USC Health & Well-being Resource Directory 2022
An inventory of the landscape of USC’s faculty and staff health & well-being resources. This collection of resources highlights the collaboration and partnership networks throughout USC in support of USC’s mission and core value of well-being.
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The purpose of the USC Health & Well-Being Resource Directory is to support the health and well-being of USC faculty and staff and create awareness, education, connection, and engagement with the resources offered at USC. Supporting faculty and staff experience around health and well-being will lead to a more productive, healthy, engaged, and resilient workforce.

The USC WorkWell Center created this resource directory, an inventory of the landscape of USC’s faculty and staff health and well-being resources. This collection of resources highlights the collaboration and partnership networks throughout USC in support of USC’s mission and core value of Well-being. An abundance of valuable resources, expertise, and assets exist throughout USC. The goal of this document is to align, integrate, and complement health and well-being supports from every angle of our campus community, bringing it all together into one guide. All through this guide, there are cardinal-colored, clickable hyperlinks which serve to direct the reader to the respective website for additional information. This guide highlights resources focused on 8 well-being domains:

- **Physical Well-being**: Physical Well-being entails the balance of nutrition, physical activity, and routine medical care. It focuses on habits and behaviors that reduce risk of illness and improve quality of life.

- **Emotional Well-being**: Emotional Well-being encompasses the awareness of everyday feelings and emotions, both positive and negative, and learning to cope with the challenges life brings. Furthermore, it involves self-esteem, self-acceptance, optimism, and the development of inner resources to learn and grow from experiences.

- **Social/Community Well-being**: Social Well-being involves the development and maintenance of positive relationships with friends, family, coworkers, and the larger community. It fosters social support, self-esteem, emotional resilience, and conflict management.

- **Purpose/Spiritual Well-being**: Purpose/Spiritual Well-being encompasses the values, principles, morals, and beliefs that guide our actions. It allows us to create meaning to life events and to find our purpose in life.

- **Environmental/Sustainability Well-being**: Environmental Well-being embodies living in harmony with our social and built environments, emphasizing the connection between our surroundings and our well-being, and allowing for healthy areas in which to work, live, and play.

- **Occupational/Intellectual Well-being**: Occupational well-being involves preparing and making use of skills and talents in order to gain purpose, happiness, and enrichment. Intellectual stimulation and career fulfillment support a positive attitude, satisfaction, and pleasure in employment.
• **Financial/Legal Well-being**: Financial Well-being entails the financial literacy (knowledge of financial matters), the ability to manage money effectively, and plan for fiscally sound future. Legal well-being involves having knowledge of and access to resources to support legal issues (i.e., estate planning, wills, divorce, custody, etc.).

• **Safety, Support, and Compliance Well-being**: Safety, Support, and Compliance Well-being refers to the individual and organizational practices and policies that promote optimal health and productivity, limit hazards, and mitigate crises.

We hope you will find this resource guide useful and take advantage of the many resources available to you to improve your individual and collective health and well-being. To add resources, please contact our Health and Well-being Team at WorkWell@usc.edu.
Physical Well-being entails the balance of nutrition, physical activity, and routine medical care. It focuses on habits and behaviors that reduce risk of illness and improve quality of life.

**Health & Medical Plans**
Click on the cardinal-colored links for more information.

USC’s comprehensive health plans provide quality care options focused on preventive health care and treatment. Plans include health insurance, dental, vision insurance, and prescription drug coverage.

- **USC Trojan Care EPO**
- **USC EPO Plus**
- **USC PPO**
- **Anthem HMO**
- **Kaiser HMO**

All of USC’s medical plans provide the following:

- access to top-quality providers
- preventive care at no cost to you
- effective coordination among providers
- limits on out-of-pocket expenses
- coverage for prescription drugs, behavioral health and substance abuse services, and out-of-network emergency care

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**Healthy Lifestyle/Chronic Condition Management Programs**
Click on the cardinal-colored links for more information.

**Healthy Choices Incentives & Offerings**
Healthy choices incentives are designed to encourage employees to take an active role in their health care, help USC provide health resources that best support employees, and help them save money.

**Lifestyle Redesign**
The USC Occupational Therapy Faculty Practice provides Lifestyle Redesign interventions for USC employees via telehealth. In working with an occupational therapist in Lifestyle Redesign, employees have the opportunity to address their physical and mental health in a supportive environment. Our occupational therapists engage clients in goal setting, problem solving and self-analysis so they can create habits, routines and an overall lifestyle that is customized to their personal needs and preferences. If you are experiencing challenges in managing your physical health, mental health and/or daily routines, please call us at **(323) 442-3340** or email **otfp@med.usc.edu**.

