

## UTSW Employee Support Line is here for you

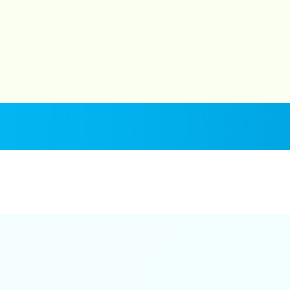
With the holiday season in full swing, we are reminded that this time of year can bring a unique set of stressors. We want to make sure you're aware of mental health and well-being support available 24/7, 365 days a year at the UTSW Employee Support Line, [855-420-0734](tel:855-420-0734).

That number is your connection to work-life resources – a spot where you can receive mental health support and access many ways to enhance your overall well-being. These resources are provided as a benefit to UTSW employees and their immediate families. (There may be a deductible or copay for in-person therapy.) All support and services are confidential.

The benefit is part of a broader initiative you'll be hearing a lot more about in the coming weeks as we evolve our employee support resources in partnership with Headspace, a global leader in mindfulness, therapy, and employee assistance programs.

We'll keep you posted on additional Headspace offerings as they're rolled out in the new year. In the meantime, if you have questions, please contact the HR Services Center at 214-648-9810 or [HR@utsouthwestern.edu](mailto:HR@utsouthwestern.edu).

[Employee Support Line](#)



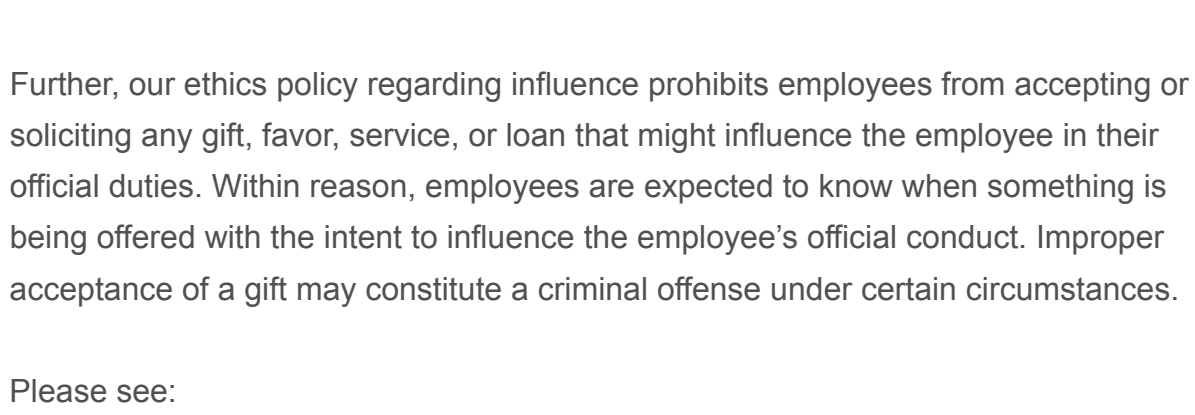
## PRESIDENT'S CAMPUS BRIEFING

### Get your questions ready!

Mark your calendar for next Wednesday, Dec. 20, at 9 a.m., when UT Southwestern President **Daniel K. Podolsky, M.D.**, will host the upcoming quarterly campus briefing.

Employees, faculty, and learners are encouraged to share the topics you would like to hear discussed. Whether you're interested in learning about the top priorities for 2024, looking for insights into the new budget for next year, or seeking information on the mental health support resources available during the holiday season, we want to know what's on *your* mind. Click the button below to send an email with your questions, and be sure to tune in next week!

[Ask the President](#)



## Give the gift of compliance

In the midst of this season's gift giving and good will, the UT Southwestern Office of Institutional Compliance & Audit Services would like to remind everyone about policies regarding gifts, donations, contributions, internal fundraising, and donor gifts.

While we appreciate the spirit of the season, our policies prohibit employees from the following:

- Selling goods at work (e.g., holiday bake sales)
- Accepting holiday gifts from vendors or donors
- Requesting contributions for holiday office parties and requesting or requiring individuals to donate or contribute funds for group purchases
- Collecting items to raise funds for outside organizations
- Soliciting donations to outside organizations or other employees (e.g., GoFundMe donations)
- Instructing donors to send gifts directly to an employee

Further, our ethics policy regarding influence prohibits employees from accepting or soliciting any gift, favor, service, or loan that might influence the employee in their official duties. Within reason, employees are expected to know when something is being offered with the intent to influence the employee's official conduct. Improper acceptance of a gift may constitute a criminal offense under certain circumstances.

