

Transcript of Video-Audio Clips with Dominique Dietz, manager of Behavioral Health, OSF HealthCare

Dietz says 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)

OSF SilverCloud 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 SilverCloud can be a good bridge to help wile 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)