Lifestyle Redesign programs include:
- **Autism Spectrum Disorder**
- **Chronic Headaches**
- **College Students**
- **Diabetes Management**
- **Ergonomics**
- **Health Coaching**
- **Hypertension**
- **Mental Health**
- **Multiple Sclerosis**
- **Neurological Conditions**
- **Oncology**
- **Pain Management**
- **Parkinson’s Disease**
- **Smoking Cessation**
- **Weight Management**

Click on the cardinal-colored links above for more information.
USC Physical Therapy
Are you striving to live a healthier life, achieve fitness goals, or address health challenges? If so, contact USC Physical Therapy at (323) 865-1200 or email uscptHRA@med.usc.edu. Our clinical faculty are leaders and experts within physical therapy, actively collaborate with other health providers, and provide personalized one-on-one evaluation and treatment sessions. Please click on any of the links below to learn about some areas of specialty practice:

- Cancer Care
- Concussion
- COVID Recovery Clinic
- Diabetes
- Dizziness & Balance
- Facial Nerve Disorders
- Headache & TMJ Management
- Heart & Lung Care
- Neurologic Rehabilitation
- Orthopedic Rehabilitation
- Pain Management
- Pelvic Health
- Performing Arts Rehabilitation
- Sports Rehabilitation
- Wound Management

Livongo Diabetes Care (USC PPO, USC Trojan Care EPO, and USC EPO Plus Members)
Plan members have free access to diabetes management benefits through Livongo. Livongo combines advanced technology with coaching to support you and/or family members with diabetes. Benefits include:

- Connected, real-time meter that uploads your blood glucose readings
- Personalized insights with each reading
- Coaches - certified diabetes educators - available via phone, text, and mobile app to offer nutrition and lifestyle guidance
- Unlimited strips and lancets at no cost to you
- Enroll now and have a welcome kit shipped to your door at no cost
- More details are available here.

Register at: http://www.join.livongo.com/USCTROJANS/hi or call (800) 945-4355 with code: USCTROJANS

Questions? Contact Livongo at membersupport@livongo.com or (800) 945-4355.

Lark (Anthem HMO and MyChoice Anthem HMO Members)
A personal diabetes prevention coaching program focused on helping you improve your health. Learn if you are at risk for prediabetes by taking a quick on-minute survey visiting the Lark website. Anthem HMO and MyChoice Anthem HMO Members can participate in this program at no extra cost.

Healthy Lifestyle Programs (Kaiser HMO Members)
Healthy lifestyle program offerings consisting of personalized, online programs to help you create an action plan to reach your health goals. Topics include eating healthy, losing weight, sleeping better, and more. Kaiser HMO members can participate in this program at no extra cost.
Tobacco Cessation

For faculty, staff or students who wish to quit, the following are a list of resources to help.

- **USC Premier Care** is piloting a new, free Tobacco Cessation Program for faculty and staff who want to take steps toward a healthier, nicotine-free life. There’s room for 200 faculty and staff self-referrals in this first cohort. These participants will receive support, tips, and medication recommendations from USC nurses, pharmacists, and occupational therapists to help them successfully stop smoking. Call **833-SC NURSE (833-726-8773)** or email **USCPremierCare@med.usc.edu** to sign up. For more information, visit [www.keckmedicine.org/usc-premier-care/](http://www.keckmedicine.org/usc-premier-care/) or reference the fact sheet.

- **USC Pharmacies smoking cessation help** – one-on-one consultations with the clinical pharmacist to discuss individualized smoking cessation plans, provide and discuss nicotine replacement therapy medications (prescription or non-prescription), and recommendations for coping with withdrawal symptoms. Each patient is seen one or two times a week by appointment for approximately 12 weeks; no referral from a healthcare provider is necessary. For employees the cost is $80; for students, $50.

- **USC School of Occupational Therapy’s Lifestyle Redesign Program**

- **USC Institute for Addiction Science** is a resource of education programs for members of the USC community, residents of Southern California, and the general public.

- **Kick It California** (offered in multiple languages) at 1 (800) 300-8086

- **American Lung Association**

- **Quit.com** (sponsored by Nicorette, NicoDerm, etc.)

Additionally, if you would like to seek tobacco and smoking cessation help through USC medical insurance providers, please visit your health plan insurance resource link for more information below.

- **USC PPO, USC Trojan Care EPO and EPO Plus**
  - Participants may enroll in up to two smoking cessation programs per calendar year. Smoking cessation medications are covered under the Prescription Drug program. The Trojan Care EPO Plan and EPO Plus plan pays 100% of the cessation program. For Tier 1 and Tier 2 providers in the PPO, the plan pays 100% of the cessation program.

- **Anthem HMO** (non-union) AND **Anthem MyChoice HMO** (CNA/NUHW union)
  - No charge for nicotine dependency smoking cessation programs.
  - No charge for smoking cessation counseling and intervention services as part of a full physical exam or periodic checkup for the purpose of education on potential health concerns.
  - Prescription drugs to help stop smoking or reduce dependence on tobacco products, as well as over-the-counter nicotine replacement products (limited to nicotine patches and gum) are covered when obtained with a doctor’s prescription. These drugs and products are covered as preventive care services.

