

# Childcare—Multiple sources:

- <https://dualcareer.virginia.edu/parent-guardian-connection-resources>
- <https://med.virginia.edu/gme/program-resources/resident-well-being/parental-resources-site/>

## Caring for Children During Covid-19?

The UVA Dual Career Program has developed resources to assist UVA parents & guardians who are caring for children:

- **Parent Connections Newsletter**

[Vol. 1](#), [Vol. 2](#), [Vol. 3](#)

- **Parent & Guardian Connection Tool**

This tool helps connect UVA parents with one another as we continue to seek strategies to care for children during Covid-19. Learn more and register at

<https://dualcareer.virginia.edu/parent-guardian-connection-tool>.

**We'd like to hear from you!**

Please use this [survey link](#) to tell us about your experience caring for children during Covid-19.

# Snapshot of the UVA Parent & Guardian Connection Tool

## What does it do?

The Connection Tool brings together UVA employee parents and guardians, helping them identify others who have young or school aged children with similar educational and social interaction needs.

UVA employees may use this free tool to connect by email, share resources, brainstorm ideas for school/childcare coverage, schedule a virtual playdate, or help a parent who is new to the area. Here is a snapshot of the Tool in action.

Parent Name	Email	Age range category	Connections/Resources/Information (1st priority)
Carolyn Smith	cc7ac@virginia.edu	5 years/K	Identifying other parents with whom to share childcare supervision
Heather Jones	hh5ax@virginia.edu	5 years/K	Identifying other parents with whom to share childcare supervision
Carolyn Smith	cc7ac@virginia.edu	lower elementary (grades 1-3)	Supports for children in an online school environment
Heather Jones	hh5ax@virginia.edu	lower elementary (grades 1-3)	Supports for children in an online school environment

In this example, Heather and Carolyn

- have two children of the same age,
- live nearby, and
- have similar needs.

They can explore opportunities to work together, e.g., virtual playdate for younger children or parents take turns helping 3<sup>rd</sup> graders with homework.

# UVA Dual Career Program



The UVA Dual Career Program (DCP) assists spouses/partners of UVA faculty and faculty recruits in their efforts to seek UVA and Charlottesville area employment.

Learn more at <https://dualcareer.virginia.edu/>

On-demand resources for job seekers, designed by the DCP, are available to all local job seekers at <https://dualcareer.virginia.edu/job-seeker-resources>

# Provost Office Resources

- Resources for teaching:
  - [Center for Teaching Excellence \(CTE\)](#)
  - [Teaching continuity website](#)
- Resources for research:
  - [VPR's research continuity guidance](#)
- Faculty development:
  - [Workshops and programs](#)
  - [UVA Acts](#)
- Everything about our response to COVID:
  - [Return to Grounds](#)
  - [FAQs for faculty](#)

## Impacts of COVID on Faculty

### Working Group

1. To identify the scope of the impact of the pandemic on faculty work and success
2. To suggest one or more ways in which this impact can be documented by/for faculty to help with future performance evaluations
3. To brainstorm ways to mitigate consequences resulting from these impacts being experienced differently by faculty.

# Resources to support mental health

- Faculty & Employee Assistance Program (FEAP; [uvafeap.com](http://uvafeap.com))
- Multiple local clinics...
  - Women's Ctr, Sheila Johnson Ctr, Mary Ainsworth, UVA Psychiatry, Family Stress, etc.
- Find a therapist (Telehealth: [adaa.org](http://adaa.org), [abct.org](http://abct.org))
- Mental health web sites and apps ([Psyberguide.org](http://Psyberguide.org))
- National Suicide Prevention Lifeline (1-800-273-TALK/8255)
- NAMI.org resources: Black, Latinx, LGBTQI culturally responsive services
- Self-help books: <https://www.abct.org/SHBooks/>
- We direct MindTrails – [mindtrails.virginia.edu](http://mindtrails.virginia.edu)
- To find resources for children, visit <https://effectivechildtherapy.org/>

# SCHOOL OF MEDICINE OFFICE OF FACULTY AFFAIRS & FACULTY DEVELOPMENT

<https://faculty.med.virginia.edu/facultyaffairs/>

Recruitment and appointments	Onboarding and orientation	Compensation	Professional development
Mentorship	Annual reviews/ performance management	Promotion and tenure	Diversity, equity, and inclusion
Honors and awards	Leadership and governance	Endowed chairs	Faculty wellbeing
Faculty engagement survey	Leaves	Retirement	Emeritus elections



Adapted from: Viggiano and Strobel, *Faculty Health in Academic Medicine*, 2009.

UVA HUMAN RESOURCES BENEFITS : [HTTPS://HR.VIRGINIA.EDU/BENEFITS](https://hr.virginia.edu/benefits)

FACULTY HANDBOOK : [HTTPS://PROVOST.VIRGINIA.EDU/FACULTY-HANDBOOK](https://provost.virginia.edu/faculty-handbook)

ACADEMIC PAYROLL CALENDAR: [HTTPS://PAYROLL.VPFINANCE.VIRGINIA.EDU/ACADEMIC-PAYROLL-AND-LEAVE-CALENDAR](https://payroll.vpfinance.virginia.edu/academic-payroll-and-leave-calendar)

# HR Resources

- <https://hr.virginia.edu/benefits/community-resources-service-uva>
- <https://hr.virginia.edu/wellness>



# Resources for supporting positive interactions

- UVA Be Wise <https://www.medicalcenter.virginia.edu/bewise>
- UVA Ombuds <https://eocr.virginia.edu/ombuds>
- UVA Faculty and Employee Assistance Program <https://uvafeap.com/>
- Employee relations <https://hr.virginia.edu/employee-relations>
- Office of Faculty Affairs <https://faculty.med.virginia.edu/facultyaffairs/about-us/>
- UVA SOM Code of Conduct <https://faculty.med.virginia.edu/facultyaffairs/policies-governance/professionalism/>
- Patient responsibilities <https://uvahealth.com/patient-rights>
- EOCR and Title IX red button “Report and incident” <https://eocr.virginia.edu/title-ix>