Early Alert
Circles of Support, Inc.

~ 610-235-6635 ~ info@EarlyAlert.me

Prevent Crisis ~ Reduce Turnover ~ Improve Wellness

- Proactive weekly check-ins via text messaging, instead of passive screening tools.
- Confidential responses to inspire honest answers.
- Immediate referral to support resources, based on the specific challenge identified.
- Wellness dashboard to guide wellness programming by illuminating patterns of distress (see below).
- Monitoring multiple wellness domains, including:
  - Physical wellness
  - Mental wellness
  - Social wellness
  - Drug/alcohol abuse
  - Burnout
  - Sleep

Contact us to discuss how we can help your organization:

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Wellness Dashboard

Sophisticated drill-down analytics to identify patterns of distress, using variables such as:

- Demographics
- Areas of practice
- Time of year
- Location

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Example Use Case

Ben, a PGY2 in OB/GYN, participated in multiple complicated deliveries between Sunday and Thursday, including a few resulting in severe injury to the baby and one resulting in the death of a baby.

Walking into the hospital, Ben appears friendly and upbeat, greeting his colleagues and reassuring his patients. However, for the past few days, Ben has been experiencing:

- Irritable mood (Ben has been more easily annoyed and feeling more judgmental of others)
- Tension in his marriage (not wanting to burden his wife with the gory details, Ben has instead become withdrawn; his irritability has not been helping)
- Trouble sleeping (watching Netflix in the living room while his wife sleeps in bed)

Ben’s emails are piling up, as usual, and he misses an email invitation for an annual wellness survey. But when Ben receives a text message on Friday morning, as he pulls in to the hospital parking lot, he quickly checks it. It says: "Hi Ben, this is Jake from Early Alert, checking in with you. How satisfied have you been with your personal/social relationships over the past week, on a scale of 0-10? (0 = Completely Unsatisfied, 5 = Neutral, 10 = Completely Satisfied)"

Ben thinks of the tension in his marriage and his growing distance from friends, and replies "2". Early Alert then suggests potential support resources, including:

- Contacting the EAP for individual and/or couples counseling
- Talking with the residency director,
- Posting to a confidential peer-support online forum for OB/GYN
- Self-help resources:
  - A podcast about mental health in residency
  - An article about post-traumatic stress in medicine

Ben clicks on the link for the article on post-traumatic stress. While reading it, Ben is surprised to realize that his recent wellness challenges correspond with a post-traumatic stress response. Still in his car, he clicks on the number for the EAP and schedules a consultation.

Early Alert helped Ben recognize the difficulties he has been experiencing and connecting with support resources before his challenges escalated further.

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Bring Early Alert to your Organization:

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