- **Kaiser Permanente** (non-union)
  - No charge for individual counseling during an office visit related to smoking cessation
WELL-BEING DOMAIN: PHYSICAL

- Wellness coaching available to all members – phone sessions tailored to individual patients
- Online programs, special rates, and classes offered at medical centers
- Wellness Coaching by phone
- “Quit Smoking”

Preventive Exams
Click on the cardinal-colored links for more information.

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- USC EPO Plus
- USC PPO
- Anthem HMO
- Kaiser HMO

All of USC’s medical plans provide the following:
- Access to top-quality providers
- Preventive care at no cost to you
- Effective coordination among providers
- Limits on out-of-pocket expenses
- Coverage for prescription drugs, behavioral health and substance abuse services, and out-of-network emergency care.

USC Premier Care (USC PPO, USC Trojan Care EPO, and USC EPO Plus Plan members)
USC Premier Care is a free of charge service available to USC Trojan Care EPO, USC EPO Plus, and USC PPO plan members. It was developed to provide additional support and have services to help you get fit as well as manage your health and take important measures. Your physician can refer you to the program, or you may contact them directly at (833) 726-8773 (M-F, 8am-5pm).

Fitness & Nutrition
Click on the cardinal-colored links for more information.

Power of Vitality
Vitality is an interactive and personalized wellness program. USC has partnered with Vitality to provide a Health Assessment Incentive program offered for all benefits eligible employees. Gain a healthy new perspective and qualify for up to $480/year on your USC enrolled medical plan. USC is here to support employees on their journey to better health. Whether you want to eat healthier foods, boost your activity, or manage your stress—we are committed to helping you build healthy habits by offering programs and resources designed to help you reach your health goals.

Fitness Incentive Program
Do you have a gym membership? Take fitness classes? Work with a personal trainer? Play on a sports league or
team? Use a fitness device? The WageWorks Fitness Incentive Program helps you save money on your healthy lifestyle choices by reimbursing you for many of the most common health and fitness services and activities – up to $220 for 2022. Please register online or call WageWorks to check eligibility.

Here’s how it works. You pay fitness expenses as you would normally, save the receipts, and then file a claim at the WageWorks website (if you have a flexible spending account, this is the same login). Your reimbursement will take one to two pay cycles to be automatic processed, and you must be employed to receive the reimbursement.

**USC Physical Therapy**
Our outpatient physical therapy clinics are conveniently located at both the Health Science and University Park Campuses. We offer personalized one-on-one physical therapy evaluation and treatment sessions to address pain and physical challenges to help improve your quality of life. Additionally, we offer specialized programs (e.g., running, wellness, and diabetes prevention). Please contact USC Physical Therapy to learn more or schedule an appointment: **(323) 865-1200** or email uscptHRA@med.usc.edu.

**USC Recreational Sports**
The mission of USC Recreational Sports is to provide the university community the opportunity to pursue a balanced, healthy lifestyle through participation in recreational activities. Recreational Sports operates multiple facilities including fitness centers on UPC and HSC campuses, track and field spaces, tennis courts and an aquatics center. These facilities support our additional programs including in-person and virtual group fitness classes (over 140 classes per week!), personal training services, club sports and intramurals.

Additional offerings include:
- Virtual personal training and Pilates
- Free online workouts, fitness discussions and other resources through their USC Trojan Fitness Channel.

**Gympass**
Benefits-eligible employees and their families can access gyms, studios, live-streamed classes, personal training, wellness apps and an array of on-demand fitness content with a membership through Gympass. There is no enrollment fee and no minimal contract length.

**Yoga USC**
Yoga USC is the home base for all yoga-related activities at the University of Southern California campus. It serves as the resource guide for existing departmental classes, an educational tool for greater understanding of yoga's many benefits, and offers specialized classes designed to bring together students, staff, and faculty. Visit their Youtube channel for more information.

**Glo**
USC has partnered with Glo to offer a free 3-month trial and discounted subscription thereafter. Sign up for the 15-day trial using your usc.edu email address, and your new account will automatically convert to the 3-month trial.

**Outpatient Nutrition Services**
Keck Medicine of USC offers outpatient nutrition therapy services provided by a registered dietitian to assist employees (through insurance) in managing their nutrition needs.
**Nutrition & Sustainability**
USC Dietitian Lindsey Pine is here to help make healthy food choices. To “Ask the Dietitian” and submit your questions, visit the [website](#) for more information.

**Public Walking Group**
Hosted by USC Institute for Integrative Health & Wellness, walking groups are organized every Monday, Weds, and Friday (Note: Due to Covid-19, suspended until further notice). (HSC only)

**USC Fit Families**
A free fitness and nutrition program for local underserved children, ages 7 to 17, who are at risk for diabetes, hypertension and other conditions associated with physical inactivity. Every Saturday, physical therapists, DPT students, and volunteers meet families for a three-hour program.

