



Bellco Credit Union is proud to support Children's Hospital Colorado Resiliency Initiatives, which aim to build a supportive community within the hospital for staff to reduce stress and stay healthy – emotionally and physically – as they care for their patients.



EMPLOYEES WHO HAVE ACCESS TO THESE PROGRAMS:

7,000+

GRANT AMOUNT:

\$100,000

PROGRAMS SUPPORTED:

The Resiliency, Education, Support and Training (REST) Council, which was established to help decrease the impact of secondary trauma, compassion fatigue and burnout by providing opportunities for staff to develop resiliency and practice self-care.



COUNCIL MEMBERS: 29

NUMBER OF TIMES REST COUNCIL MET WITH HOSPITAL TEAMS LAST YEAR: 107

Schwartz Rounds® are events that provide all employees an opportunity to openly and honestly discuss the social and emotional issues they face as caregivers.

NUMBER OF SCHWARTZ ROUNDS LAST YEAR: 8



HeartMath provides a unique set of techniques to help hospital staff lower their stress and facilitate self-healing.

NUMBER OF COURSES OFFERED IN 2018: 30

NUMBER OF TEAM MEMBERS TRAINED IN 2018: 800