

Center for Healthy Minds and Practice (CHaMP) is now open. It's basically a free mental health program available to hospital employees that is completely confidential. They don't use Epic because they are really trying to keep the program confidential. If you want to make an appointment call #244-8332.

Here is some more info from their website:

The Center for Healthy Minds and Practice, or CHaMP, will serve as a safe, confidential place for all employees to receive wellness and mental health support. It is located in the former cancer building just north of the South Garage on Jefferson Street — near the former bank on the first floor of the parking garage. The building is centrally located, yet has discrete access.

CHaMP's mission is to:

- Provide free, confidential and unlimited behavioral therapy to all employees
- Provide crisis-response services to averse events on campus
- Develop and maintain a peer-support counseling network to widen the available safety net to employees experiencing acute adversity
- Provide educational and outreach services, including workshops on resiliency and information about other hospital and community services

Access the center by contacting Tami Bellamy at 244.8332. Individual therapy sessions can be scheduled with [David Chesire, Ph.D.](#), or the behavioral therapist, Donna Ragucci, LMHC, R.N. Center employees are also available to provide group debriefing or educational services to any department or service in the hospital setting.

The UF Health Center for Healthy Minds and Practice, or CHaMP, was established to meet the growing needs of wellness and mental health support in a safe, confidential environment. All services are free of charge.

SERVICES FOR INDIVIDUALS

- Unlimited psychological support for personal, family or workplace concerns.
- Counseling, coaching, assessment, referral and client advocacy
- Conflict resolution
- Brief, solution-oriented counseling
- Case management covering issues such as addiction, alcohol or drug-related concerns and family concerns.
- Critical incident debriefing
- Guidance on working effectively with troubled employees
- Telehealth

SERVICES FOR GROUPS

- Customized group counseling
- Customized educational services
- Department workshops and training
- Critical incident debriefing
- Crisis response services to adverse events on campus
- Mental health and wellness opportunities that foster a healthy culture in your department
- Telehealth

For more information or to schedule an appointment, call 244.8332.

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