**Women’s Health**
Click on the cardinal-colored links for more information.

**Pregnancy Time Off**
Expecting mothers may be eligible to take up to 28 weeks off due to the birth of a newborn, though it may not be all paid time.

**USC Physical Therapy**
At USC Physical Therapy, we are experts in pelvic health. Whether you are experiencing bowel or bladder incontinence, pelvic pain, or having issues pre/peri/post-partum, our physical therapists are here to help. Please contact us at (323) 865-1200 or email uscptHRA@med.usc.edu. For additional details, visit our website: [Pelvic Health](#).
Emotional Well-being encompasses the awareness of everyday feelings and emotions, both positive and negative, and learning to cope with the challenges life brings. Furthermore, it involves self-esteem, self-acceptance, optimism, and the development of inner resources to learn and grow from experiences.

**Mental Health Resources**
Click on the cardinal-colored links for more information.

**USC WorkWell Center**
The USC WorkWell Center (formerly Center for Work and Family Life CWFL) is USC’s long-standing employee assistance program, having served the Trojan Family since the 1980’s. WorkWell has licensed mental health professionals and certified employee assistance professionals experienced in helping individuals, couples and families address a wide range of personal and job-related challenges. After initial assessment, employees may receive brief counseling of us to five sessions or support to find long-term therapy through their health plans. Working together, we help identify practical solutions and develop a plan to help you live your best lives personally and professionally.

Individual Counseling Topics May Include:
- Personal Mental Health Concerns
- Stress/Depression/Anxiety
- Grief/Major Loss
- Workplace Conflict and Harassment
- Work and Life Balance
- Psychological issues related to medical or physical problems
- Anger Management
- Alcohol/Drug Concerns
- Domestic Violence
- Coping with Transition and Uncertainty

The phone lines are open, and Center staff members are scheduling in-person, remote Zoom and telephone appointments for USC-benefitted staff, faculty, post-docs, residents, their families and retirees. The WorkWell office number is (213) 821-0800 (staffed 24/7) or email workwell@usc.edu. Your call will be answered, and an appointment will be scheduled with a WorkWell staff counselor.
LifeWorks for USC: EAP and Well-being Resource

**LifeWorks for USC** is a confidential Employee Assistance Program (EAP) and innovative online well-being resource. The program and platform are designed to support employee mental, financial, physical, and emotional well-being by helping manage life’s issues, questions, and concerns. LifeWorks for USC benefit is a cost-free, confidential service for USC-benefits eligible employees. Resources include:

- 24/7 access to expert support, work-life advice and strategies from program consultants
- Referrals to EAP counseling – up to 5 sessions at no cost to you
- Access to a wealth of practical work-life and well-being content and self-guided toolkits
- Online resources and a free mobile app to support your health and well-being journey.

Connect with **LifeWorks** 24 hours a day, seven days a week, 365 days a year, for support related to:

- Life: Stress/Overload, Anxiety, Depression, Grief/Loss, Community Resources
- Family: Parenting, Separation/Divorce, Blended Families, Caring for Older Adults, Education
- Money: Saving, Debt Management, Estate Planning/Wills, Home Buying/Renting
- Work: Work Relationships, Job Stress/Burnout, Managing People
- Health: Fitness/Nutrition, Sleep, Addiction/Recovery, Smoking Cessation

To contact LifeWorks for USC go online: [usc.lifeworks.com](http://usc.lifeworks.com) and enter username: USC, password: workwell

**Lifestyle Redesign**

The USC Occupational Therapy Faculty Practice provides Lifestyle Redesign interventions for USC employees via telehealth. In working with an occupational therapist in Lifestyle Redesign, employees have the opportunity to address their physical and mental health in a supportive environment. Our occupational therapists engage clients in goal setting, problem solving and self-analysis so they can create habits, routines and an overall lifestyle that is customized to their personal needs and preferences. If you are experiencing challenges in managing your physical health, mental health and/or daily routines, please call us at [323] 442-3340 or email [otfp@med.usc.edu](mailto:otfp@med.usc.edu).

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Click on the cardinal-colored links above for more information.

**USC Psychology Services Center**

The USC Dornsife Psychology Services Center (PSC) is committed to providing cutting-edge, empirically supported therapy and assessment to the community and offers counseling for $20/session and group support for $5/session. They have 3 inter-related aims:

1. To provide high quality training for doctoral students in the clinical science program of the [Department of Psychology at USC](http://psychology.usc.edu)
2. To provide high quality and affordable services to individuals in the Los Angeles area
3. To support research which enhances our understanding of, and treatments for, psychological issues
Behavioral Health Coverage (Faculty/Staff)
Click on the cardinal-colored links for more information.

**USC Trojan Care EPO, USC EPO Plus, and USC PPO members:**
- **Lyra Mental Health** is available for plan members for up to 25 free sessions per calendar year for emotional and mental well-being support.
- **LiveHealth Online** – Primary care physician and mental health visits can be conducted online where physicians can answer questions, make a diagnosis and even prescribe basic medication if needed.

