

Hennepin Healthcare Buddy Program

Information Card

The Buddy Program:

a peer support program for physicians and APPs where providers are paired as buddies to build a wellness structure within HHS

Buddy Check-In

- Schedule regular check-ins (weekly or monthly) to provide support and encouragement
- Actively listen and validate experiences
- Discuss challenges and successes
- Process setbacks and set goals

Sample Check-in Questions

- How is your work-life balance?
- What feels like the most difficult part of your work right now?
- What is bringing you joy?
- How are you taking care of your health right now?
- What went well today?

Program Contact Information

Office of Professional Worklife

- Mia Vang, Research Coordinator at miamoua.vang@hcmcd.org
- Sara Poplau at sara.poplau@hcmcd.org

Your **Wellness Champion** will check in with you periodically. You are welcome to reach out to them at any time for support as well.

Mental Health Resources

Internal Resources

- **Employee Assistance Program:**
1-800-854-1446.
Access to a Licensed Professional Counselor,
24/7
- **Acute Psychiatric Services: 3-3161**
For mental health emergencies, 24/7
- **Critical Incident Support: 612-919-3747**
For emotional support for a stressful work-
place experience

External Resources

- **National Suicide Prevention Lifeline:**
1-800-273-8255.
Free & confidential emotional support service,
24/7
- **COVID Cares Support Service:**
833-HERE4MN (833-437-3466)
9am-9pm daily. Special 20-minute support
service calls to manage stress and emotional
toll during difficult times

Buddies are not intended to be therapists and the conversations between buddies are not considered therapy sessions. Participation is voluntary. If you wish to decline participation, there will be no consequences regarding your status as an employee or your job evaluation at Hennepin Healthcare. Your decision to participate or not will not be included in your employee or personnel file. You may opt out by emailing Mia Vang at miamoua.vang@hcmcd.org. Your supervisor/manager/person to whom you report administratively will not have knowledge of your decision regarding participation in this program.