How to roll out the Battle Buddy program as part of a psychological resilience intervention

1. Specific nursing unit leads or physician champions request program roll-out for unit/department
2. Resilience program lead meets with dept/unit leads to assess needs and explain program
3. Program leads facilitate “all hands” launch meeting with dept/unit, introduce program and determine specific stressors/needs of staff/faculty
4. Dept/nursing lead facilitates pairing of Battle Buddies
5. Distribute Battle Buddy Pairings and Pocket Card to dept/unit members
6. Key leads and champions attend weekly “drop-in” huddle video conference meetings to assess progress and provide feedback

*Stand-alone Battle Buddy Program:
For organizations without a mental health consultant, these components could support roll-out of stand-alone Battle Buddy Program

Mental Health Consultant facilitates Anticipate and Plan stress inoculation discussions with dept/unit members (ongoing)

Mental Health Consultant is available to department/unit staff seeking individual support (ongoing)