**Anthem HMO and MyChoice Anthem HMO members:** Contact your health care providers to see what mental health care options are available.

**Kaiser Permanente HMO plan members:** Contact your health care providers to see what mental health care options are available.

Work/Life Integration
Click on the cardinal-colored links for more information.

**USC WorkWell Center**
WorkWell’s (formerly Center for Work and Family Life CWFL) licensed mental health professionals and certified coaches are experienced in helping individuals, couples and families address a wide range of personal and work-related difficulties, working together to identify practical solutions and develop a plan to help you achieve your personal and career goals. They can help with:

- **Emotional distress:** anxiety, stress, depression, grief/loss, anger, dealing with uncertainty and change
- **On-the-job issues:** dealing with co-workers, career development, problem solving and referrals
- **Relationship and family difficulties:** balancing work and family, communication, parenting
- **Crisis intervention:** domestic violence, trauma, critical incidents, other serious life events (individual counseling and department/unit debriefing in cases of institutional critical events.
- **Workplace health and wellness:** assessment, plan development and follow-up.

The phone lines are open, and Center staff members are currently scheduling in-person, remote session appointments by Zoom and phone sessions for USC-benefitted staff, faculty, post-docs, residents their families, and retirees. The WorkWell office number is **(213) 821-0800** (staffed 24/7). You may also email **workwell@usc.edu**. Your call will be answered, and an appointment will be scheduled with a WorkWell provider.

**ParentConnect Drop-Ins Groups**
WorkWell currently offers including a weekly drop-in group called Parent Connect. Come talk through your parenting challenges at ParentConnect – every Wednesday from 12:15-1pm on Zoom. Sessions are led by clinicians from the USC WorkWell Center. More information and session log-in can be found on the Employee Gateway Events Page or by visiting WorkWell’s website.
Parent Connect Slack Group
The Parent Connect Slack group (co-sponsored by the USC Center for the Changing Family) is a Slack workspace that supports working parents/caregivers of school-age children. Channels in the group focus on young children, teens, distance learning, activities to support family well-being, and relevant HR benefits. It’s a place for working parents and other caregivers to:
- Discover and share solutions for work-life-family integration
- Learn about the latest research conducted by USC faculty
- Receive updates from University HR on benefits
- Build community when and where they choose.

To join the ParentConnect on Slack, please email WorkWell@usc.edu.

Family & Dependent Care Resources
This includes childcare options, learning pods, tutoring, and school support discounts, dependent care FSA, Leaves of Absence and Paid Family Leave information.

Free Online Tutoring
The Keck Medicine Care for the Caregivers tutoring opportunities in math, science, reading and writing, language arts, etc., are extended to KSOM faculty, staff and learners’ children. For more information, please email benefitandoutreach@med.usc.edu.

Marital & Couples Counseling
Click on the cardinal-colored links for more information.

USC WorkWell Center
WorkWell Center’s (formerly Center for Work and Family Life CWFL) licensed mental health professionals including Licensed Marriage and Family Therapists (LMFT) and Licensed Clinical Social Workers (LCSW) and are experienced in helping individuals, couples and families address a wide range of personal and work-related difficulties, working together to identify practical solutions and develop a plan to help you achieve your personal, family and career goals. They can help with:
- Relationship challenges: including adoption, domestic violence, infertility, infidelity, managing conflict during divorce, marital distress, marriage preparation, online infidelity.
- Family issues: such as caregiving for dependents and later life adults, anger management, supports for recovery from substance abuse, financial distress.

The phone lines are open, and counselors are available for in-person, video conferencing, or phone sessions. USC-benefits eligible staff, faculty, post-docs, residents, their families, and retirees. The WorkWell office number is (213) 821-0800 (staffed 24/7) or email workwell@usc.edu. Your call will be answered, and an appointment will be scheduled with a WorkWell staff counselor.

Lyra
Available for USC EPO/PPO covered employees for up to 25 free sessions per calendar year for emotional and mental well-being support. Marital counseling is also available.

**Wellness Resources**
Click on the cardinal-colored links for more information.

**Well-being Workshops and Trainings from USC Kortschak Center for Learning and Creativity**
Various on-demand workshops are available. Topics include but are not limited to self-care, stress management, time management, remote learning, and academic and classroom success.

**Ask Ari by Campus Wellbeing and Education**
A virtual wellness assistant that can answer wellness related questions, help build your own insight into the challenges you face. Commonly used for more information on issues like:

- Sleeping difficulty
- Anxiety or worry
- Navigating challenging conversations with a peer, supervisor, or faculty

Ask Ari also provides resources including videos, worksheets, assessments, and referrals to other resources.

