



# EAPM 2018

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**INNOVATIVE AND INTEGRATED APPROACHES  
TO PROMOTE MENTAL AND PHYSICAL HEALTH**  
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## **Group interventions to support health care providers**

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**AIM:** Medical and nursing staff working in acute care hospitals experience high levels of psychological stress and vulnerability to burnout through exposure to adverse clinical situations and systemic threats and challenges. A mental health focus on staff interventions can improve wellbeing of hospital staff.

**METHODS:** The lecture will describe interventions and approaches at both the micro and macro levels that contribute to reduced staff stress and improved psychological safety and wellbeing in the workplace, in the setting of Mount Sinai Hospital, a University of Toronto Academic Hospital.

**RESULTS:** Impacts within the hospital and on its staff at the level of culture, improved staff coping and resilience, improvement of mental health literacy, and reduced mental health stigma, will be illustrated. This includes Mount Sinai Hospital's recognition by the Mental Health Commission of Canada.

**CONCLUSIONS:** Mental health professionals can and should use their expertise in psychology and group interventions to support their health care colleagues in meaningful and impactful fashion.

**KEYWORDS:** health care staff mental health, coping, group interventions, psychological wellbeing

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