

Social Work CARE

Community building,
Art, Relaxation, and
Engagement

2023-2024 Grant Cycle

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Overview

Social Work CARE strives to promote wellness amongst social workers across UCSF by creating opportunities that foster community building and engagement, self-care through art expression and relaxation, and appreciation for the unique work we do. Through our grant, we hope our social workers feel appreciated, connected, and supported.

Data Snapshot

Events hosted and # participated:

1. Pottery Class – 21
2. Appreciation Breakfast – 56
3. Garden Walk – 15
4. Chair Massages – 73

Total # of participants who attended one or more event(s): 104

Number of Volunteers: 10

Number of Point of Contacts: 11

Pre-Wellbeing Surveys Completed: 85

Post-Wellbeing Surveys Completed: 66

Amazon Gift Cards Raffle: 16

Fund Awarded: \$11,000



UCSF Human
Resources
Wellness



Project Details

There are 218 social workers (as of May 2024) embedded across UCSF Health (West Bay) in various departments. Social workers are a critical part of the health team by providing valuable support and resources to patients, families, and caregivers. We surveyed 198 social workers (Sep 2023) to determine their needs and interests. We received responses from 97 social workers (49% response rate). The result guided our grant writing team to plan our programming based on the collective feedback. We hosted 4 events over four months between Feb-May 2024.

On Feb 20 (Tue), we organized a 2-hour pottery class at the SMAart Gallery & Studios with 21 attendees. Spots were raffled since 53 people were interested in the event. The group created pottery pieces and connected over a catered dinner. On March 6 (Wed), we hosted a social work appreciation breakfast at Parnassus and Mission Bay. The event was well-attended by 56 social workers across the two locations. On April 27 (Sat), we planned a garden walk at the SF Botanical Garden. Fifteen social workers participated in the walk, scavenger hunt, and catered picnic lunch on a beautiful sunny San Francisco day. During May (5/6, 5/7 and 5/9), chair massage sessions were offered to social workers over three days at Parnassus and Mission Bay. There were 73 social workers who utilized the chair massages across both sites.

A total of 104 out of 218 (47%) social workers across UCSF participated in one or more of the above SW CARE events. Although the pre- and post-wellbeing survey results remained unchanged, we received positive qualitative feedback from staff: “Thank you so very much for everything you did to bring a week of chair massages to social workers at UCSF! This is one of the single best things I’ve ever seen to help support social worker well-being.” “It felt like an opportunity for real self-care.”

Project Challenges

The attendance varied across the events. Our lowest-attended event was the garden walk, as it was the only event on a weekend. Social workers provided feedback that they would like events during the work week/day. However, given the large size of our target grant population, we had to organize events strategically to minimize the impact on staffing. Another challenge was finding space at Parnassus and Mission Bay when organizing events onsite. We had to postpone our chair massage event due to space limitations. Lastly, the purchasing process can be cumbersome and time-intensive.

Lessons Learned

Overall, the turnout was good given that events were planned during different days/times and locations to maximize participation without impacting staffing or patient care. We organized a breakfast and chair massages onsite at Parnassus and Mission Bay, since 85% of staff were based at either locations from our survey. In the future, we would like to provide offerings for our social work colleagues at Mount Zion (10% of staff) and consider opportunities for our remote social workers (11% of staff).

