

# Improving Mental Health and Well-Being for All

2022 ANNUAL REPORT



**MISSION:** To advance the mental, social,  
and spiritual health of the nation.

**VISION:** Everyone realizes their fullest  
potential for well-being.

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## Arpan Waghray, M.D. CEO, Providence's Well Being Trust

*Watch the signs of times and take prudent risks to improve the lives of all—especially those who are poor and vulnerable.*

—Excerpt from *Sisters of Providence Hopes and Aspirations* document.

*Serve others unselfishly with no thought of reward.*

—Excerpt from the *Sisters of Saint Joseph Maxims* document.

This is the counsel from our Foundresses, the Sisters of Providence and St. Joseph Health, as we carefully discern our response in addressing emerging needs in the communities we serve.

Guided by this charge, Well Being Trust made a strategic pivot in 2022 and shifted its efforts and resources to go deeper in our communities and to build proof points showing what works to create deep, measurable improvements in the mental health and well-being of the people we are so privileged to serve.

We will do this deep, transformational work in the communities within the Providence footprint of Alaska, California, Montana, New Mexico, Oregon, Texas, and Washington.

As we learn from our successes and challenges and adapt when needed, we will partner with like-minded organizations to broadly share solutions that can be applied in different communities. By creating and sharing proof points, we will advance the movement for well-being across the nation and also continue to pursue meaningful, strategic national partnerships to advance our mental health advocacy efforts.



### **A look back at 2022**

In this 2022 annual report, you will learn about some of the transformational work in the communities within the Providence footprint as well as some of the national work that we've done with like-minded partners that has led to the development of optimal mental health and wellness services, innovative digital solutions, and other tools and resources that support mental health and well-being for all.

I look forward to 2023 and beyond as we continue to approach each day with humility, understanding, and adaptability in order to advance the mental, social, and spiritual health for all.

A handwritten signature of Arpan Waghray in black ink. The signature is written in a cursive style and is underlined with a single horizontal line.

## Rod Hochman, M.D.

*Providence's Well Being Trust Board Chair;  
President & CEO, Providence*



When Providence and St. Joseph Health came together in 2016, we established Well Being Trust to improve the mental health and well-being of communities across the country, especially in the seven states Providence serves. Since that time, we've made important progress shaping vital public policy, sharing community and organizational best practices, and investing in programs and resources to strengthen local safety nets and fill needed gaps in services.

We have also partnered with organizations and invested in evidence-based approaches that integrate behavioral health and primary care. This includes destigmatizing mental health especially among young people through [Work2BeWell](#), and supporting the mental and spiritual health of health care professionals through our [No One Cares Alone program](#).

Still, we have more work to do.

The pandemic has only exacerbated the crisis. That is why we're approaching the next chapter of Providence's Well Being Trust with renewed commitment and urgency through the leadership of Arpan Waghray, M.D.

We are sharpening our focus on serving communities within the Providence footprint of Alaska, California, Montana, New Mexico, Oregon, Texas, and Washington while continuing to advance our work with like-minded partners nationwide.

Serving others during the most vulnerable times in their lives is a tremendous privilege.

Thank you to everyone who has supported us on this journey. Together, we will continue to be here for one another and improve mental health and well-being, so that every person in our communities has the opportunity to thrive and live the best life possible.

A handwritten signature in black ink that reads "Rod Hochman". The signature is fluid and cursive, with a long horizontal stroke at the end.

**We are sharpening our focus on serving communities within the Providence footprint of Alaska, California, Montana, New Mexico, Oregon, Texas, and Washington while continuing to advance our work with like-minded partners nationwide.**

## Caregivers, Patients, Communities

We are privileged and grateful for the opportunity to focus on three pillars to advance mental health and well-being: **caregivers (health care workers)**, **patients**, and **communities**.

### Caregivers

The mental health and well-being of our workforce is not just a priority—it is a precondition for delivering excellence in health care. Prior to the pandemic, depression and anxiety were the leading health care concerns among frontline workers, and that has only worsened since. Caring for our caregivers is critical to our mission, and we will continue to create a positive work culture and support our caregivers' well-being with programs, tools and resources supporting their mind, body and spirit. After all, we are whole persons caring for whole persons.



### Patients

We are privileged to serve our patients, and we greatly value their trust in us. With nearly one in five U.S. adults living with a mental illness, it is even more important for us to ensure that we build the capacity to meet the needs of everyone we serve. Nearly 30 percent of our patients have an active mental health or substance abuse issue in addition to what brought them into our hospitals and clinics. Our strongest obligation is to make sure that, when people trust us with their care, we're always showing up for them. This whole-person care centered approach involves going beyond treating patients' physical condition to also devoting attention to our patients' emotional, social, and spiritual well-being.



### Communities

We are committed to being our community's partner as we develop meaningful partnerships to support their mental health and well-being. We are asking our communities what they really need from us and how we can support them. When we work with our communities to help solve problems, it helps us care for the whole person and create scalable solutions that can spread throughout communities nationwide.



## OUR STORIES

“We are privileged to serve our patients, and we greatly value their trust in us.”