**Emotional Well-being Drop-in Zoom Group**
Weekly drop-in Zoom group calendar for all clinicians, staff members, and their families. These groups are spaces for colleagues to provide mutual support, discuss and process their experiences, and learn additional ways to cope during this challenging time.

**USC Physical Therapy**
Are you striving to live a healthier life, achieve fitness goals, or address health challenges? If so, contact USC Physical Therapy at (323) 865-1200 or email uscptHRA@med.usc.edu. Our clinical faculty are leaders and experts within physical therapy, actively collaborate with other health providers, and provide personalized one on one evaluation and treatment sessions. Please click on any of the links below to learn about some areas of specialty practice:

- Cancer Care
- Concussion
- COVID Recovery Clinic
- Diabetes
- Dizziness & Balance
- Facial Nerve Disorders
- Headache & TMJ Management
- Heart & Lung Care
- Neurologic Rehabilitation
- Orthopedic Rehabilitation
- Pain Management
- Pelvic Health
- Performing Arts Rehabilitation
- Sports Rehabilitation
- Wound Management
**Public Walking Group**
From USC Institute for Integrative Health & Wellness, walking group sessions are held every Monday, Weds, and Friday. (Note: Due to Covid-19, suspended until further notice.) (HSC only)

**Wellness Series from Emeriti Center**
USC Emerti Center offers a variety of workshops and webinars on mental health, physical health, and overall well-being for our retired Trojan faculty and staff.

**Living with Intentionality: From Surviving to Thriving**
A workshop series on Wednesdays at noon that increases one’s self-compassion, gives tools to dealing effectively with changes we want to see, and helps creates environments we want to live, learn, and work in. Through reflection, discussion, skill building, and intentional strategy creation, the participants of these workshops (faculty, staff, and students) will develop more meaningful, accomplished, and enjoyable lives. From surviving to thriving, let’s join together to make the world a better place.
Social Well-being involves the development and maintenance of positive relationships with friends, family, coworkers, and the larger community. It fosters social support, self-esteem, emotional resilience, and conflict management.

Community Engagement
Click on the cardinal-colored links for more information.

USC Emeriti Center
Since its founding in 1978, the USC Emeriti Center has served the university’s retirees and pre-retirees in living healthy and purposeful lives by providing essential information, resources, services, advocacy, privileges, and support.

USC Good Neighbors Campaign
Created in 1993, Good Neighbors was designed to provide financial support to enable collaboration between USC faculty and staff and local nonprofit organizations that have a visible, positive impact on the neighborhoods surrounding the University Park and Health Sciences campuses.

USC Athletics
Consists of 9 Men’s Sports and 12 Women’s Sports. Officially started in 1888, USC Trojan Football has remained a vital part of the university’s pride and culture. Support our Trojan teams at various athletic events open to faculty and staff!

The Volunteer Center
As part of Campus Activities, the Volunteer Center is dedicated to promoting service within USC, the greater Los Angeles area, and the global community.

Community Resource Center for Aging
A free resource for older adults in the community looking to improve their quality of life. Through a consultation with access to a robust network of resources, one can find community-based services and support systems specialized in navigating the unique challenges of aging.

Trojan Shop Local
Trojan Shop Local started as a USC student-led grass roots movement by the USC Black Student Assembly and other students to give back and support local and diverse small businesses neighboring USC campuses during the pandemic. Today it is an eclectic, burgeoning network of over 60 diverse small businesses across Los Angeles! Trojan Shop Local retail establishments include everything from coffee houses to restaurants; gift shops to designer ateliers; chic boutiques, bookstores, salons, barber shops, home décor and more. In every corner of our Trojan Shop Local neighborhoods, you’ll find valuable services and merchandise, along with treasured stories that reflect our communities and our varied shared cultural heritages. All USC Trojan students, faculty, staff, families, and friends are invited to reconnect to — or discover for the first time — the unique experiences of shopping local!
Campus Engagement
Click on the cardinal-colored links for more information.

**USC Staff Assembly**
An officially recognized branch of the university governance system and exists to promote the growth and welfare of staff employees. Board is elected by university staff during a campus-wide election process. Assembly Members, through assigned committee work, research and provide recommendations on all matters related to staff work environment, benefits, and policies.

**University Staff Club**
Objectives are to support USC’s overall goals with emphasis on enhancing the staff support function and staff contributions to the university’s activities of teaching, learning, discovery, and cultural enrichment – and to promote closer ties among Staff Club members through social activities and networking.

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**Culture and Connection in the Workplace**
Click on the cardinal-colored links for more information.

**Workshops by Campus Wellbeing and Education**
Campus Wellbeing and Education offers a slate of presentations and workshops for departments and teams, including:
• Preventing Burnout
• Surviving and Thriving in Toxic Environments
• Conflict Management
• Redefining Success: Finding What Truly Matters to You

These presentations are great ways to get the conversations started in your department or team about important and relevant issues.

