

BROADCAST SCRIPT-OSF SilverCloud offered as powerful resource for employers and employees

With added stressors for today's workforce, coupled with a lack of mental health providers, digital tools can be a good alternative ... at least while waiting for a therapy appointment.

Peoria, Illinois-based OSF HealthCare is hosting Healthy Workplace online events in communities it serves, helping employers understand it has a free, 24/7 support resource for them and their workers.

At a recent event in Alton, Illinois, Dominique Dietz, manager of Behavioral Health for OSF HealthCare, pointed out the current daycare shortage has added stress to employees now being called back to their workplace.

“We've been working remote at home and they're balancing watching their kids and now we're like, 'Hey we have to return to the office.' Navigating those hard conversations, navigating being flexible and things like that, has really added to employee stress as well as leadership stress.” (:18)

Dietz says stressed employees make for bad business.

“When we're stressed, when our employees are stressed, maybe they're not feeling as motivated, maybe they're not as friendly, maybe they're not as thorough in documentation or paperwork because they're feeling so overwhelmed when they're handling double or even triple the amount of clients or patients and so we're going to see it on the other side of things.” (:20)

Supervisors can support their staff by having open conversations, being transparent and flexible. Dietz says being responsive is critically important because more people are struggling, yet with fewer mental health providers to offer treatment. The average wait for an appointment with a therapist is four to six weeks.

OSF SilverCloud, isn't a substitute for therapy but it is a flexible mental health platform that can help address what's behind some mental health issues.

“It can help with work-life balance, problem-solving, communication, helpful thinking, self-esteem and resilience.” (:09)

Dietz says OSF SilverCloud has added a specific COVID-19 module. The support can be a good bridge to help while people are waiting for a therapy appointment and it's also used by therapists treating individuals.

“Therapists are utilizing SilverCloud in conjunction with their therapy – as their (patients') homework and exercises to do in between their therapy sessions, as well as when individuals are ending therapy. Being able to have them sign up for SilverCloud and have that additional support by a coach for an additional 8 to 12 weeks as well.” (:20)

The SilverCloud platform is backed by behavioral health managers who can intervene and interact with users when necessary. OSF SilverCloud can be accessed on the [OSF HealthCare website](#). Type SilverCloud into the search.