—Arpan Waghay, M.D., CEO,  
Providence's Well Being Trust

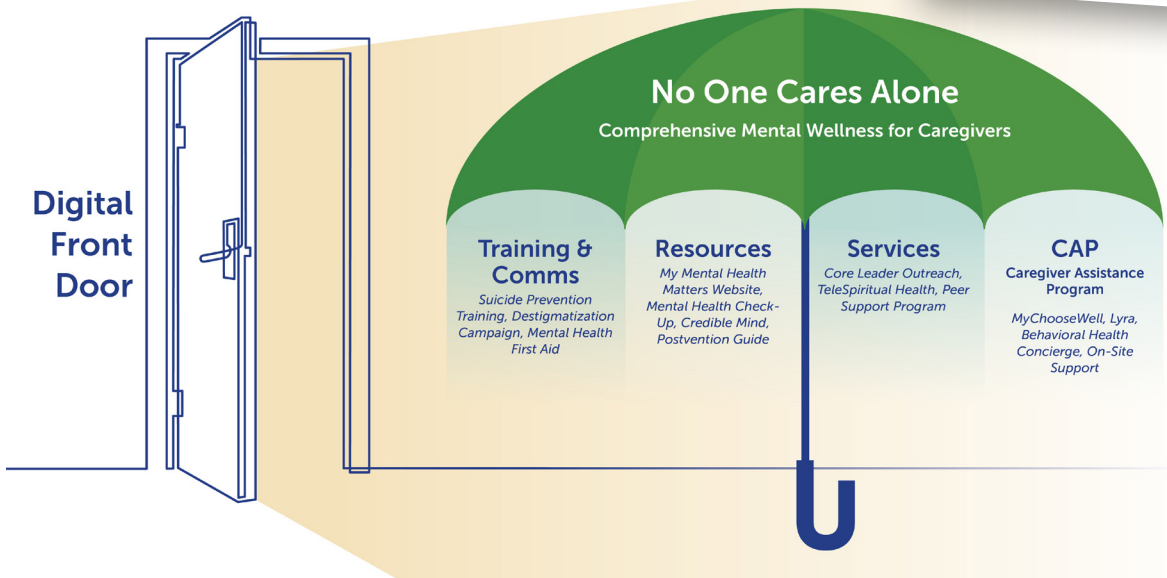
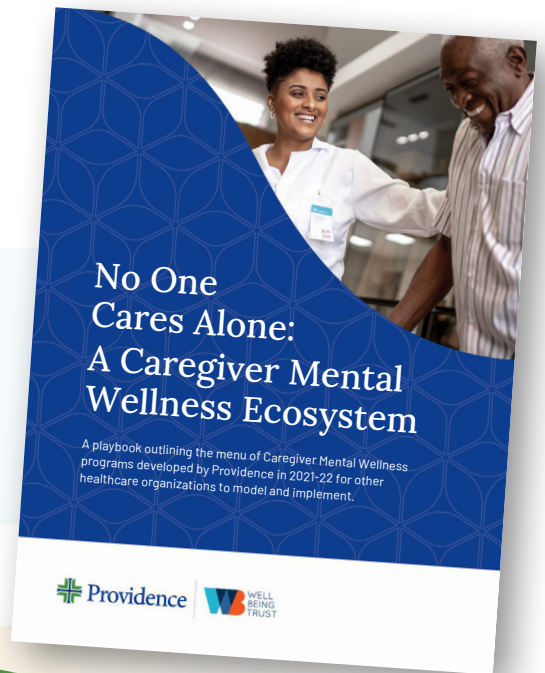


# No One Cares Alone: A Caregiver Mental Wellness Ecosystem

For the past three years, our caregivers have continued to rise to the challenges of COVID-19 by serving on the front lines of the crisis. And throughout that time, Providence has developed caregiver mental wellness programs to support their mental health and well-being.

No One Cares Alone (NOCA) is an umbrella of programs that provide our caregivers with tools and resources designed to increase access to mental health resources and support.

**The goal:** To serve the unique needs of each of our **120,000 caregivers** by meeting them where they are.





# NO ONE CARES ALONE

NOCA is a comprehensive menu of programs and tools to support our diverse team of caregivers at every stage of their mental wellness journey.

## Suicide Prevention Training

Our peer-focused suicide prevention training, called Emotionally Connect, Partner, and Respond (ECPR), empowers caregivers to make a difference in their communities and in the workplace.

“The training provides information about potential warning signs of suicide, dispels myths, and gives caregivers the tools they need to feel comfortable having a conversation about all emotions as well as suicide,” says Ryan Dix, PsyD, Clinical Manager of Mental Health & Population Health Management.



### 2022 IMPACT

- **40,917** completed ECPR trainings
- ECPR Spanish **translation launched**

## Self-Guided Wellness Tools

We offer caregivers a menu of self-guided wellness tools, including educational content, computerized cognitive-behavioral therapy, and leadership training.



### 2022 IMPACT

- A more than **302% increase** in caregiver engagement in wellness activities compared to 2021.

## My Mental Health Matters

We created the My Mental Health Matters Program, in partnership with the American Foundation for Suicide Prevention, to make sure our caregivers not only have access to mental health support and resources, but also feel encouraged to ask for help when they need it.

Each year, caregivers are offered the opportunity to use the Mental Health Checkup Tool, a confidential online assessment, so they can identify areas where they may be struggling and connect with the right kind of care.