Please see:

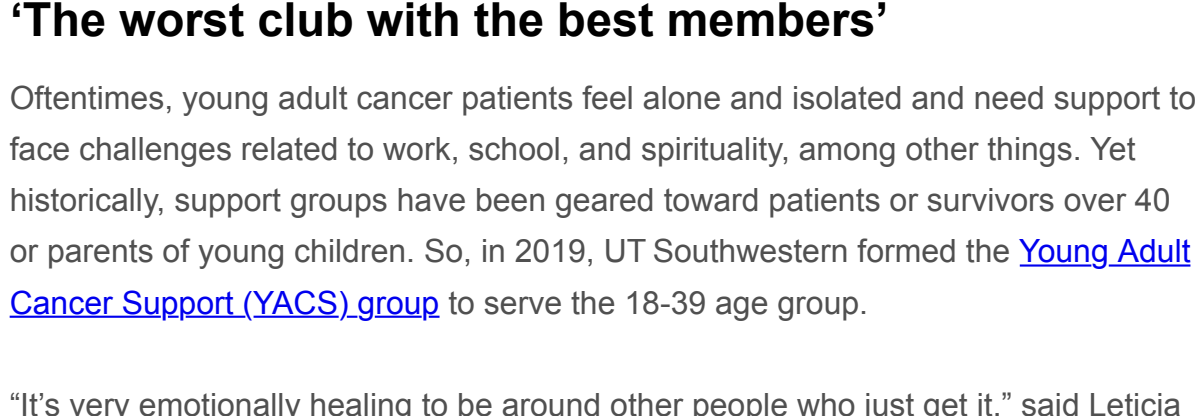
- [FSS-102: Solicitation](#)
- [FIM-601: Gifts – Solicitation, Acceptance, Processing, and Acknowledgement](#)
- [FIM-601P-01: Procedure for Receipt of Gifts](#)
- [ETH-101: UT Southwestern Ethics Policy](#)

If you become aware of potential violations of these policies, please contact the Office of Institutional Compliance & Audit Services Compliance Hotline at 877-507-7319, [email](#), or visit [MyComplianceReport.com](http://MyComplianceReport.com): [Compliance and Ethics Reporting](#).

We appreciate your contributions to UT Southwestern's culture of ethics and excellence.



## DIANA & RICHARD C. STRAUSS SERVICE EXCELLENCE AWARD



## Honoring six Health System standouts

The latest recipients of UT Southwestern's Diana and Richard C. Strauss Service Excellence Awards are part of a nearly 20-year tradition that honors six Health System employees each quarter who exemplify excellence and professionalism on the job.

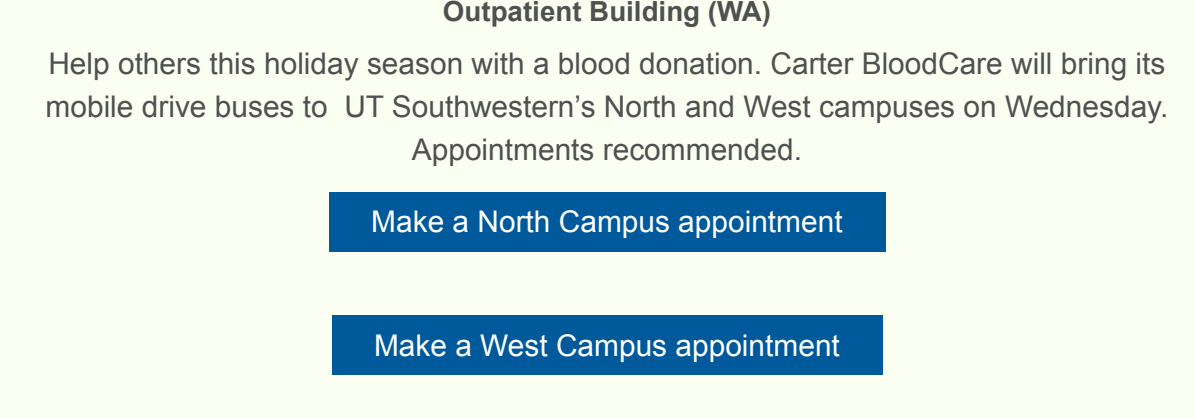
"They all play an important role in elevating our patients' experience, and they're exceptionally good at their jobs, finding ways to go beyond the routine to innovate and advance the service that we provide," Dr. Podolsky said of their achievements.

These honorees also serve as role models for the next generation of employees and share a spirit of volunteerism that strengthens our community. They are:

- **Colton Clark**, Clinical Staff Assistant in Psychiatry
- **Donna Fletcher, B.S.H.A.**, Senior Geriatric Coordinator at William P. Clements Jr. University Hospital
- **Michael Jhammat, B.S.N., RN, CCRN-CMC-CSC**, Charge Nurse with the Rapid Response Team
- **Zondria Johnson**, Senior Specialist in Health Information Management
- **Andrew Wang**, Hospital Access Lead in Admissions with William P. Clements Jr. University Hospital
- **Hailey Wilshire, LCSW, OSW-C**, Licensed Clinical Social Worker at Moncrief Cancer Institute in Fort Worth

Discover why they were selected, and watch a recording of the Nov. 17 awards ceremony.

