

# The Occupational Programs Weekly Wrap Up

UVA Facilities Management

Special Edition

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## COVID-19 RESOURCES

<https://at.virginia.edu/FMC-19Resources>

### Updated boosters are here!

New boosters are available to provide increased protection against Omicron variants of Covid-19.

#### WHEN TO GET THE UPDATED BOOSTER

At least 2 months after your last Covid-19 dose (either a booster dose or primary series).

#### WHO SHOULD GET THE UPDATED BOOSTER

Individuals age 12 and up are eligible for the updated Pfizer booster. Adults age 18 and up are eligible for the updated Moderna booster.

#### CONTACT YOUR PHARMACY TO SCHEDULE



Learn more about & schedule the latest booster:

<https://at.virginia.edu/mZ7Nil>

**YOU'RE INVITED!**

**UVA FM EMPLOYEE APPRECIATION LUNCH**

**WEDNESDAY, OCTOBER 5, 11 a.m.-2 p.m.**

**CORNER OF LEAKE DR. & ALDERMAN RD.**

For details on food, logistics, alternative shift employees, transportation, and activities, visit the FM Employee News page at <https://at.virginia.edu/hrhGGI> or contact Emily Douglas at [em4hg@virginia.edu](mailto:em4hg@virginia.edu) or (434) 906-5810.

#NeverForget911 #RememberTheSky

### Remembering the Anniversary of 9/11

On September 11, 2022, [join the 9/11 Memorial & Museum](#) remembering all those killed 21 years ago and honoring the brave first responders who ran toward danger to save others by posting a picture of the sky where you are.

**Publish a post of the sky with:**

- The hashtags #NeverForget911 and #RememberTheSky and tag @911Memorial
- An image of the sky where you are
- If possible, please add a personal note of what 9/11 means to you.
- Mention the [NeverForget.org](https://www.NeverForget.org) URL in the post.

Learn more: <https://www.911memorial.org/remember-sky>

# CONSTRUCTION SUICIDE PREVENTION WEEK

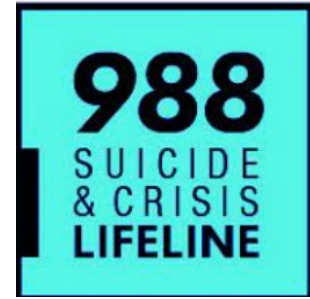
## September 5-9 is Construction Suicide Prevention Week.

- A week dedicated to raising awareness about the higher-than-average number of suicides in the construction industry, and to providing resources to help prevent those deaths.
- September is [National Suicide Prevention Month](#)
- Learning more about suicide and suicide prevention is important for *all* of us in our roles as helpful knowledge can benefit our work, our families, and our friends—suicide was the [12th leading cause of death overall](#) in the US in 2020, claiming the lives of over 45,900 people.



## Why should we be concerned about Suicide + Construction?

- **Multiple factors likely contribute to higher suicide rates and mental health concerns in the construction industry, including the following:**
  - Male dominated industry, with men experiencing the highest suicide rates
  - Toughness and strength are valued, mental health conditions, or seeking help, may be seen as personal weakness
  - Stigma and fear of consequences associated with mental health issues and help seeking
  - Shame and fear of judgment
  - Chronic pain
  - Seasonal and cyclical work contributing to family and financial strain
  - High stress and deadline driven work with limited job control
  - **See more factors here:** <https://at.virginia.edu/cjfAcw>



**Some behaviors may indicate that a person is at immediate risk for suicide:**

- Talking about wanting to die or to kill oneself. Communication may be veiled, such as: “I just can’t take it anymore.” or “What’s the use?”
- Looking for ways to kill oneself, such as searching online or obtaining a gun.
- Talking about feeling hopeless or having no reason to live.
- **Other behaviors may also indicate serious risk – especially if the behavior is new, has increased; and/or seems related to a painful event, loss, or change.**
  - Talking about feeling trapped or in unbearable pain
  - Talking about being a burden to others
  - Increasing the use of alcohol or drugs
  - Acting anxious or agitated, behaving recklessly
  - Sleeping too little or too much
  - Withdrawing or feeling isolated
  - Showing rage or talking about seeking revenge
  - Displaying extreme mood swings (SPRC)
  - Learn more here: <https://at.virginia.edu/vzZs7o>