### 2022 IMPACT

- **1,337** completed Mental Health Checkups
- **253** caregivers having suicidal thoughts were identified and supported.

## Core Leader Outreach

This campaign makes sure that our 8,000 leaders understand the mental health and wellness resources available to them and their teams. We proactively invite leaders to schedule a check-in with our in-house wellness consultants, made up of behavioral health providers and chaplains.

This outreach offers a supportive, safe space for the core leader to speak about how they and their teams are doing, mention any pain points, and inquire about specific resources for their teams.

I just want to express my utmost gratitude and appreciation for this outreach. I was often in awe and tears of joy throughout my call as I finally connected a need I knew I had but did not know how to express or what to ask for with a complete validation of my experience.

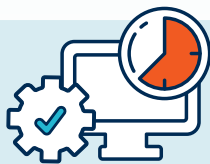


### 2022 IMPACT

- **831** completed wellness consultations
- **14,027** caregivers impacted

## Peer-2-Peer Support Network

This program develops a network of trained peer support volunteers. It will soon include a digital app for matching and connecting peer supporters with those seeking help. Caregivers will be able to select a peer supporter based on preferences such as gender, language, and role within the organization.



### 2022 IMPACT

- 100-plus peer supporters trained.
- Published a peer supporter manual.

## Caregiver Assistance Program (CAP)

In addition to accessing care through employee health benefits, caregivers and members of their household have access to coaching or therapy visits through the CAP. The program offers support 24/7.



### 2022 IMPACT

- A more than **124% increase** in CAP therapy sessions delivered compared to 2021.

## TeleSpiritual Health

Because we understand that some caregivers might want to speak with a spiritual health provider, such as a chaplain, we partnered with our spiritual health team and launched TeleSpiritual Health in July 2022.



### 2022 IMPACT

- 42 TeleSpiritual Health sessions
- 95 prayer requests

Across the board, our caregivers made more than 200,000 digital engagements through our NOCA initiatives in 2022. It's all part of our mission to support our front-line workers: our caregivers.

“The chaplain was absolutely wonderful to talk to. I gained some good insight, and it was a much-needed session. I appreciate the kind words. Thank you Providence for providing this much needed service.”

—Quote from a Providence caregiver.



# EXPANDING TIMELY ACCESS AND IMPROVING QUALITY CARE

One of our main goals when it comes to mental health care for our patients is expanding timely access to care and improving quality of care.

In 2022, we focused on three key metrics that we believe can have the biggest impact on improving the mental health and well-being of our patients. We built dashboards for all three metrics to ensure we're measuring outcomes in these areas and implemented quality improvement work in each area to drive improvements.

## ***Key metrics include:***

- Depression treatment response.
- Suicide screening for patients who express suicidal thinking.
- Access to medication-assisted treatment for opioid use disorders (MAT for OUD or MOUD).



## Depression Treatment Response

Depression treatment response (DTR) is a measurement-based care tactic that helps us understand how many of our patients with elevated depression screening scores are improving. When we measure symptoms of depression in a methodical way, we can better track our patients' recovery progress, and we can use more informed treatments that promote long-term recovery.



## Suicide Screening

Suicide is one of the leading causes of death and a worldwide public health crisis. Health care systems need an efficient, effective and evidence-based approach for patients experiencing suicidal thoughts.

### ***The benefits of screening include:***

- Reliably and consistently identifying patients at risk for suicide.
- Implementing interventions to mitigate risk for suicide based on overall level of risk and patient needs.
- Reducing suicide or suicide attempt rates (over various time periods).





## Medication-Assisted Treatment for Opioid Use Disorders

In the U.S., someone dies of an opioid use disorder (OUD) about every 10 minutes. Many of these deaths are avoidable. Research shows that medication-assisted treatment (MAT) for OUD is effective and this treatment strategy saves lives. This approach is ultimately more beneficial for the patient.

“ Medication-assisted treatment for patients with opioid use disorders is one of the most impactful medication sets our providers can prescribe. Its effectiveness at reducing risk and saving lives for patients is top tier. We want everyone suffering from opioid use disorders to have access to these medications.”

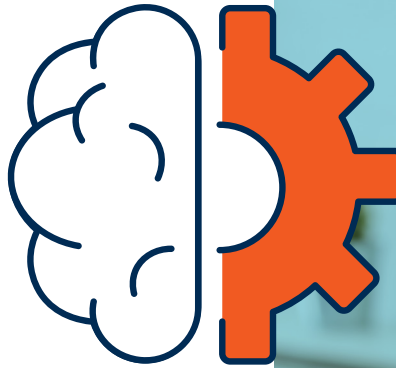
—Julie McComish, MBA, Director of Mental Health Strategy, Providence’s Well Being Trust

## ODU Pathway

The ODU Pathway was initially rolled out prior to the COVID-19 pandemic, and in 2022 the resources were updated to continue driving adoption of these tools.

