



## **POMA Resident Wellness Grant Committee Events Application 2022-2023**

### ***POMA Physician Wellness Event Program***

POMA and the Committee on Physician Wellness are committed to creating and providing opportunities for open dialogue regarding personal well-being in all levels of the osteopathic profession. We promote osteopathic mental health and well-being through focused activities sponsored/supported by POMA and the POMA Foundation. The grant is \$500.

### ***Timeline Activities***

Submit Grant Proposal Due – October 1, 2022

Expected Grant Notification – November 15, 2022

Program/Project Time Frame – January 1, 2023 through May 31, 2023

Results/Outcome Report and Survey Responses – Not less than two 2 weeks following program completion.

### ***Eligibility Criteria and Guidelines:***

- POMA Membership Requirement: Programs require at least 25% osteopathic residents and at least 1 POMA Resident Member to apply for grants.
- No alcohol-related activities or high-risk activities will be approved. Examples of high-risk programs include but are not limited to Axe Throwing, Shooting Ranges, Whitewater Rafting, etc. We encourage you to inquire if you have questions.
- Support of the program director and facility for ongoing conversation following the completion of the granted project or program.
- The grant does not allow for overhead / F&A Costs, nor should the funds be used for overhead/ F&A costs.
- Completion of Result Survey on time. Failure to complete Result Survey will prohibit eligibility for following year.
- Grant approval is based on the activity submitted. Any modifications to the activity after approval will need to be reviewed and approved prior to the event being held.
- To encourage collegiality with POMA and the POMA Foundation, a POMA representative may attend your activity to demonstrate support for your program.
- POMA is not liable for any loss or risk associated with the activity.

### ***Have a Question?***

Please email Jason Leeper, [jleeper@poma.org](mailto:jleeper@poma.org), with any questions you may have about the Physician Wellness event program, including if certain activities would qualify.

### ***Funding***

Resident Wellness Events are made possible through a grant provided by the Pennsylvania Osteopathic Medical Association Foundation.



## Resident Wellness Event Application 2022-2023

### General Applicant Information

Contact Person: \_\_\_\_\_

Contact Person – Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Contact Person – Email: \_\_\_\_\_

Name of Institution (business address): \_\_\_\_\_

Program Director: \_\_\_\_\_

Program Director Phone: \_\_\_\_\_

Program Director Email: \_\_\_\_\_

Anticipated Date or Tentative Date of Program/Project (01/01/2023 – 5/31/2023): \_\_\_\_\_

Will there be an opportunity for POMA/POMAF representatives to participate?  Yes  No

### Project/Program Abstract (Summary – one page or less)

A. Title of Project/Program: \_\_\_\_\_

The abstract should present a concise summary of the project/program. Please include the following:

- statement of need describing the problem being addressed and description of participants.
- goals and measurable objectives of program/project; and
- program description including implementation plan.

Abstract Document – The abstract can be uploaded as a Word document or PDF. Type the work “Upload” in the abstract box to indicate a file will be uploaded:

**Abstract (plain text only):**

## **Results Survey**

1. What was the general understanding of the purpose of the project/program by participants?
2. During the project/program, what tangible tools or strategies were demonstrated or taught (i.e., coping skills for wellness and life balance)?
3. What word(s) best describes how you feel when you are experiencing stress or well-being imbalance?
4. What suggestions do you have to increase the probability of success for the project/program for other institutions?
5. What do you intend to do, upon returning to work, that you learned and practiced during the activity, that will improve your response to stressful situations?