**More than 47,000 people die by suicide each year.<sup>1</sup>**

**Suicide was the 12th-leading cause of death in the country in 2020.<sup>2</sup>**

**From 1999 to 2019, the suicide rate increased 33% across all sexes, races, and ethnicities.<sup>3</sup>**

Rate increase among females:		Rate increase among males:	
<b>139%</b> American Indian & Alaska Native	<b>68%</b> White	<b>71%</b> American Indian & Alaska Native	<b>40%</b> White
<b>65%</b> Black	<b>37%</b> Hispanic	<b>9%</b> Black	<b>9%</b> Hispanic
<b>15%</b> Asian & Pacific Islander		<b>10%</b> Asian & Pacific Islander	

**Screening tools for suicide risk can help reduce death and connect people to treatment, but these tools are not widely used.**

**Eight hospital emergency departments found 30% fewer suicide attempts** among patients who were screened for suicide risk and received evidence-based care, such as additional screening and follow-up phone calls, compared with patients who were not screened.<sup>5</sup>

**About half** of all people who die by suicide interact with the health care system within a month of their death, giving health care providers a critical opportunity to screen for suicide risk.<sup>4</sup>

**Hospitals and health systems can implement evidence-based suicide screening to identify patients at risk and connect them to lifesaving care.**

If you or someone you know needs help, please call the National Suicide Prevention Lifeline at 800-273-8255 or text TALK to 741741 to reach a Crisis Text Line counselor.

[Link to image](#)



## FEAP Services are *ALWAYS* available to you—

- For employees and their families, the Faculty & Employee Assistance Program offers assessment, short-term counseling, referral, and follow-up at ***no cost*** to you for a wide variety of personal concerns. The FEAP program is confidential.
- To learn more or schedule a time to speak to someone at FEAP, please call (434) 243-2643 or <https://uvafeap.com/appointments>
- For emergencies call 911 or 988.

## Self Check In: Assess How You Feel & Determine Your Next Steps

If you've had one or more of the following **mild symptoms** for **less than 2 weeks**:

- Feeling a little down, but
  - still able to do your job, schoolwork, or housework
  - still able to take care of yourself and others
- Some trouble sleeping

Try one of the following activities:

- Exercise—Aerobics or yoga!
- Get social—Either virtually or in-person
- Make time to get adequate sleep on a regular schedule
- Eat healthy
- Talk to a trusted friend or family member
- Practice meditation, relaxation, and mindfulness

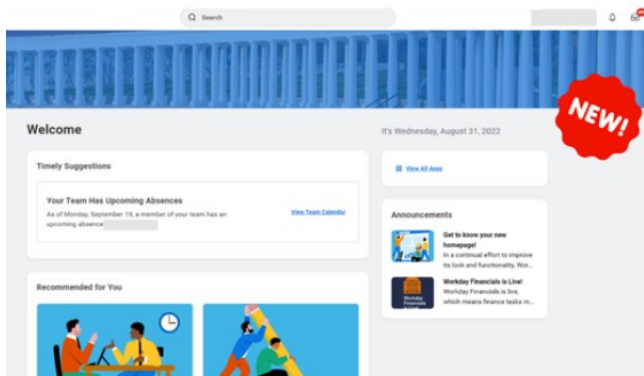
Do you have more **severe symptoms** that have lasted **2 weeks or more**?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm

**You are not alone! Reach out to FEAP (<https://uvafeap.com/appointments>) or your doctor.**

# OCCUPATIONAL TRAINING

## Your Workday Homepage: A New Look



On Saturday, September 10, Workday 2022 Release 2 will bring a new appearance to your [Workday homepage](#).

Interested in learning more? Check out these two minute videos. Additional details and resources to support the transition will be provided.

→ [Workday Homepage Overview video](#)

→ [Workday Inbox Overview video](#)

## Leadership Connection: What is “Workforce Development”?

Workforce Development is the “People First” approach to business development — we focus on developing our teams to meet and exceed the business challenges as well as provide career growth to employees.

**How do we practice workforce development at UVA?** There are a variety of ways:

On-the-job learning, that is practicing our craft through active hands-on experience; coaching and mentoring - Leaders mentor and model appropriate ways to operate within our UVA culture and coach individuals in your trade; and finally, there are in-class learning experiences where team members can learn new topics and themes both online and in the classroom. In training, **This the 70-20-10 model:** we learn **70% of the time through engaging challenges** and on the job experiences; **20% of the time leaders coach and model** appropriate behaviors/roles, while mentors provide real-world experience and guidance; and the final **10% is reserved for those in-person classes and online learning** experiences. **As we celebrate Workforce Development month, what are some ways that you are engaging your teams with workforce development?**

Here’s a brief eLearning course to help: <https://at.virginia.edu/xUHEsf>

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## View or Apply for UVA FM Jobs

