

COVID-19 Healthcare Professional Stress and Resilience

ASPR TRACIE Speaker Series

November 2020

The U.S. Department of Health and Human Services' (HHS) Office of the Assistant Secretary for Preparedness and Response (ASPR) Technical Resources, Assistance Center, and Information Exchange (TRACIE) presents a speaker series focused on how the COVID-19 pandemic can affect healthcare professional stress and resilience. Topics in this series include acute and chronic stressors, identifying at-risk employees, and fostering resilience.

[Rachel Kaul, LCSW, CTS, Behavioral Health Lead, HHS ASPR Office of Emergency Management and Medical Operations—Welcome and Introduction to Speaker Series](#)

This short introduction features Rachel Kaul, ASPR's Behavioral Health Lead, highlighting the importance of recognizing and managing stress, strategies for recognizing at-risk employees, and how to foster resilience in healthcare professionals.

[Eileen Barrett, MD, MPH, FACP, SFHM, Director, CME & of GME Wellness Initiatives, University of New Mexico](#)

In this video, Dr. Eileen Barrett, Director of Continuous Medical Education and Graduate Medical Education Wellness Initiatives from the University of New Mexico, discusses proactive programs available to support staff during stressful times.

[Gloria H. Park, PhD, MAPP, Director of Performance Psychology with the Consortium for Health and Military Performance \(CHAMP\) and Gabe Paoletti, EdD, MAPP, Mental Fitness Scientist, CHAMP](#)

CHAMP is a Center of Excellence at the Department of Defense's Uniformed Services University. CHAMP uses the "Total Force Fitness" approach and "HOPE" framework to optimize the performance of military service members and their loved ones. The speakers share how they have worked to apply these principles to healthcare workers on the frontlines of the COVID-19 pandemic.

[Dr. Jonathan Ripp, Chief Wellness Officer, Mount Sinai Health System, and Dr. Brendan Carr, Professor and System Chair of Emergency Medicine, Icahn School of Medicine at Mount Sinai and Mount Sinai Health System](#)

The speakers highlight how the pandemic has affected staff at Mt. Sinai Health System and steps the organization has taken to mitigate staff stress and increase wellness and resilience.

Related Resources

[ASPR TRACIE COVID-19 Behavioral Health Resources](#)

[Consortium for Health and Military Performance \(CHAMP\)](#)

[Pandemic Workforce Well-Being](#)

For more information:

 [ASPRtracie.hhs.gov](https://asprtracie.hhs.gov)

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