

Michelle Endresz

From: Heidi Chapman on behalf of Amy Tucker
Sent: Friday, September 2, 2022 11:32 AM
To: Amy Tucker
Cc: Debra J. Emerson
Subject: CMO Blast: Peer Supporter Training Opportunity - September 8, 2022
Attachments: Being a peer supporter informational card.pdf

Sent on behalf of Dr. Leslie Kohman, Chief Wellness Officer...

The Clinician Peer Support Program of Central New York (CPSP-CNY) will host peer supporter training on Thursday, September 8, from 1 pm – 3:30 pm. Additionally, they welcome current peer supporters who wish for a refresher.


To sign up for the peer supporter training, please email clinicianpeertopeer@bassett.org and copy Dr. Leslie Kohman at KohmanL@upstate.edu. You will receive a zoom link and pre-training materials prior to the session.

Please help the CPSP in recruiting additional peer supporters. Contact Debra Emerson at EmersonD@upstate.edu for an information card (attached) that you can share with empathetic colleagues who would be interested in becoming a peer supporter.

Best,
Amy

Amy Tucker, MD, MHCM
Chief Medical Officer
Associate Dean for Clinical Affairs, College of Medicine

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Be a peer supporter for the Clinician Peer Support Program of Central New York (CPSP-CNY)

What the program is:

Clinicians need optimal health in order to provide the best patient care. Acknowledging that healthcare work is stressful, the Clinician Peer Support Program is a voluntary & confidential program where trained, empathetic clinicians support fellow clinicians through difficult work circumstances. Peer supporters understand what it's like to be a clinician, supporters are in the trenches too. Peer support is associated with lower suicide rates among high stress professions, as support counters isolation associated with high stress. Peer support helps!

Volunteer Peer Supporters are needed to help support fellow colleagues. *Would you be there for a colleague?*

What it takes to be a peer supporter:

- Participate in a 2.5 hour live training that equips you to be a peer supporter.
- Optional trainings in psychological first aid and suicide awareness are available.
- Commit to a confidentiality agreement.
- Be willing to speak to colleagues from a partner institution once for about 45—60 minutes (via phone or video call), maximum of two connections monthly. Scheduling is at a mutually convenient time.

Be a part of CPSP-CNY:

- Program staff that supports you in this work.
- Ready access to additional resources.
- Develop additional emotional intelligence that may be helpful for your team and your patients.
- Periodic meetings with other peer supporters for regular program updates, feedback, and training enhancements.
- Be a part of important work.
- Gratification for helping a colleague during a time of need.

Want more information about CPSP-CNY: visit [https://www.bassett.org/sites/default/files/2021-01/Clinician Peer Support Program of Central NY CPSP-CNY.pdf](https://www.bassett.org/sites/default/files/2021-01/Clinician%20Peer%20Support%20Program%20of%20Central%20NY%20CPSP-CNY.pdf)



To self-refer or to refer a colleague:

Email: clinicianpeertopeer@bassett.org

Call: (607) 547-3244

*CPSP-CNY is **NOT** an emergency service. Should you or the person you are referring require urgent assistance, call 9-1-1 or your local crisis hotline.*



CPSP-CNY is possible thanks to volunteer clinicians from The Bassett Healthcare Network, Upstate Medical University, Mohawk Valley Health System, Auburn Community Hospital, and Oneida Health, and through a generous grant from the New York State Health Foundation.

