



CONTRA COSTA HEALTH SERVICES WELLNESS TIPS WE ARE ALL IN THIS TOGETHER!



Vol. 1, Issue 125; <https://cchealth.org/wellness/>

Celebrating the Third Anniversary of CCHS Wellness

We **thank** all of you for continuing to amplify the voice of wellness in our organization. Our Wellness Program is on an upward trajectory in terms of staff engagement and wellness offerings! Your **consistent contributions** (feedback, photos, hobbies, practices, videos) make our Wellness Program special, trailblazing, and staff-centered with a strong sense of community ownership.

We are celebrating our third anniversary with the publication of the **Wellness Tips Issue #125**. Below are our **Wellness Wins and Successes since March 13, 2020**, our roll-out date and **2022 Wellness Survey Results**.



125
Wellness Tips



3,199
Recorded
Video Views



3,618+
Wellness Website Views



750+
Wellness
Influencers



628
Responses,
Wellness Survey



49+
Session Presentations
Views, NEW

2022 Wellness Survey Results

- **Top 3 Things That Are Going Well with Wellness Program:**
Upbeat Wellness Tips; Consistency; Staff Involvement
- **Top 3 Things That the Wellness Program Can Improve:**
More Wellness Tips; Visibility; Stress Reduction Sessions

Thank you to **Contra Costa Regional Health Foundation, CCRMC/HC Medical Staff**, and **Public Health** for helping us expand our offerings.

CCHS Wellness Team Members: Dr. **Samir** Shah, Dr. **Sonia** Sutherland, Dr. **Kristin** Moeller, Dr. **Brian M.** Johnson, **Priscilla** Aguirre, **Amanda** Dold, **Luz** Gomez, **Patricia** Hennigan, **Helena** Martey, **Renee** Nunez, Dr. **Alan** Siegel, **Alvin** Silva, **Arlene** Trimble, **Emily** Warming

NOTE: Take a look at our updated **Wellness Website** and send your favorite page and feedback to CCHSWellness@cchealth.org for a chance to win a prize. **Website:** <https://cchealth.org/wellness/>

Our Wish List for the Future

- **Deepen the cultural context** of our digital and in-person wellness offerings to promote inclusive understanding.
- **Enhance and strengthen Stress Management and Workplace Mental Health well-being sessions.**
- **Socialize more staff** to the Wellness Program through multi-channel outreach and communication to Influencers and Physician Champions.