***At a high level, the ODU Pathway helps patients by:***

- **Reducing bias:** Nurses get an overview of the neurobiological pathway and what happens to a person’s brain when they have an addiction.
- **Promoting honest dialogue:** Scripting helps nurses know how best to talk to patients with an ODU.
- **Increasing patient comfort:** Training is provided around withdrawal symptoms and treatments to help patients stay more comfortable while under our care.
- **Offering tools:** Nurses receive training on an electronic medical record (EMR) assessment to understand a patient’s symptoms and specific medications that can alleviate those symptoms.
- **Improving resilience:** The chance to practice discussing MAT for ODU with patients helps nurses feel more comfortable in this situation.





## Caregiver Spotlight

For Kelly Ogden, MSN, Director of Nursing at Providence St. Elias Specialty Hospital, in Anchorage, Alaska, the OUD Pathway program has been life-altering—both at work and in her personal life.

### **At work:**

When patients come in for any kind of care, their caregivers might discover an underlying OUD.

The OUD Pathway Program offers a way to change the culture around OUDs and how patients are treated.

“Sometimes, our biases or thought process around addiction get in the way of being able to have compassionate conversations with patients,” Kelly said. “This training has allowed nurses to almost reset their mind process around addictive disorders, especially OUDs that are sometimes looked at very differently.”

With the rollout of the OUD Pathway, nurses now have a toolkit with a workflow that includes:

- OUD screening.
- Using trauma-informed language so that caregivers approach OUD like any other medical condition avoiding stigma, shame or blame.
- Withdrawal assessments.
- Collaboration with treatment teams.
- Medication-assisted treatment planning.
- Patient education and referral information for ongoing OUD treatment and coordination of care.

Kelly added, “We have to treat the whole person, which is key for providing quality and compassionate care.”

### **At home:**

The OUD Pathway has also impacted Kelly’s personal life.

“It’s not only my 12-hour shift that’s impacted, it’s the whole cycle of life,” Kelly said. “Almost everyone knows someone who has been impacted by an addiction disorder, whether opioids or alcohol. I think [the OUD Pathway] changes how we view it, how we manage it, how we interact with each other around it. For me, this is super, super important work.”

“I’ve been a nurse for 30-something years, and [the OUD Pathway] was by far the most important work I think I’ve ever done that impacted a greater team.”

—Kelly Ogden, MSN,  
Director of Nursing,  
Providence St. Elias  
Specialty Hospital





“ Thank you for being amazing at what you do. As an addict (heroin), I’m often harshly judged, treated rudely or disrespectfully on top of not being taken seriously. I almost lost my life by being too ashamed and scared to come seek, often emergency, medical treatment. Providence is the ONLY hospital in the state of Alaska that treats people like me with dignity, kindness, and that has a *no judgement* environment, regardless of who we are or how badly we look. Thank you for treating us (myself) like human beings. If more facilities adopted your morals/ethics a lot less of my generation would lose their lives due to addiction/complications of addiction. You people are absolutely wonderful. ”

—Excerpts from a patient letter about the care received at a Providence ministry.



## COMMUNITY COLLABORATION

When we support the mental health needs of our youth, we can change the course of their lives for the better. And when we do this for every child in need, we change the trajectory of the communities we serve.



*These students at Wendler Middle School in Anchorage are receiving therapy as part of the Integrated Behavioral Health program, which brings licensed therapists into schools to provide support and services to students. This program is a partnership between Providence, VOA Alaska, and the Anchorage School District. Not only does this aim to help children in crisis, but also can improve their long-term academic success.*

The COVID-19 pandemic exacerbated a growing mental health crisis among our nation's children and teens. The state of Alaska felt that crisis acutely. Even before the pandemic, their youth faced the highest rates of suicide deaths in the country, alongside challenges of substance misuse and addiction, depression, and anxiety. Studies repeatedly demonstrate that prevention and early intervention are key to improved mental health outcomes for children and teens.

# COMMUNITY COLLABORATION

“We need to focus on the full human and all the stressors and traumas that people have been under for so long, which we don’t talk often about,” says Heidi Heimerl, LMSW, Manager, School-Based Mental Health, Providence Alaska. “With COVID-19 we are talking about it more, but not enough. It’s healthy to educate our community on mental health and why it is important.”

That’s why, in July 2022, we partnered with Alaska to grow School-Based Mental Health Services in school districts across the state, including in Anchorage and Kodiak. This initiative addresses mental health challenges through school-wide support to the whole school community, early interventions for at-risk students, and intensive interventions for students and their families needing additional support. This integrated, multi-tiered approach connects local communities, families and schools to provide needed services to children and teens. School-based clinicians work closely with school staff to create a safe environment in which students, caregivers, staff, and providers build caring relationships with one another.



## 2022 IMPACT

During the first semester of the 2022–2023 school year some of the services for students included:

- **381** encounters of individual student support and **115** individual therapy sessions.
- **119** encounters of family support and **25** family therapy sessions.
- **125** encounters of group student support.
- **39** crisis interventions.
- Providence school-based clinicians provided **173** school staff with mental health training, presentation and/or education and **94** school staff accessed wellness supports such as meditation, breath work and movement.
- Providence school-based clinicians provided school staff with **284** staff consultations around particular students or classes and/or support around their own personal wellness; **44** classroom observations; and **100** classroom supports.

“They help me with becoming social in my school, home, and public environment and they also help me cope with stress and anxiety in stressful situations.”