**Customized Departmental, Unit, and School Wellbeing Consultation by Campus Wellbeing and Education**
CWE offers consultations for with campus groups and departments on issues ranging from trust, resentments and burnout, to improving engagement and adapting to change. Following tailored mixed-methods assessments, we provide research-backed recommendations for academic department and staff units to work together more collaboratively, purposefully, and productively toward common goals.
Diversity, Equity, & Inclusion
Click on the cardinal-colored links for more information.

**USC Race and Equity Center**
A dynamic research and organizational improvement center that works with professionals in educational institutions, corporations, and other contexts. The center seeks to help partners strategically develop and achieve equity goals, better understand, and correct climate problems, avoid, and recover from racial crises, and cultivate sustainable cultures of inclusion and respect.

**USC Diversity, Equity, and Inclusion**
Website’s purpose is to record the progress and communicate what the University is doing to support the USC community in terms of diversity, equity, and inclusion.

**USC Dornsife Office of Diversity**
Website housing resources for faculty and staff, as well as information about diversity, equity, and inclusion at USC Dornsife.

**USC Asian Pacific Islander Faculty and Staff Association**
The Asian Pacific Islander Faculty and Staff Association (APIFSA) was formed in April 2021 in response to the increase in anti-API hatred and violence reported around the country. The association’s mission is to create a safe space and a strong voice to advocate for API faculty and staff across the USC community.

**USC Black Staff & Faculty Caucus**
The purpose of the University of Southern California Black Staff and Faculty Caucus/BSFC is to accomplish a positive working relationship between the University’s Black staff, faculty and students; to assure constructive institutional change as it relates to Black staff and faculty development; to develop expertise in the area of affirmative action as it relates to hiring, retention and promotion of Black staff and faculty; and to contribute toward the development of harmony and good will among and between the diverse elements and groups within the University.

**USC Latino Forum**
The USC Latino Forum has historically served as the voice of Latino Faculty and Staff at the University of Southern California since 1987. The forum gathers several times a semester for social, academic, and intellectual events that celebrate and stimulate conversations around what it means to be Latino at USC in Los Angeles and in the United States as the demographics continue to shift.

**LGBTQ Faculty & Staff Alliance at USC**
The LGBTQ Faculty and Staff Alliance at USC celebrates and supports the lives of the entire LGBTQ faculty and staff community through a number of different events and activities throughout the academic school year to help fellow LGBTQ faculty and staff members get acquainted with one another.
**KSOM Inclusion Resource Groups (IRG)**
The Keck School is proud to launch an Inclusion Resource Groups (IRG) Program, sponsored by the JEDI-WeST (Justice through Equity, Diversity, Inclusion, Well-being and Social Transformation) Committee and the Center for GEMS. The mission of the IRG Program is to foster and advocate for an inclusive campus community that celebrates our diversity and intentionally contributes to a sense of belonging and being valued. The program is establishing five IRGs this fall for the following groups:

- Black & African American Community
- LatinX & Hispanic Community
- LGBTQ+ Community
- Women
- Mental Health & Neurodiversity

To join an IRG, whether as a member or as an ally, please complete [this online form](#) and you will be connected with others who expressed interest in the group(s). Questions? See [FAQs document](#) or email Elizabeth O'Toole at eotoole@usc.edu.

**LGBTQ+ Student Center**
The LGBTQ+ Student Center is a cultural advocacy center that provides support, education, advocacy, and community for undergrad & grad students at USC. The LGBTQ+SC welcomes students from across the gender and sexual identity spectra and is dedicated to providing support & programming for all the intersectionality of identities within the university’s diverse community.

**Keck Pride**
Keck Pride is a committee dedicated to designing and implementing strategies to foster a welcoming environment for LGBTQ patients, families, and employees throughout Keck Medicine. Keck Pride is composed of staff, faculty and students from across the medical enterprise, including Keck Hospital of USC, USC Norris Cancer Hospital, USC Verdugo Hills Hospital, Keck Medicine ambulatory clinics, the Keck School of Medicine of USC and more. Interested in learning more? Please email keckpride@med.usc.edu.

**Race + Equity + Wellbeing Series by Campus Wellbeing and Education and USC HR**
We leverage the collective knowledge of faculty, staff, and students to advance our community’s understanding of, and ability to speak with each other about race, equity, and well-being. The REW Series continues to ensure that lived experiences at the intersection of race, equity, and wellbeing are central to any conversation about culture at USC. More than two thousand USC staff and faculty participated in the series that provided space to learn, connect, heal, and take action to support themselves and others.

**Social Support**
Click on the cardinal-colored links for more information.

**Wellness Pharmilies**
The Pharmilies connect via group chat using a text-channel platform called “Discord,” and are free of Zoom-fatigue and barriers to social interaction such as distance and schedule. Joining is easy, convenient, and commitment-free. (HSC only)
Purpose & Spiritual

Purpose/Spiritual Well-being encompasses the values, principles, morals, and beliefs that guide our actions. It allows us to create meaning to life events and to find our purpose in life.

