

Dear SciPAC Mentors,

As PHS Officers and America's Health Responders, we are honored to serve our country during global health emergencies, including the current COVID-19 pandemic. Thank you for your commitment both to our mission and to mentoring the next generation of response leaders.

As we continue in this difficult journey together, we ask that you please reach out to your mentees to talk with them about what they may be experiencing during these trying times. Although many of our mentor/mentee conversations pertain to career development or officership, the mentor/mentee relationship is also about demonstrating that professionals care about one another's well-being. These calls can be brief—much shorter than your typical quarterly calls.

It is important when you call that you distinguish this as a mentoring call, not a call made on behalf of Commissioned Corps Headquarters. This will help to set the appropriate tone for your conversation. The following are questions you might discuss with your mentee. Feel free to tailor these for your individual mentor/mentee relationship:

1. Have you already deployed or been notified that you will deploy soon? Do you need additional resources to prepare for deployment (i.e. packing list)?
2. How has your work been affected by COVID-19? Have you been able to adapt expectations of yourself and others to match these circumstances?
3. Have you encountered any difficulties in transitioning to teleworking?
4. How has COVID-19 affected your personal life? Do you need additional resources to adjust to these changes?

The following resources may be helpful during your call or in the course of follow-up:

1. **Corps Care:** USPHS established Corps Care to support officers throughout our deployments and careers. While they do not provide direct treatment, they do provide guidance, support, and assistance to officers. Numerous resources are available on their website; <https://dcp.psc.gov/ccmis/CorpsCare/About%20CorpsCare.aspx>
2. **Employee Assistance Program (EAP):** EAP provides confidential no-cost counseling services to federal employees (including USPHS officers) and/or their dependents and other household members. Counselors are available 24/7 at various sites throughout the country. For more information, please call the National Service Center EAP number at 1-800-222-0364 (available 24/7).
3. **Uniformed Health Care information:** TRICARE has put together answers to some common questions about TRICARE and COVID-19, including about testing, your health plan, pharmacy coverage, quarantine, and more.
 - a. To learn more, Coronavirus Frequently Asked Questions page (<https://www.tricare.mil/HealthWellness/HealthyLiving/Coronavirus/Coronavirus-FAQs>)
 - b. For latest on TRICARE and COVID-19, sign up for email updates. (<https://public.govdelivery.com/accounts/USMHSTMA/subscriber/new>)
4. Specific agencies may provide additional resources. For example:

- a. **FDA** provides access to WorkLife4You to their employees, found at www.worklife4you.com. This valuable resource provides On-Demand webinars, articles and a personalized section to assist with your unique needs. The username and password can be found in the daily notices email or reach out to LCDR [Elizabeth Edwards](#) for additional information.
- b. **CDC** has The WorkLife Wellness Office Training and Response Team (TRT) which promotes, supports, and trains the CDC community towards becoming a more resilient organization as the community responds to public health emergencies at home and throughout the world. TRT provides subject matter expertise and resiliency support by participating in pre-deployment briefings, co-facilitating post-deployment debriefings, conducting resilience-focused training sessions, reviewing deployer resilience questionnaires, conducting follow-up consultations, as appropriate, and other activities. CDC employees can find more information about this program at <http://intranet.cdc.gov/ossam/wellness-employee-assistance/wellness-services/resiliency-support/index.html>.
- c. **SAMHSA** has resources on Training and Technical Assistance Related to COVID-19 which include resources and webinars on a variety of behavioral health and substance use topics, including how to talk to your child/ren about COVID-19. For additional information see: <https://www.samhsa.gov/sites/default/files/training-and-technical-assistance-covid19.pdf> .

Thank you for your continued service as a SciPAC mentor. We appreciate the investment you are choosing to make in our more junior officers. We hope that you and yours are well.

SciPAC Mentoring Subcommittee Leadership