Comment from secondary student about counseling services received.

## School-Based Programs

Research has shown that schools play an important role in providing access to mental health services for children and teens. The effect on schools is mutually reinforcing: community resources deployed within schools support educational outcomes for students. Together, mental health services provided in the school environment indicate children and youth are healthier, experience less severe mental health related symptoms, have a decreased risk of substance use disorders, and have better socioeconomic outcomes which result in reduced health care costs for children, families, and the community.

Providence's school-based services capitalize on these benefits. In collaboration with community partners, we evaluate schools using criteria including community demographics, students' access to other forms of behavioral health care and demonstrated commitment to successful integration from school leadership. With this connected approach, we provide students with tiers of mental health support (low- to high-intensity) depending on student risk factors.

Funds from the Providence Alaska Foundation supported the pilot program at an Anchorage middle school and CARES Act funding supported two additional schools.

**“Managing mental health services is critical for our students,” said Kim Saunders, Assistant Superintendent at Kodiak Island Borough School District. Saunders added, “To ensure that students have the best opportunity at healthy development, the schools strive to provide services and support to the whole student. This means access to supportive adults and education about healthy relationships, social skills, and emotional regulation. In addition, we provide crisis response for families and students that helps us to ensure safety for students.”**

*Wendler Middle School principal Marcus Wilson stands with students who are receiving therapy as part of the Integrated Behavioral Health program, which is a partnership between Providence, VOA Alaska, and the Anchorage School District. As part of the program, a licensed therapist at the school works on targeted interventions with at-risk students who have experienced such challenges as loss of a loved one, bullying or anxiety, among other issues.*



# COMMUNITY COLLABORATION

Providence's Well Being Trust enabled expansion into an additional school in Kodiak and includes:

- Bringing evidence-based interventions to schools.
- Developing clinical models for care.
- Hiring a program manager to organize and structure services in Anchorage and Kodiak.
- Creating and developing onboarding materials for new staff.
- Evaluating the outcomes of the mental health in schools program.

"Our overall goal is to strengthen school-based mental and behavioral health services for children and youth," said Renee Rafferty, LPC, Regional Director, Behavioral Health, Providence Alaska.

We are encouraged by the impact of this partnership since it launched in July 2022, and we truly believe that these services are saving lives and improving well-being for children and youth in Alaska."

## Community Collaboration

None of these programs would be possible without the on-the-ground support in local communities, including from Volunteers of America—Alaska (VOA Alaska), churches and local government. In fact, before funding from Providence's Well Being Trust, the city of Anchorage received CARES Act funding and collaborated with VOA Alaska to expand school-based services. These existing partnerships meant Providence's Well Being Trust could identify what was working well in schools and expand those practices to new districts.



## Looking Ahead to a Brighter Future

"We are committed to sustaining mental health support through our current school partnerships and expanding in thoughtful ways to new schools and districts in Alaska and beyond," said Jennifer Graves, Director, Grants and Finance at Providence's Well Being Trust.

"Through our strong community partnerships, we've been able to increase funding for expansion."

Because of the critical need to support mental health programs throughout Alaska, we are moving quickly to provide needed support to more children and youth. On a larger scale, we continue to advocate and monitor statewide and national initiatives addressing adolescent behavioral health and evidence-based outcomes.



## University of San Diego Chaplain Continuing Education

In 2022, 12 Providence chaplains participated in the University of San Diego Behavioral Health for Chaplains Continuing Education program. This pilot program, supported by Providence's Well Being Trust, was designed to enhance and develop the skills of chaplains in providing quality spiritual health care as they support patients with behavioral health conditions.

"Supporting mental health helps the whole community," said Cynthia Gonzalez, Chaplain at Providence Mission Hospital Laguna Beach. "It's important because right now there is such shame attached to it. Being able to address mental health in a compassionate way in a health care setting means we can help destigmatize it. We can also normalize mental health by showing that through addressing it and putting value in it, we can positively encourage healthier lives."



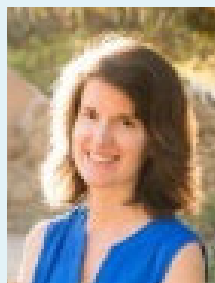
**Marilyn Batchelor**  
Providence Saint  
John's Health  
Center



**Patty Douglass**  
Providence  
Milwaukie  
Hospital



**Julie Dryer**  
Providence  
Portland Medical  
Center



**Cynthia Gonzales**  
Providence  
Mission Hospital  
Laguna Beach



**Cézanne Hardy**  
Providence  
Regional Medical  
Center Everett



**Jacob Hurst**  
Providence Holy  
Family Hospital



**William O'Brien**  
Providence St.  
Joseph Hospital  
Orange



**Patricia Ray**  
Providence Alaska  
Medical Center



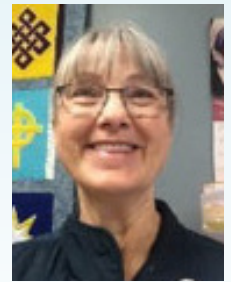
**Joshua Reglin**  
Covenant Medical  
Center



**Kimberly  
Lane Willis**  
Providence Santa  
Rosa Memorial  
Hospital



**Josh Wilson**  
Providence  
Regional Medical  
Center Everett



**Nancy Wittgrin**  
Providence St.  
Patrick Hospital

## SPIRITUAL CARE AND SUPPORT

The training program for the chaplains involved a three-course sequence and 108 continuing education hours in subjects like behavioral health and current pharmacological and psychological treatments for psychiatric disorders.

