

PRESS RELEASE

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Houston Hospice Launches Wellness Initiative in Collaboration with The Jung Center's Mind Body Spirit Institute

HOUSTON, TX – The Coronavirus has impacted healthcare workers around the world, leaving many with the complexities of acute and chronic stress. As the stress builds and is left unbalanced, these symptoms can result in increased fatigue, depression, unreported health issues and even Post-Traumatic Stress Disorder (PTSD). As a nonprofit hospice organization, Houston Hospice recognizes that quality of life is of great importance, throughout the community and within our own employee and volunteer base.

In response to the unique needs of our hospice care teams and office staff, Houston Hospice has collaborated with The Jung Center's Mind Body Spirit Institute to implement mind-body practices across our organization. Led by Alejandro Chaoul, PhD, director, Jung Center's Mind Body Spirit Institute, adjunct faculty, McGovern Center for Humanities & Ethics, UT Medical School, Houston, adjunct faculty, Department of Palliative Rehabilitation & Integrative Medicine Program, UT MD Anderson Cancer Center, Houston Hospice has implemented the Compassionate, Professional, Renewal (CPR) Wellness Initiative that includes tools for self-care that are focused on improving quality of life for employees and volunteers.

"The CPR program is about finding ways to increase our compassion for ourselves and one another, as we begin living a more balanced life," said Dr. Chaoul.

Houston Hospice launched its Wellness Initiative during a recent Town Hall meeting. The virtual event is one of a series that will explore new ways to manage Stress and Frustration, Burnout, Vicarious Trauma, Grief, and Compassion Fatigue.

"At Houston Hospice, we care deeply for the wellbeing of our staff and volunteers who have endured the hardships resulting from the COVID-19 pandemic and recent storms in our area," said Rana McClelland, President & CEO. "In a unanimous vote, the Board of Directors and leadership team agreed to take action. We launched the Houston Hospice Wellness Initiative, together with The Jung



Photo: The Houston Hospice Garden is in the Texas Medical Center and provides a beautiful and quiet place for patients, families, staff, and volunteers to practice meditation and find peace amongst the surrounding beauty.

Center's Mind Body Spirit Institute, to identify barriers to health and wellness and offer tools to increase physical, mental, and emotional health amongst our teams," she continued. "Self-care is a top priority in our organization. Learning new paths to healing and incorporating an individualized, self-care plan into daily practice will result in remarkable benefits for everyone at our organization. As our teams begin to find a renewed sense of self, their families will benefit, their job satisfaction will rise, and hospice patients and their families will feel a greater sense of peace and compassion."

In addition to our Wellness Initiative, Houston Hospice held a nutrition conference hosted by the registered dietician on staff. Field nurses, the marketing team and other staff members learned how to make healthy food choices on the go. Healthy snacks are available in common areas and healthy meals are offered in the cafeteria. Also, spiritual care sessions are hosted by hospice chaplains virtually and on a bi-weekly basis. These check-ins provide a safe space for reflection and open dialogue among a small group of caring individuals. More health and wellness conferences and opportunities for healing and expansion are in progress.

About Houston Hospice

Houston Hospice is a 501(c)(3) nonprofit organization that provides uncompromising, compassionate, end-of-life care to all patients and families across 13 counties in the Greater Houston Area. Established in 1980, we are the oldest, largest, independent, nonprofit hospice in Houston and a proud member of the Texas Medical Center. For more information visit www.houstonhospice.org.

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