



Introduction to Brief Emotional Support Team (BEST) Training

Since 2009, the Stress, Trauma and Resilience (STAR) Program at The Ohio State University Wexner Medical Center assists health care professionals through specialized training before traumatic exposure happens, and it provides direct, temporary emotional support to professionals when needed.

Our STAR Brief Emotional Support Team (BEST) program introduces evidence-based techniques that equip professionals to respond effectively in a crisis while also engaging in skills that build resilience to cope with chronic exposure to stress.

This peer-support model creates a culture of compassion and helps staff learn how to care for each other in the demanding, difficult, harrowing and crucial work that we do each day.

To schedule a training (available in a virtual format), contact MaryJo Lee at (614) 293-9463 or MaryJo.Lee@osumc.edu