing the needs assessment might be good

Michelle Harris from Information Technology Services

Scheduled Walking Groups – Difficult to work with everyone’s schedules

- Not too many people attended
- Could never find a time that worked with everyone
- **Obstacles**: Scheduling time of day was difficult, “too early” or “too hot”
- **Suggestions**: Have a poll to see when the best time is walk, schedule on calendars to keep it consistent

Kevin Voong and David Frankenberger from Operational Analytics

Weekly Walks

- have been difficult – so far they are in the mornings on Wednesdays
- **Suggestions**: have a poll to see when is the best time to walk? Similar to Michelle’s efforts (above).

Maureen Craig from Patient Care Services

- Moved out of office space – could no longer do yoga with the group in regular setting
- **Solution**: Connect with other WA’s – Janel Scott helped offer space and time in Davis One
Something New

Lina Ibarra and Sarah Arsenoff from Office of Medical Education

- Planning to promote the UC Living Fit Forever program
- Set up a meeting time to walk over together, send calendar invites so it is on everyone’s calendar

Lorie Hobart from Patient Care Resources

- Bring in massage therapist for a day to work with high stress levels
- Could be successful with the busy and unpredictable work demands that the nurses have

Michelle Harris from Information Technology Services

- Will continue bringing in speakers – these seem to be well-attended
- Example for before the holidays: bring in SAFE Credit Union (link to request workshops) for a budgeting workshop

Kelly Forman from Community Hospital Partnerships & Affiliations

- Plan a weekly walk and weekly stretch break
- Plan first lunch mixer in July
- Put up signage (since there might be too much email “spam”) and send out calendar invites (to people who have expressed interest or are a WA)

Maureen Craig from Patient Care Services

- Doing a Self-help book review – finished first one and going out in newsletter
  - Why We Sleep by Matthew Walker

Lisa Word from Clinical Affairs - Quality & Safety

- Has planned a Situational Awareness Class presented by Police Department
- Different from a self-defense class. This class discusses “How to be aware of your surroundings”
- Flyer to be shared
Additional Resources

Physical Activity

- **Walker Tracker Community Page**: free to create team competitions based on steps walked – just cannot convert activities (such as swimming, biking, yoga, etc.) to steps. However, you can find one step conversion chart for all of your team members to use to be consistent.
  - Other WA's from Davis mentioned the **Stride Kick app**. The app is just like Walker Tracker, free to use, and can create team challenges.
- **UC Living Fit Forever** – Janel Scott, fellow WA can give you more info!

Financial Resources

- **SAFE Credit Union** (link to request workshops)
- Fidelity Class Request for Departments: [https://fmr.co1.qualtrics.com/jfe/form/SV_9ZYYuBO9lfL91X?Q_JFE=qdg](https://fmr.co1.qualtrics.com/jfe/form/SV_9ZYYuBO9lfL91X?Q_JFE=qdg)

Sleep Resources

- **Why We Sleep** book: [https://www.simonandschuster.com/books/Why-We-Sleep/Matthew-Walker/9781501144325](https://www.simonandschuster.com/books/Why-We-Sleep/Matthew-Walker/9781501144325)
- **Healthy UC Davis Mental and Emotional Well-being Resources**: Sleep Resources
- **Greater Good Science Center Online Magazine** (from UC Berkeley): good resources on sleep
  - Sample article: “Dear Christine: How Can I Get More Sleep?”

Therapy Animals

- **Sacramento SPCA – Love on Loan program**: **Contact**: Marnie Musser at 916-504-2847 or email mmusser@sspca.org

Team-building

- Strengths Finder Facilitator: **Judy Isaman from UC Davis Health System’s Training and Development**