

PAGNY | HEALTH AND RESEARCH FOUNDATION, INC.

- **What is PAGNY?**

The Physician Affiliate Group of New York—one of the largest physician groups in the U.S.—PAGNY serves roughly 1.1 million residents in 7 of the 11 hospitals within NYC Health & Hospitals, as well as H+H/Gotham Health Clinics and H+H/Correctional Health Services.

- **Who does PAGNY serve?**

PAGNY's patients include NYC's most vulnerable residents—typically uninsured/underinsured Black and Brown individuals; many are homeless.

- **What is the mission of the PAGNY Health and Research Foundation (PHRF)?**

A non-profit founded in 2016, PHRF is committed to promoting health equity for the marginalized communities PAGNY serves.

- **How does PHRF achieve our mission?**

PHRF seeks funding for PAGNY providers' population health research, and facilitates programs, community partnerships, and professional development training to support excellence in healthcare.

P|HRF Emotional Supports Program

(Made possible through the generosity of the NYS Health Foundation.)

- **Resilience and Mental Health Training for Physicians/Healthcare Providers**
- **“How Are You?” Outreach**
- **Support Groups (Virtual)**
- **Critical Resource Alerts**



Outcomes

Issues that came up that added to anxiety

- Grief about the death of coworkers
- Guilt for not being on the front line
- Anger toward people not wearing masks
- Difficulty balancing responsibilities
- Lack of self-care
- Being called a hero

Quotes:

- After speaking with you, I feel a level of calm that I haven't had in months
- I got information, techniques, and a "peace-of-mind" sensation.
- Thank you for bringing in family programming. This isn't easy on them either.