Day of Restoration
For Pediatric Social Workers 2022 - 2023

Overview
The Day of Restoration was an opportunity for the entire career Pediatric Social Work team to escape the regular demands of the hospital to bond with each other, recognize each other’s good work, and find rest and restoration in a beautiful setting.

Data Snapshot
Our Gallup engagement score from FY 21-22 reflected some of the impact that the pandemic and remote work had on our entire Pediatric Social Work Team. As part of our plan to increase engagement, the Day of Restoration was an important milestone in helping our team feel valued, known, and hopeful for the future. We are happy to report an overall increase in our engagement score for FY 22-23!

Resources
http://www.ucsfbenioffchildrens.org/services/social-services

Project Details
Social workers often help guide families and staff through some of the more ethically challenging, emotionally difficult, and altogether heart-breaking aspects of care for sick kids and their families. After coping with the unique challenges brought by the COVID19 pandemic, this project aimed to provide a day of restoration for our Pediatric Social Work Team. At a beautiful off-site location, every career employee was invited to escape from the regular demands of their work in the hospital to bond with each other, recognize each other’s good work, and find rest and restoration in a beautiful setting.

On Thursday, March 23, 2023 our staff enjoyed a full-day retreat at Sunnyside Conservatory in San Francisco. Our day consisted of joyful bonding activities, including a staff get-to-know-you game, mindfulness exercises, a guest speaker, a group re-planting project, uplifting music, words of encouragement from our leadership, including Rudy Pacol and Judie Beohmer, a restorative walk around the neighborhood, and delicious food.

In our post-retreat survey, the feedback overwhelmingly positive. We also appreciated an overall increase in our Gallup engagement score!

Project Challenges
Our primary challenge was securing adequate coverage for the entire Benioff Children’s Hospital in San Francisco while the majority of our 70 person staff was off-site. With support from our leadership (Rudy Pacol, Judie Boehmer, Jo Etorma, and Valerie Bednar), and utilized 9 staff members to ensure patient needs were adequately met during this day.

Our other challenge was that our morning speaker came down with a severe illness on the morning of the retreat, and so we had to change our plan slightly for the day, ultimately allowing for more space & restorative time, that our staff appreciated.

Lessons Learned
We learned how essential it is for the Pediatric Social Work Team – who shoulder the bulk of emotional care for our patients, families, and staff, alongside our partners in Spiritual Care – to take time for themselves to rest, re-connect, and be recognized for their good work. We have already incorporated this in a small way into our regular staff meetings, and are hopeful to be able to offer a full-day retreat for our team every year.