A message from Dr. Peter Yellowlees, Chief Wellness Officer

Listening and learning

Last week, in an attempt to raise the issue of racism in our society, and particularly the importance of the White Coats for Black Lives movement, Good Stuff missed the mark with well-intentioned but hurtful content. For this we unreservedly apologize. We have begun our own learning process and wish to thank those who have pointed out that we should have consulted and included the voices of Black health professionals who have worked for years to promote health justice and the reduction of racially related health inequities. These are both important components of the well-being of individuals and our community. We are aware of the extra hurt caused by highlighting the emotional impact of racism on ourselves and our non-Black colleagues in the absence of highlighting the long-standing, much more extensive impact on Black members of our community.

So, what are we going to do, and how are we going to change the well-being initiatives here at UC Davis?

The first objective is self-education. We have personally started this with considerable reading and reflection over the past week and would encourage all non-Black members of our community to do the same. We have learned that these types of trauma have differential effects on Black members of our community compared to non-Black members of our community, and also that attempts of non-Black people to help can at times be further harmful to Black people’s mental wellness. We have been sent some resources by Ruth Shim, MD and Shani Buggs, PhD, MPH which we have found useful, and recommend them to all:
Police killings and their spillover effects on the mental health of black Americans (The Lancet)

The emotional impact of watching white people wake up to racism in real-time

Don’t be an ally

Secondly, we will include the voices of those Black colleagues who wish to be involved in dismantling racist infrastructures that impair well-being throughout our institution. We can be contacted at our personal emails, or at clinicianwellbeing@ucdavis.edu so that such voices can be published on our website or Good Stuff as part of an important community discussion.

Thirdly we will consult with our Black colleagues and leaders as to how we can reduce racially driven inequities in well-being at UC Davis Health in the short- and long-term, and will incorporate these in our future well-being programs, aiming for culture change and inclusion of more diverse voices and perspectives. Our wellness programs should reflect that wellness is inclusive and for everyone.

The work of dismantling systemic racism belongs to us all. We must all own this problem. We look forward to continuing discussions around racism and injustice and to taking actions to reduce well-being inequities at UC Davis Health.

Peter Yellowlees, MD and Katren Tyler, MD

Emergency Pavilion
"The nurse at the ER who did the IV for my son is really good. She did it one or two times only, knowing my son is a hard stick."

P3 PACU Boarding
"I had a very good experience. I was very impressed with the care I received. I was very appreciative for the after care phone call from the anesthesia dept. It was thoughtful. Also loved the recovery nurses. They went above and beyond!"
**Davis 3 Newborn Nursery**
“Rapid, courteous check-in for the labor and delivery unit.”

**UC Davis Medical Group Folsom GI Procedure**
“I had a colonoscopy. The provider and the nursing staff were excellent.”

**Cardiology ACC**
“Best nursing staff ever.”