[Meet the Strauss Award winners](#)



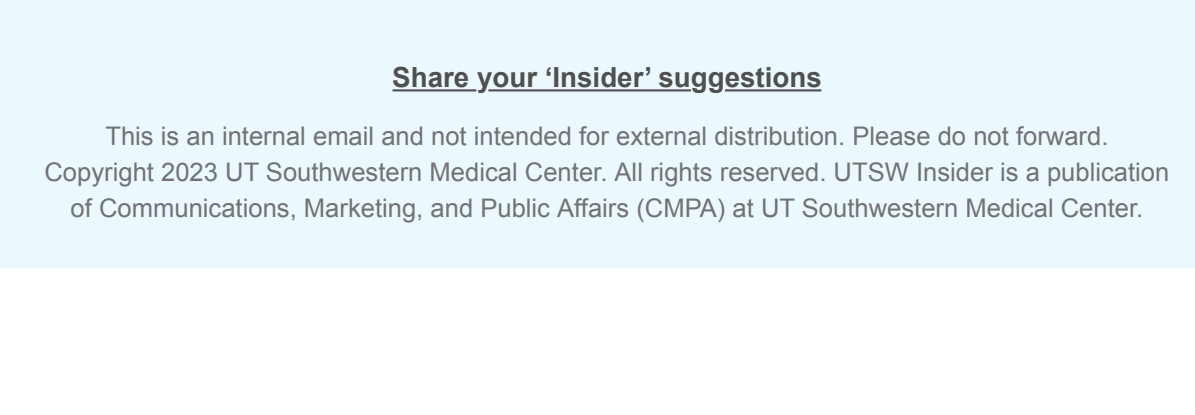
## 'The worst club with the best members'

Oftentimes, young adult cancer patients feel alone and isolated and need support to face challenges related to work, school, and spirituality, among other things. Yet historically, support groups have been geared toward patients or survivors over 40 or parents of young children. So, in 2019, UT Southwestern formed the [Young Adult Cancer Support \(YACS\) group](#) to serve the 18-39 age group.

"It's very emotionally healing to be around other people who just get it," said Leticia Hernandez, 28, who joined YACS after treatment for Hodgkin lymphoma. She affectionately calls it: "The worst club with the best members."

The [Harold C. Simmons Comprehensive Cancer Center](#) operates YACS, which is funded by donations and grants. It has grown into one of the largest groups of its kind in the U.S., with 300 active members. In addition to turning to each other for support, members gather for a monthly social activity. This holiday season, *Center Times Plus* is featuring an in-depth look at the YACS program and its recent culinary adventures.

[Read more](#)



## New online master's program in Nutrition Science

The School of Health Professions is excited to announce the addition of a Master of Clinical Nutrition – Nutrition Science (M.C.N.-N.S.) program to its degree offerings. This fully online course is designed for health professionals and registered dietitian nutritionists seeking an advanced degree that can be earned remotely through a self-paced curriculum.

Students will explore advanced nutrition topics to prevent and manage diseases, which will help patients improve their health through practical food and nutrition strategies.

This two-year program is now accepting applications until Feb. 15 for its fall 2024 cohort. For those interested in exploring this online program, visit the [website](#).

## Insider Guide



### Employee Advisory Council-hosted blood drive

10 a.m.- 4 p.m., Dec. 13  
Nancy B. and Jake L. Hamon Biomedical Research Building (NA) and Outpatient Building (WA)

Help others this holiday season with a blood donation. Carter BloodCare will bring its mobile drive buses to UT Southwestern's North and West campuses on Wednesday. Appointments recommended.

[Make a North Campus appointment](#)

[Make a West Campus appointment](#)



### UTSW Toastmasters

5:30-6:30 p.m., Dec. 13  
Woodview Tower, LE8.110, 1349 Empire Central Drive

Check out UT Southwestern's Toastmasters and develop competencies in public speaking and communication in a supportive, fun, and self-paced environment. The club is open to employees and students and meets the second Wednesday and fourth Tuesday of each month. *Please note that the event on Dec. 26 has been canceled.*

[Details](#)



## UTSW Events Calendar

Looking for your daily dose of happenings?  
The UTSW Events Calendar is updated every day.

[Click to view upcoming or trending events](#)

### Share your 'Insider' suggestions

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