

Well-being Fuel Gauge Frequently Asked Questions (FAQs)

What is the Well-being Fuel Gauge?

The well-being fuel gauge is a tool for you to be able to check in with yourself as well as provide feedback to the Office of Faculty Affairs (for Faculty) and Nursing (for nursing and frontline staff) about how you are doing and what we can do for you to help during these stressful times.

Who can take the Well-being Fuel Gauge?

Currently all UT Southwestern nurses, frontline staff members, and all faculty members can use the well-being fuel gauge.

What happens to the suggestions?

We care about you and want to be here to support you! The faculty suggestions are sent anonymously and de-identified to FacultyWellness@UTSouthwestern.edu. Staff from the Offices of Faculty Wellness and Women's Careers will review the suggestions and advocate for changes where possible. The nursing and frontline staff suggestions are sent anonymously and de-identified to NursingWellness@UTSouthwestern.edu where a multidisciplinary group from spiritual care and nursing will similarly review suggestions and advocate for changes where possible. If concerns are the same for faculty and for nursing and frontline staff, we will work together to try to find a solution to help everyone!

Who will see my well-being scores?

If your fuel tank is almost empty (score of 0-5 on a scale of 0-100) your score will be sent to the Behavioral Health Response Team **IF** you agree to be contacted by them. Otherwise, no one will know your individual score. Median scores for groups of 10 or more will be sent to the Office of Faculty Wellness for Faculty and Nursing for nursing and frontline staff so they can see if any one group is particularly low in well-being and try to reach out to that group to help.

How will scores be used?

Scores are used to help you monitor your own well-being.

If your tank is very low (score of 0-25 on a 100 point scale), then the tool will ask if you are willing to be contacted by a member of the Behavioral Health Response Team which is staffed by members of the Department of Psychiatry and Division of Psychology. If you agree to be contacted, you will provide your contact information so that a member of the Behavioral Health Response Team can contact you within 23-48 hours. If you do not agree to be contacted, you will be provided resource numbers including the Behavioral Health Response Team number, the number for the Employee Assistance Program, and for spiritual care.

If your tank is running low (score of 26-50), you will be provided with resource numbers if you want to reach out for help.

If your score is greater than 50, you will also be provided with wellness resource information.

No one will know your individual score. Scores will not be used in any performance evaluations by your leadership as they will not have access to the scores. SurveyGizmo, the platform used for the fuel gauge,

is a third-party independent company and no one, including our data experts, has access to the identified data. Median scores for groups of 10 or more will be sent to the Office of Faculty Wellness for Faculty and Nursing for nursing and frontline staff so they can see if any one group is particularly low in well-being and try to reach out to that group to help!

How often can I take the Fuel Gauge Survey?

You can take it as often as you would like. We recommend taking it weekly just to give yourself a moment to actively think about how you are doing in the midst of the COVID-19 pandemic.

Can I take it more than once?

Yes! We actually recommend that you check in with this fuel gauge or with any method you find helpful (journaling, counseling, speaking with friends or family) at least weekly. When you fill out the fuel gauge, you will be offered the opportunity to have a fuel gauge reminder sent to you weekly via e-mail to facilitate you doing this weekly self check-in.

If I get support from the Behavioral Response Team or use the Well-being Fuel Gauge and my fuel take is low, do I have to report this to the Texas Medical Board?

Self-care is important. The Texas Medical Board ONLY requires you to disclose mental health conditions that **impair** your ability to perform your job. The well-being fuel gauge and the Behavioral Health Support Team is just support and NOT counseling or therapy and would not be considered something that needs to be disclosed. It is confidential, anonymous, and will not be documented in any written or electronic record. If you do require counseling or mental health therapy, as long as you are able to practice without limitations, participation in any of those services also does NOT need to be reported to the Texas Medical Board.

I don't want to take the fuel gauge assessment, but I do want to know about resources to help with my well-being. Where can I find them?

We care about you. Many resources can be found on the [UT Southwestern Wellness Resource](#). Resources include:

- Stress Management Hotline (214-645-5686, email BehaviorHealthResponseTeam@UTSouthwestern.edu; available 7 AM to 6:30 PM daily)
- UTSW Employee Assistant Program (toll-free 1800-386-9156; available 24 hours a day/7 days a week),
- Various peer support virtual meetings throughout the week
- A variety of mental health and physical health resources.

Bookmark this page and use it frequently. On Facebook, check out the UTSW Faculty Wellness private Facebook group for faculty, UT Southwestern Medical Center Nursing private Facebook page for nursing, and the UT Southwestern Community for all other members of our university family.

If I have any questions about the Well-being Fuel Gauge, who can I contact?

For Faculty: FacultyWellness@UTSouthwestern.edu or susan.matulevicius@UTSouthwestern.edu

For Nursing and Frontline Staff: NursingWellness@UTSouthwestern.edu