**Current UVA Employees** Search for and apply to jobs using your existing [Workday account](#).

See UVA HR’s **How to Apply: for Internal Candidates:** <https://at.virginia.edu/jgLuzS>

**External Applicants** (not currently employed by

UVA) will be prompted to create a profile in Workday when applying: [https://](https://uva.wd1.myworkdayjobs.com/UVAJobs)

[uva.wd1.myworkdayjobs.com/UVAJobs](https://uva.wd1.myworkdayjobs.com/UVAJobs)

*Not all listings are available to external applicants.*

Questions on job listings go to [AskHR@virginia.edu](mailto:AskHR@virginia.edu)

## Training Offerings: Fall 2022

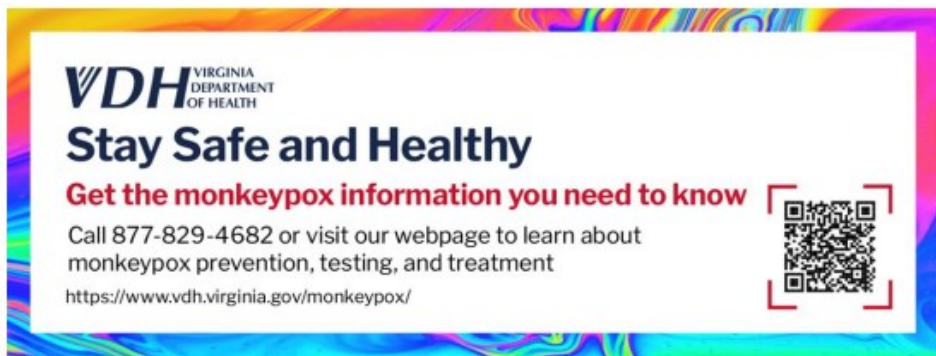
**Backflow Prevention Training:** If you are interested, notify the Occupational Training team email [fm-training@virginia.edu](mailto:fm-training@virginia.edu) to be added to the class list.

### UVA EDGE

UVA Edge is a part-time, online college credit program for working adults. Students earn 20 undergraduate credits while building career and digital skills. It is covered by the UVA education benefit for eligible employees and is ideal for students without college experience or those with less than 30 credits.

Learn more online at

<https://edge.virginia.edu/uva-employees>



If you are interested in getting a monkeypox vaccine, please fill out the state-wide interest form from the Virginia Department of Health:

<https://at.virginia.edu/JqOnGO>

All form responses are confidential.

## COVID-19 RESOURCES

### Helpful Links

- Community COVID-19 Guidance & Resources: [COVID.gov](https://www.cdc.gov/coronavirus/2019-ncov/index.html)
- UVA COVID-19 Updates: <https://coronavirus.virginia.edu/>
- What's "Close Contact"? And What's Next? <https://at.virginia.edu/ZTR6cO>
- OHS COVID-19 Resources: <https://www.fm.virginia.edu/depts/ohs/covid-resources.html>
- Visualize FM COVID-19 Case Rates (accessible only by FM employees): <https://www.fm.virginia.edu/employees/intranet/fm-covid-chart.html>
- Find medication for a COVID-19 positive: <https://covid-19-test-to-treat-locator-dhhs.hub.arcgis.com/>
- Weekly Updates from the Blue Ridge Health Department: <https://www.vdh.virginia.gov/blue-ridge/newsletters/>

### Reminders:

- **Long COVID:** If you tested positive and recovered, but have been experiencing new or recurring symptoms for more than a couple weeks since your initial COVID-19 infection, talk to your doctor. This is a sign of "[long COVID](#)". This occurs in about 1 in 5 COVID-19 cases.
- **FREE At-Home Tests:** If you have health insurance through UVA or Marketplace, your insurance will pay you back for 8 at-home tests each month for each person on your plan when purchased through a participating retailer. [Log into your Aetna account to learn more.](#)

**UVA Employee Health offers walk-in testing for UVA employees only at their 400 Brandon Avenue location, Monday-Friday, 8 AM to Noon & 1 PM to 4 PM. Call 434-924-2013 for guidance and testing information.**

### What to do: Positive At-Home Test

- **Report your positive test to BRHD.** (Optional)
- **Notify your supervisor.** (*Not optional!*) Supervisors then complete [an FM report](#).
- **UVA employees who receive a positive at-home test are required to notify Employee Health.** Based on your situation, Employee Health will provide quarantine and return-to-work guidance.
- **Notify your close contacts.** That is, anyone who has been within 6 feet for 15 minutes or more in the 2 days before you had symptoms OR received a positive result if no symptoms.