“With the support of a grant from Providence’s Well Being Trust, the University of San Diego developed a course that focused developing the skills of chaplains in providing quality spiritual health and well-being support for patients with behavioral health concerns,” said Sherri Brewer, Senior Program Manager, Spiritual Health at Providence.

“This greater understanding of individual patients and their behavioral health needs gave the chaplains new paths and improved skills to support patients, and Providence was pleased to be a part of the pilot program.”

The new methods and practices of care taught in the program are already having an impact on patients, families, and caregivers.

“I found the course very valuable,” said Gonzalez. “We got a deeper understanding of different mental health conditions and it helped me to have a greater awareness of the individuals impacted and what the potential root causes are that they are struggling with. It was important to learn that, dependent on their diagnosis, patients can have different paths that are more helpful to them, which may include both medication and behavioral health treatments through therapy.”

Bill O’Brien, Chaplain at Providence St. Joseph Hospital, added, “When we meet with a patient, it’s important to have awareness that this is a person with hopes, dreams and desires.”

“These individuals have unbelievable gifts that are beneficial to the community, and we should focus on them as whole individuals. With more compassion and empathy, we as caregivers can be better present in ways that are helpful. We can refer them to therapy where it’s needed, and we can ask questions about if they are compliant with their medication. It’s helped me to connect better with patients in a way that can help serve both spiritual health and health in general.”



## NATIONAL PARTNERSHIPS

Throughout 2022, Providence's Well Being Trust partnered with multiple national organizations to help transform and improve mental health and well-being across the country. Read about this work in the stories below.

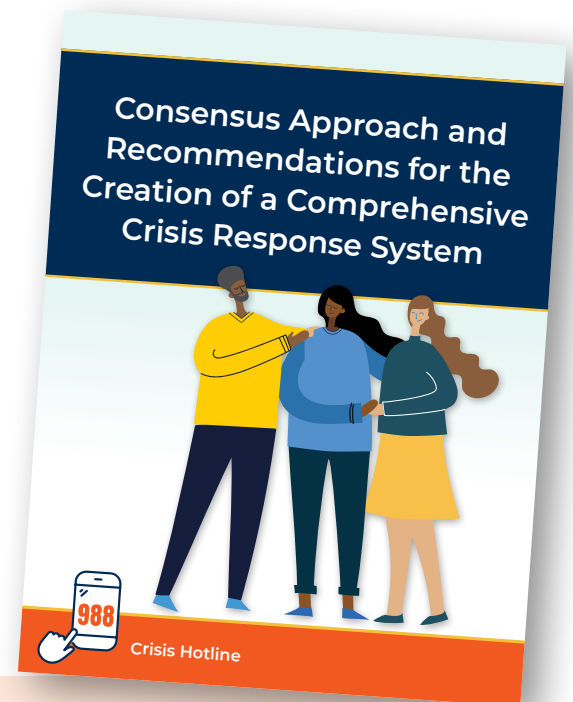
### 988 Crisis Line Rollout: Leading Mental Health Organizations Launch Campaign to Drive 988 Crisis Hotline Preparedness

Well Being Trust joined a collaborative of 15 of the nation's leading mental health professional organizations, advocacy groups and funders, to rollout a coordinated effort to drive awareness and support among state and municipal officials as they prepared for the nationwide transition from the National Suicide Prevention Lifeline to the new 988 Suicide & Crisis Lifeline.

The CEO Alliance for Mental Health developed [A Consensus Approach and Recommendations for the Creation of a Comprehensive Crisis Response System](#), a roadmap for mental health crisis response that offers leadership at every level of government an evidence-based toolkit for designing and implementing a full continuum of mental health and substance use care.

The coordinated outreach prior to the 988 go-live included a national social media campaign a social media campaign to direct state and municipal elected officials, civic leaders, policymakers and advocates to the roadmap. Our efforts increased awareness of the 988 rollout and provided a key resource for states and local governments. Working alongside our partners, we reached nearly 2.5 million individuals via the following social media platforms:

- **724K+** on Twitter
- **755K+** on Facebook
- **1M+** on LinkedIn
- **35K+** on Instagram



The 988 Suicide & Crisis Lifeline is now live and provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

If you are experiencing a mental health crisis, call or text 988. [Click here to learn more about 988.](#)



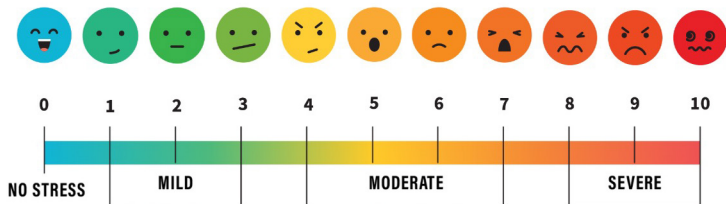
## AHA's Stress Meter™: Providing free resources to support our nation's health care workforce

In the early stages of the pandemic, it became apparent that health care workers treating patients with COVID-19 were experiencing increased depression, anxiety and insomnia.

