

### Emotional and Spiritual



#### ▶ **Caring for Caregivers**

We all need a little help with life's challenges from time to time.

Talk to someone confidentially or go to the [Caring for Caregivers Connect Today page](#) for information and support. Services are expert, confidential and provided at no cost.

- 216.445.6970 or 1.800.989.8820

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#### ▶ **Center for Spiritual Care**

Provides care and support for religious and spiritual needs for patients, their families and Cleveland Clinic caregivers. Our clinically trained chaplains are committed to providing appropriate and compassionate spiritual care while respecting everyone's faith, tradition, and religious or spiritual beliefs. Our services are also available to the non-religious for support under stress.

- [Center for Spiritual Care](#)
- Grief and Relief Hotline: 1.844.20.GRIEF (844.204.7433)

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#### ▶ **iCare**

An on-demand e-learning program in which caregivers learn about trauma-informed workplaces, caring for ourselves and caring for others. [Learn more.](#)

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#### ▶ **Ethics Consultation Service**

The Ethics Consultation Service (ECS) provides support to patients, loved ones and healthcare professionals grappling with ethical issues in the provision of patient care. Anyone (caregivers, patients and family) directly involved in a patient's care can request an ethics consult. Ethicists are available 24/7 and the recommendations they provide are advisory. [Click here for more information.](#)

##### **Ohio**

On-Call Directory (intranet) to page the individual on-call.

Place an Epic order: Consult to "Ethics Consultation Service Referral (OH)".

Center for Bioethics in Ohio: 216.444.8720.

##### **Florida**

Laurel Clark, Bioethics Manager: 786.801.8554; ClarkL2@ccf.org.

##### **Weston**

Place an Epic order: "Ethics Consultation Service Referral (Weston Only)".

##### **Nevada**

Place an Epic order: Consult to "NeuroEthics Consultation AMB".

### ▶ **Moral Distress Reflective Debriefs**

Moral Distress Reflective Debriefs (MDRDs) can be requested for caregivers or teams who have experienced a particularly ethically difficult situation that may be related to patient care or organizational issues. A MDRD is facilitated by a clinical ethicist and licensed social worker or chaplain, who will come to the unit to provide caregivers with a safe space to talk about and reflect on the moral event(s) that have caused them to experience moral and psychological distress. [Click here to learn more.](#)

To request a MDRD, email one of the following\*:

- [Georgina Morley](mailto:MORLEYG@CCF.ORG) at MORLEYG@CCF.ORG
- [Sundus Riaz](mailto:RIAZS2@CCF.ORG) at RIAZS2@CCF.ORG
- [Cristie Cole Horsburgh](mailto:COLEC@CCF.ORG) at COLEC@CCF.ORG

*\*Currently, MDRDs are available at Ohio locations virtually or in person. For other locations, please contact us to discuss the possibility of a virtual MDRD.*

To learn more about moral distress, [click here for our COVID-19 curbside consult article](#) and [here for our Moral Distress Card and Moral Distress Guide for Leaders.](#)

## Daily Living

### ▶ **Community Health: Clinical Care at Langston Hughes**

Cleveland Clinic Langston Hughes Community Health and Education Center provides adult primary care and mammography services to residents of the Greater Cleveland area including the Fairfax, Central, Hough, Buckeye and Glenville neighborhoods. The Langston Hughes Center, a gathering place for health and well-being in the Fairfax neighborhood, also provides free health education and programming aimed at improving the health of the community.

For more information, call 216.361.1773.



### ▶ **Cleveland Clinic Fitness Centers**

Cleveland Clinic and Cleveland Clinic Akron General have nearly a dozen fitness facilities available to caregivers, their spouses and dependents age 16 and older across our northeast Ohio and Florida regions. Free annual membership is available to Employee Health Plan members, and short term and annual membership rates are available for those not on our health plan. For details on each location and how to join, [click here.](#)

### ▶ **Caregiver Hardship Fund**

The Caregiver Hardship Fund aids Cleveland Clinic caregivers with eligible expenses when experiencing unexpected financial hardship. To learn more about the program and eligibility, visit the Caregiver Hardship page under My Well-being in the [HR Portal.](#)

## Personal Empowerment



### ▶ Refresh on Demand

Relaxation tools are available for stressful moments at and outside of work. View videos that contain practices that are led by fellow Cleveland Clinic caregivers with yoga and/or meditation certifications. [Click here to learn more.](#)

### ▶ Thrive Where You Are

Thrive Where You Are is dedicated to your individual well-being. This course was designed to help you explore your specific well-being needs and interests, and to help you take action with small changes that can lead to big results. Learn on your own with the [eLearning course](#), or in a group setting with the live [virtual course](#).

For links to additional Well-being resources, visit the [Caregiver Well-Being Connect Today page](#).