

# 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

<https://www.ucsfbenioffchildrens.org/services/social-services>



## Project Details

Social workers at Benioff Children's Hospital in San Francisco often help guide families and staff through some of the more ethically challenging, emotionally difficult, and altogether heart-breaking aspects of what it means to care for sick kids and their families. After coping with the unique challenges brought by the COVID19 pandemic, our Pediatric Social Work team was also feeling the impact of so much hardship and loss. This project aimed to provide a day of restoration for our Pediatric Social Work Team by securing an off-site location where 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 beautiful Sunnyside Conservatory in San Francisco. We ate a delicious brunch with pastries from a bakery in the Peninsula, and enjoyed a large, wonderful lunch from local restaurant, Beit Rima.

Our day consisted of joyful bonding activities that included 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 Boehmer, a restorative walk around the neighborhood, and more!

**Project Challenges**

Our primary challenge was securing adequate coverage for the entire Benioff Children's Hospital in San Francisco for an entire day while the majority of our 70 person staff was off-site. Thankfully, we benefitted from the support of our leadership, including Rudy Pacol, Judie Boehmer, Jo Eforma, and Valerie Bednar, and were able to utilize 9 staff members (most of them per diems) to ensure patient needs were adequately met during this day.

Our other challenge was that our morning speaker came down with food poisoning on the morning of the retreat, and so we quickly pivoted our opening "ice-breaker" to a longer, more thorough get-to-know-you game. Ultimately, our staff did appreciate that the day felt truly restorative (and not "busy").

**Lessons Learned**

Above all else, we learned how essential it is for the Pediatric Social Work Team – who shoulders 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. The benefits have been so, so good for us all, and again, we are so grateful!