Providence rallied to find ways to care for our caregivers and we continue to offer a wide range of mental health services so that our providers can be their best selves while caring for patients.

The Caregiver Stress Meter was designed to alleviate the stress of finding resources with an easy-to-use online tool that guides the user to services based on their anonymous self-assessed stress level.

In 2022, our partners at the American Hospital Association built on this to create a free resource available to all of America's hospitals, particularly those with very limited resources. The Stress



Meter features a simple line of emojis with facial expressions that reflect the emotion they represent. Users choose the emoji that best represents their emotional and mental state on any given day. Choices range from a blue smiley face representing

“no stress” to a bright red face that denotes a “severe” stress level. Each emoji leads to resources geared specifically to the level of distress they represent.

AHA's Stress Meter™ is an easy way for users to anonymously assess their stress level and access credible, vetted resources in a private, convenient manner. Though not a diagnostic tool, the Stress Meter functions as a way for users to evaluate their current stress level and access publicly available resources for understanding appropriate next steps.

“We applaud our partners at the AHA for making this tool available to all health care workers,” said Arpan Waghray, M.D., CEO, Providence's Well Being Trust and immediate past chair of AHA's committee on behavioral health.

“Caring for the mental health and well-being of our health care workforce is not simply a priority—it's a precondition to delivering excellence.”



## Work2BeWell: Connecting youth, parents and schools to mental health resources

For the past three years, Work2BeWell has spurred a youth-driven movement to eliminate stigma and prioritize emotional well-being for middle and high-school aged youth. The digital wellness program is focused on positively impacting the emotional well-being of teens and promoting mental health.



# WORK2BEWELL

During 2022, through presentations, social media campaigns, curriculum development and implementation and other program activities, Work2BeWell engaged with over 300,000 individuals through a digital wellness program which promotes mental health.

From partnering with the National Association of Secondary School Principals to produce a [three-part mental health webinar series](#) to partnering with schools to launch 24 student clubs across the United States, Work2BeWell is committed to supporting students' holistic mental health and providing resources for educators, parents, and communities.



**Mohammad**

Work2BeWell activates students nationwide through its National Student Advisory Council. The NSAC includes a group of teens who are committed to making mental health a top priority in schools and communities across the nation through Access, Education and Activation.

"I was inspired by W2BW initiatives to educate others across the county about mental health and wellness and to de-stigmatize the conversation," said Mohammad from Pennsylvania.

"I wanted to collaborate with intelligent, driven students and adults from across the country to reach a common goal of recognizing mental health issues and how to combat them."

### Key highlights from 2022:

By the numbers:

- **9,000 participants** received information during workshops led by Work2BeWell team members.
- **700 educators trained** as part of the Defensive Line partnership. Curriculum developed by Work2BeWell was used to train educators across the country in high schools and universities.
- **1,260 articles, social media posts, and other content created.**
- **400 registrants** for the 4th annual Teen Mental Health Summit.
- **28 podcasts** and **7 live events.**



# NATIONAL PARTNERSHIPS

## ***New: Coming in 2023***

Work2BeWell will launch a new curriculum series to accompany the PBS national documentary—Ken Burns Presents Hiding in Plain Sight: Youth Mental Illness, a film by Ewers Brothers Productions.

The film highlights the mental health crisis among youth in America and follows the journeys of more than 20 young Americans from all over the country and all walks of life, who have struggled with thoughts and feelings that have troubled—and, at times—overwhelmed them. The film features Work2BeWell National Student Advisory Council Alumni, Billie Henderson.

In partnership with Ewers Brothers Productions, Work2BeWell will release 26 mental health curriculum modules on a variety of topics including anxiety, depression, suicide prevention, and eating disorders. Providence's Well Being Trust is honored to provide funding to support the development and release of the new curriculum.

Be sure to stay informed and visit [work2bewell.org](http://work2bewell.org) for updates.



## **Building Blocks for Providing Behavioral Health Support in Primary Care Settings**



Research shows that integrating behavioral health care in primary care settings improves patient outcomes. Despite these benefits, behavioral health integration has yet to be widely implemented in primary care practices, in large part due to inadequate payment mechanisms.

In an effort to align expectations for behavioral health integration across payers, providers, and patients, Well Being Trust partnered with the Eugene S. Farley, Jr. Health Policy Center and the Practice Innovation

Program at the University of Colorado to release [The Building Blocks of Behavioral Health Integration: A Framework for Care Delivery Expectations](#). This framework, released in June 2022, provides flexible options for primary care clinics to integrate behavioral health services that could be utilized as part of alternative payment models supporting whole-person care.

“Practices want to deliver whole-person care, patients want to receive more of their care in one place, and payers want to support what will be better for patients and can lead to cost savings,” said Stephanie Gold, M.D., lead author of the report.

“Implementing the building blocks of behavioral health integration, tied to alternative payment models, will support this needed advancement in care.”



