

Introduction:

Caring for ourselves so that we can care for others. Healthcare professionals are exceptional at providing patients and families with quality care, connectedness, awareness, respect and empathy. However, healthcare professionals are human, emotional beings, who grieve, mourn, hurt and deeply feel. It is the responsibility of healthcare leadership to foster an environment that promotes self-care, self-reflection and emotional support in an effort to reduce compassion fatigue and/or burnout.



Mission Statement:

Team Lavender is an interdisciplinary group of professionals that support healthcare providers in times of crisis, stress and/or trauma. It is essentially a Rapid Response for caregivers.

Team Lavender provides an opportunity to provide timely emotional, spiritual and physical support, discuss feelings, explore coping mechanisms and extend additional resources for support continuum (if needed).



Types of Responses:

Emergent:

Active crisis that requires crisis intervention by **Team Lavender** members

Debrief occurs immediately after crisis

Often dealing with raw emotions, exhaustion, confusion, anger, frustration, etc.

Examples: emotional patient death or code, difficult patient/family

Planned:

The debrief is planned in advance

Debrief occurs at a scheduled time

Examples: high mortality, high acuity, stress of a long-term patient

Peer support is powerful.

Team Lavender is comprised of interdisciplinary team members whose disciplines and skill sets complement one another when providing a holistic approach to emotional support.

Team Lavender members should be visible within the organization so that staff can develop rapport and ongoing relationships.

Knowledge is powerful.

Each **Team Lavender** members brings with them a wealth of knowledge, skill and experience.



Team Lavender



If you would like more
information about

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