

## Montefiore Associates Emotional Support Resources during COVID-19

Your emotional wellbeing is important to Montefiore. Please see Montefiore's resources below.

- **Montefiore Staff Support Centers:** for refreshments, respite, and peer support at *Caregiver Support Centers* at Moses, Weiler, and Wakefield
  - Hours: Moses 8am-4pm, Einstein 10am-5pm, Wakefield 11am-8pm
  - Open Monday through Friday, hours subject to change. Check Center door for updates.
- **Montefiore Emotional Support Allies:** frontline clinicians have been paired with Montefiore psychologists, psychiatrists and social workers. For questions please contact [jalpert@montefiore.org](mailto:jalpert@montefiore.org).
- **Team Support:** Personalized virtual or in person group support can be arranged for teams/clinical units on request. Please contact [cabernstei@montefiore.org](mailto:cabernstei@montefiore.org) or [pbulman@montefiore.org](mailto:pbulman@montefiore.org).
- **Swift Montefiore Associate Referral Team (SMART):** Expedited referrals to Psychiatry for short-term treatment of Montefiore associates with COVID-19 related distress. Email [MEPA@montefiore.org](mailto:MEPA@montefiore.org) and include the following information: 1) Name, 2) DOB, 3) Insurance, 4) Chief Complaint, 5) Requested services if known (e.g., psychotherapy, medication).
  - **Swift Montefiore Associate Referral Team for Family Support (SMART-FAM):** Parenting support and/or family therapy for associates who may be experiencing distress in relation to parenting/family concerns with specialty trained child and adolescent psychologists, psychiatrists or social workers.
  - **Parenting Skills Group for Montefiore Associates:** To register email [mepa@montefiore.org](mailto:mepa@montefiore.org).
  - Black associates interested in receiving support via a group led by people of color, please reach out to Ana Ozdoba, [aozdoba@montefiore.org](mailto:aozdoba@montefiore.org).
- **Employee Assistance Programs**

Non-1199 Associates- Montefiore's Employee Assistance Program (EAP) provided by Carebridge is available 24/7. The EAP provides non-1199 associates and their household members with telephonic and video counseling and personal care services (such as assistance related to childcare or financial concerns), with the first 5 initial confidential sessions included. Call 844.300.6072 or visit [www.myliferesource.com](http://www.myliferesource.com) and use access code C4NKN.

1199 Associates- 1199SEIU Member Assistance Program provides 1199 associates and their dependents with help such as treatment for drug, alcohol or mental health issues, and referrals to social service resources for problems with housing, domestic violence or legal issues. Provided through the 1199 Benefit Fund, the program can be reached at 646.473.6900 for more information.

- Teledoc Mental Health services for 1199 associates provides access to licensed counselors, psychologists or psychiatrist; for more information visit [Teladoc.com](http://Teladoc.com).

- **Supportive Wellness**  
Free telephonic confidential appointments with Montefiore's To Your Health! Associate Wellness Wellbeing Manager, a licensed psychologist, for stress management and emotional wellbeing consultations. Contact Dr. Brenda Boatswain at [bboatswa@montefiore.org](mailto:bboatswa@montefiore.org).
- **Creative Wellness**  
Free individual telephonic creative wellness consultations with Montefiore's To Your Health! Associate Wellness Program Manager, a licensed art therapist for stress management and mindfulness techniques. Contact Stephanie Saklad, M.A., ATR-BC, LCAT at [ssaklad@montefiore.org](mailto:ssaklad@montefiore.org).
- **Nutrition Services**  
Free, confidential nutrition consultation with a registered dietitian by emailing [WellnessRD@montefiore.org](mailto:WellnessRD@montefiore.org).
- **To Your Health! Wellness Portal: [toyourhealth.montefiore.org](http://toyourhealth.montefiore.org)**  
The Wellness Portal can be accessed at work or home and has multiple resources and programs, including stress management workshops and stretching exercises. Portal customer support is available at 888.252.8150.
- **Montefiore Relaxation Hotline:** Associates can partake in recorded relaxation tracks that provide gentle music or guided relaxation exercises of your choice, including breathing exercises, progressive muscle relaxation, and guided imagery (in English, Spanish and other languages) via the phone or internet. The hotline and website are available 24/7, at 718-920-CALM (2256) or online at [www.montefiore.org/healingarts-relaxationtracks](http://www.montefiore.org/healingarts-relaxationtracks).
- **Montefiore Anxiety and COVID-19 Video:** <https://vimeo.com/397958429/1aa1dc57ce>.
- **Clergy Support Services:** 50 clergy persons from around the country volunteering support for Montefiore Associates. Email [rdelapp@montefiore.org](mailto:rdelapp@montefiore.org).
- **Emotional Support Resources Pages:** 1-page emotional support resources on common problems during COVID-19 (e.g., fear/anxiety, grief, moral distress, anger)
  - *English:* <https://create.piktochart.com/output/45374386-montefiore-emotional-support-resources>.
  - *Spanish* <https://create.piktochart.com/output/45631299-spanish-montefiore-emotional-support-resources>.
- **For Updates and Additional Resources Check:** <http://intranet/coronavirus-what-you-need-to-know>.