**[Learn more and view the framework.](#)**

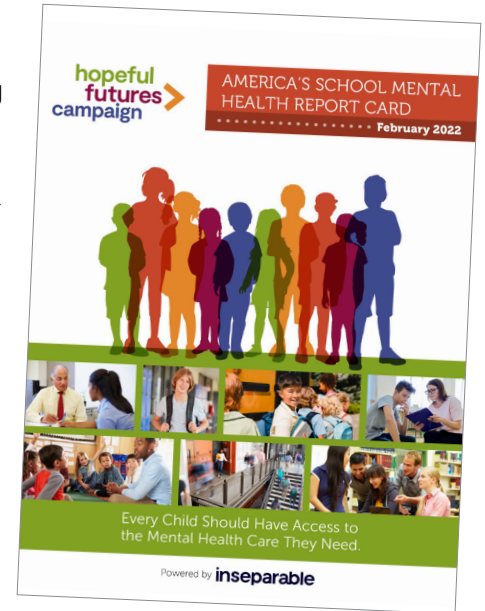
## Inseparable

In 2022, our work with Inseparable, a mental health advocacy nonprofit, included a partnership to support the Hopeful Futures Campaign—a broad coalition of leading national organizations working to promote mental health support systems in America’s schools.

In February 2022, we joined Inseparable in the launch of the [America’s School Mental Health Report Card](#). The report card scored states on policies that support school mental health and provides clear policy direction to fill those gaps, along with state-specific recommendations for improvement.

Additionally, Inseparable ran strategic campaigns to support the passing of five new state laws including:

- **Alabama**—Legislation requiring a mental health services coordinator in every school system was passed with a \$5M appropriation to cover the costs. More than 700,000 children now have coordinators in their school systems.
- **Delaware**—Three new laws were passed that will:
  - > Require additional counselors, social workers, and psychologists in middle schools.
  - > Require coverage of annual mental health wellness checks.
  - > Require age-appropriate mental health curriculum in grades K–12.
- **Illinois**—Legislation was passed that requires wellness checks for almost 2 million students in grades 7–12, along with a \$10M appropriation to fund them.



The work that we’ve done in partnership with Inseparable is helping to build a social movement to advance mental health policy, focusing on closing the treatment gap and expanding school mental health services.



### Alabama

700,000 children have mental health services coordinators in their schools



### Delaware

Age-appropriate mental health care curriculum in grades K–12



### Illinois

Wellness checks for nearly 2 million students grades 7–12

# Kaiser Family Foundation

Well Being Trust partnered with Kaiser Family Foundation (KFF) to provide state-level data resources and produce new policy-oriented briefs and surveys focused on access and utilization of mental health care.

These data and policy analyses are key resources for policymakers tackling urgent mental health and substance use crises in the United States. View a snapshot of resources from 2022:

- [Five Key Findings on Mental Health and Substance Use Disorders by Race/Ethnicity](#)
- [Issue Brief—The Landscape of School-Based Mental Health Services](#)
- [A Look at Suicide Rates Ahead of 988 Launch—A National Three-Digit Suicide Prevention Hotline](#)
- [Recent Trends in Mental Health and Substance Use Concerns Among Adolescents](#)
- [A Snapshot of Mental Health and Access to Care Among Nonelderly Adults in California](#)

KFF's state and national mental health resources were widely used throughout 2022 by policymakers, journalists, and stakeholders to inform critical policy choices.

# The Kennedy Forum



[The Kennedy Forum](#) has championed efforts to fully implement the 2008 Mental Health Parity and Addiction Equity Act, which requires parity between mental health or substance use disorder benefits and medical/surgical benefits.

Throughout 2022, Well Being Trust partnered with the Kennedy Forum to support policy efforts that ease access to mental health care and create hope for people and families living with serious mental illness.

This includes the Kennedy Forum's advocacy work to raise awareness about why insurers should be required to make medical necessity decisions consistent with generally accepted standards of care and not wrongfully deny mental health and addiction treatment. Four states—California, Illinois, Oregon, and Georgia—now have codified such requirements.

We applaud the Kennedy Forum in their continued efforts, and we are proud to partner with them as they continue their work to protect and advance behavioral health care parity across the nation.

## Providence's My Mental Health Matters program earns national awards



Providence's My Mental Health Matters program is an award-winning program.

The program received an honorable mention in the employee relations campaign category from [PRNEWS Platinum Awards](#).

In partnership with the [American Foundation for Suicide Prevention](#), the program includes mental health resources, focused curriculum, and a mental health checkup that prioritizes outreach to those most in need.

This internal campaign has helped more than 98,100 Providence caregivers to date.

## Puget Sound Business Journal honors Arpan Waghray, M.D. with health care leadership award

The Puget Sound Business Journal honored leaders in health care with its fourth annual Health Care Leadership Awards.

The nine honorees this year include Arpan Waghray, M.D., CEO of Providence's Well Being Trust.

The PSBJ Health Care Leadership Awards highlight innovative and influential thinkers whose leadership in health care has had an indelible impact on the region.



Arpan Waghray, M.D., CEO of Providence's Well Being Trust, is pictured with Kristy Carrington, MBA, RN, NEA-BC, chief executive of Providence Swedish North Puget Sound, who was also honored by the Puget Sound Business Journal Health Care Leadership Award Program on Dec. 8, 2022.



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## Our Team

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Learn more at [wellbeingtrust.org](http://wellbeingtrust.org).