

Supporting the Emotional and Psychological Well-Being of Healthcare Workers

Steve Wengel, MD

Tuesday, November 15, 2022, 12:00 p.m. – 1:00 p.m. CT/11:00 a.m. – 12:00 p.m. MT

Register [HERE!](#)

This ECHO session will focus on how the pandemic, and other recent events, have affected the emotional and mental health of healthcare workers in Nebraska. Dr. Steve Wengel will review self-care strategies, including managing holiday stress. The session will also cover strategies for reaching out to distressed colleagues and will build on content from previous ECHO sessions on Psychological First Aid.

Who Should Attend?

- ✓ **Critical Access Hospital Staff**
- ✓ **Long-Term Care Facility Staff**
- ✓ **Hospital Human Resource Managers**
- ✓ **Frontline workers**
- ✓ **Healthcare Leaders**
- ✓ **Public Health Professionals**
- ✓ **Emergency Preparedness Professionals**
- ✓ **Nursing Staff**

For more information about the UNMC College of Public Health's ECHO program for Critical Access Hospitals, click [here](#).

Steve Wengel, MD
Assistant Vice Chancellor for Campus Wellness
Division Chief, UNMC Geriatric Psychiatry



Dr. Wengel is an Omaha native who decided to pursue psychiatry as a specialty during his third year of medical school. Being able to address both medical and psychosocial problems in patients was very appealing to him, and finding ways to bridge the gap between these two areas of his patients' lives continues to be a source of challenge and fulfillment. Mental illness is frightening to many patients, and his calm and friendly demeanor helps ease his patients' fears. As a geriatric psychiatrist, Dr. Wengel enjoys hearing his patients tell of their triumphs over challenges across the years and is often impressed by the resilience shown by older adults in the midst of stresses like caring for an ill spouse or facing their own health problems.

Dr. Wengel is fond of reminding his trainees that the word "doctor" comes from a Latin word meaning "teacher." Teaching is part of every physician's job description in terms of providing an up-to-date understanding of diseases and their treatments to patients as well as other health care providers. His philosophy of education for medical students and residents is centered around the belief that one learns best what one struggles with. In other words, as teachers, we can simply hand our students the wisdom and experience we have acquired, or we can give them thought-provoking challenges which will cause them to grapple with understanding concepts in a deeper way. In the course of this struggle, students emerge with better understanding and retention.

Dr. Wengel specializes in geriatric psychiatry. He was Chair of the Department of Psychiatry from 2005 through February 2018. He was named in "Best Doctors in America," 2010-2011.