



# Mental Health & Wellness for NJ Nurses

NJ COLLABORATING CENTER FOR NURSING

## NATIONAL DATA

As of March 2022, **30 % of all nurses** said they are 'not emotionally healthy' or 'not at all emotionally healthy.'

### BY ROLE

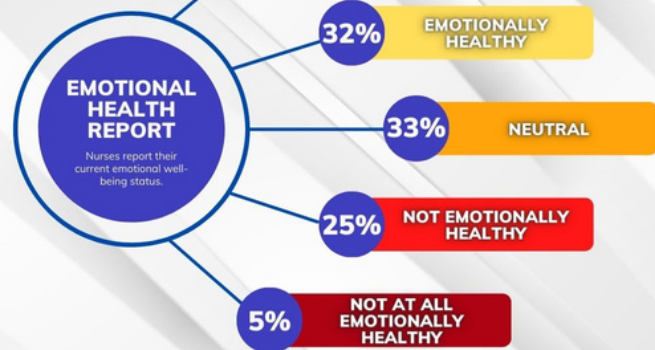
- 46% Intensive or critical care nurses
- 46% Emergency department nurses
- 39% Medical-surgical nurses
- 38% Acute care (hospital) nurses

### BY AGE

- 47% Under 25
- 46% 25-34
- 39% 35-44
- 29% 45-54
- 19% 55 or older

**\*52% OF NURSES CONSIDERING LEAVING THEIR POSITION**

### EMOTIONAL WELL-BEING OF NURSES



<https://www.nursingworld.org/~4a2260/contentassets/872ebb13c63f44f6b1a1bd0c74907c9/covid-19-two-year-impact-assessment-written-report-final.pdf>

## ACTIONS TAKEN



**Launch of NJ Nursing Emotional Well-Being Institute (NJ-NEW)**  
**Co-Director, Susan Salmond, EdD, RN, ANEF**  
**Assistant Director, Jennifer Polakowski, MPA**

- Virtual Schwartz Rounds (VSR)- 4,700 participants, 70 sessions, 138 stories shared
- Stress First Aid Training (SFA)- 205 trainers in 85 organizations
- Nurse2Nurse Peer Support Helpline
- Pilot Peer-to-Peer program with the App
- On-going development of online repository of resources
- Engagement with Well-being experts, focus-groups and regular surveying of nurse population to determine program effectiveness.

### Words from our program participants:

#### VSR

"It was valuable to talk about different levels of transitions, from those affecting novice nurses, to lateral moves, to educational transitions. Great session!"

"I very much enjoy all the topics NJ-NEW presents. Makes me feel less isolated and my cup is filled once again."

#### SFA

"I was very impressed with the science, evidence and excellent preparation this program provided to the participants. Thank you..."

"The program fits well with the department to enhance our over-all well being in the daily challenges and stress we face."

#### CONTACT

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