



StressPal is a clinician and educator led organization, with a mission to deliver evidence-based digital health programs to promote care, vitality, collaboration and safety of the healthcare workforce and their patients. StressPal was founded by James Monroe, Ph.D., Clinical Psychology, and Pennie Sempell, J.D. in 2015 in Delaware, USA, as a “C” Corporation. The team includes multidisciplinary subject matter experts and award-winning creative talent. StressPal’s current solutions are focused on the healthcare workforce. A patient-facing self-care engagement tool is in development as an adjunct to standard care.

Action steps to help solve complex challenges

Frontline healthcare workers (clinical and non-clinical) are experiencing rising levels of distress, declining resilience and decisions to leave, with associated turnover, adverse events and reduced quality of care. Resolving the complex contributors to burnout, over time, requires excellence in problem-solving and collaboration on many levels. Yet, formal resilience training is rarely accessible. Action steps are needed to help people feel valued and arm them with foundational stress resilience and interpersonal competencies to function effectively in pressured situations and interactions.

Burnout is a globally recognized problem. In the United States, the National Plan for Health Workforce Well-Being lays out key priorities, which *StressPal Frontline: Essential Resilience Self-Care and Burnout Prevention* enables:

- Create and sustain positive work and learning environments and culture
- Invest in measurement, assessment, strategies and research
- Support mental health and reduce stigma
- Engage in effective technology tools
- Institutionalize well-being as a long-term value

The U.S. Health Resources and Services Administration provided \$102M in grant funding to develop wellness programs for the healthcare workforce of which *StressPal Frontline* is an approved program.

Ready-to-use burnout interventions for retention, risk reduction and resilient cultures

StressPal Frontline: Essential Resilience Self-Care and Burnout Prevention is a web-based program and engagement platform that specifically addresses nursing and health workforce distress, and ineffective inter-professional dynamics, with evidence-based interventions. Learners feel valued as they acquire immediately applicable strategies to navigate and defuse stressors, improve communication and listening skills, and choose more workable responses to stressors, aligned with valued directions.

This easy-to-administer, secure platform features built-in validated assessments, innovative interactive video technology, and your own peer/mentor community in real time and on any device. GDPR compliance assures anonymity and reduces stigma. Only first name or nickname is entered on sign-up.



What Sets StressPal Frontline LMS Ahead

- ✓ Upskills the workforce with leading, best practices strategies in the flow of work
- ✓ At scale implementation for IDEA (Inclusion, diversity, equity and access)
- ✓ Turnkey, with expert support and minimal admin time to implement
- ✓ Your own peer support community to reinforce engagement
- ✓ Interactive technology for compelling, brain-based learning
- ✓ Pragmatic, concise and immediately applicable skills
- ✓ Built-in metrics and surveys to facilitate evaluation

Illustrative free text responses to anonymous surveys (care team and staff)

“Receiving such germane material impressed me and made me feel valued and recognized.”

“I now have an arsenal of techniques to combat my stress.”

“Loved it all. 10/10 recommend. I feel relaxed for the first time in a while.”

“StressPal does a beautiful job of addressing our struggles by first making us feel heard and known, and then with definitive actions we can take to manage our stressors and improve our well-being.”

Learners acquire valuable well-being and interpersonal competencies

97% Overall participant “Excellent/Very Good/Good” satisfaction ratings

95% of learners report acquiring strategies to function more effectively in pressured situations and interactions.

91% of participants report being better able to defuse stress-triggered responses and communicate more effectively with others

88% of learners say they made progress in their ability to flexibly conduct their life aligned with personal values

Accreditation: 12 continue education credits are offered with these professional associations: We will work with our partners to expand credit options.

Interprofessional Continuing Education (All health workers)

Accreditation Council for Continuing Medical Education (*AMA PRA Category 1*) - Physicians, PAs

American Nurses Credentialing Center (ANCC) - Registered Nurses, NPs

American Psychological Association (APA) - Psychologists, other mental health professionals

Accreditation Council of Pharmacy Education (ACPE) - Pharmacists

Association of Social Work Boards (ASWB) - Social workers

Reference contact information is available on request:

Postgraduate Institute for Medicine
George Mason University, College of Public Health
HealthWell Foundation
The DAISY Foundation
Array Behavioral Health
Center for Telehealth and e-Health Law

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