**Mindfulness & Meditation**
Click on the cardinal-colored links for more information.

**Mindful USC**
Mindful USC is a service from the Office of the Provost with a mission to empower the USC community to make positive change in the world by building a culture of mindfulness and compassion. It offers ongoing training, practice groups and more. Download the Mindful USC app to practice mindfulness, learn more about mindfulness classes and activities, listen to guided meditations and participate in mindfulness challenges.

**Mindfulness for Healthy Living**
A toolkit of meditations and mindfulness tips from the USC Suzanne Dworak-Peck School of Social Work.

**Prayer & Reflection**
Click on the cardinal-colored links for more information.

**Places for Reflection and Prayer**
Although non-sectarian, USC comprises a vibrant and diverse multi-faith community. Open to the public, the University Park campus’ chapels and prayer spaces enable peaceful contemplation and escape from the bustle of daily life. (UPC only)

**Arts and Creativity**
Click on the cardinal-colored links for more information.

**Fisher Museum**
Located on the USC campus, the museum houses art spanning five centuries and the exhibition schedule provides a lively offering of contemporary to old master exhibitions to introduce arts to a wide range of audiences. Admission is free for USC faculty and staff.
USC Pacific Asia Museum
An integral part of the University of Southern California, the USC Pacific Asia Museum creates inspiring encounters with the art, history, and culture of Pacific Asia to promote intercultural understanding in the service of elevating our shared sense of humanity. Admission is free for USC faculty and staff.

Sense of Purpose & Belonging
Click on the cardinal-colored links for more information.

USC Office of Religious and Spiritual Life
USC’s Office of Religious Life sponsors a variety of opportunities for exploring the spiritual dimensions of your life and learning. Whether it be finding a religious home base or forming a new group, the office is here to help.

Spirituality
Click on the cardinal-colored links for more information.

USC Office of Religious and Spiritual Life
USC’s Office of Religious Life sponsors campus programs with a moral, religious, or spiritual focus. The office co-sponsors events with other university units and partnerships of student religious groups.
Environmental & Sustainability

Environmental Well-being embodies living in harmony with our social and built environments, emphasizing the connection between our surroundings and our well-being, and allowing for healthy areas in which to work, live, and play.

Childcare
Click on the cardinal-colored links for more information.

**ParentConnect Drop-In Support Groups**
Come talk through your parenting challenges at ParentConnect – every Wednesday from 12:15-1pm. Sessions are led by clinicians from the USC WorkWell Center. Visit the WorkWell Center website for updated information on this and other support group offerings.

**ParentConnect Slack Group:** A Slack group for working parents and other caregivers to:
- Discover and share solutions for work-life-family integration
- Learn about the latest research conducted by USC faculty
- Receive updates from University HR on benefits
- Build community when and where they choose.

**On-site childcare centers at UPC and HSC**
USC offers childcare programs at both UPC and HSC, in centers operated by Bright Horizons. Onsite childcare centers are available for ages 6 weeks through 5 years.
- **Back-up dependent care (ages 1 month to 18 years)**
- Several options are available through Bright Horizons’ back-up care program, which is a care option when your normal childcare options are not available. Options include in-home care provided by Bright Horizon’s employee or by SitterCity nanny.

**Breastfeeding and Lactation Accommodations**
The California Breastfeeding Coalition has named USC a “Mother-Baby Friendly Workplace” while the Breastfeeding Task Force of Greater Los Angeles honored USC with its Family Health Promotion award – both honors recognizing USC’s commitment to maintaining an employee lactation policy. Visit USC’s Lactation Accommodations page for more information. Each school or department is to ensure that appropriate space is available to lactating mothers in their respective buildings.

**Childcare for Low Income and Essential Workers**
The Los Angeles County Board of Supervisors and the City of Los Angeles have dedicated part of their CARES Act funding to provide childcare services (vouchers) for essential workers and low-income working parents during the COVID-19 pandemic. The Child Care Alliance of Los Angeles (CCALA) and its partner agencies will distribute these funds to eligible essential workers.
Free Online Tutoring
The Keck Medicine Care for the Caregivers tutoring opportunities in math, science, reading and writing, language arts, etc. are extended to KSOM faculty, staff and learners’ children and can be accessed through an email to: benefitandoutreach@med.usc.edu. (HSC only)

Eldercare
Click on the cardinal-colored links for more information.

In-home care provided by a Bright Horizons’ employee
A vetted caregiver cares for your dependents in your home, with health screenings conducted daily for both the caregiver and family. Bright Horizons will use best efforts to assign the same caregiver for all families who choose a continuous care giving option.

USC Family Caregiver Support Center
The USC Family Caregiver Support Center (FCSC) at USC Leonard Davis School of Gerontology has placed a high priority on providing support across the continuum of caregiving, including diagnosis, prognosis, services that help maintain the care recipient’s independence and abilities, helping caregivers care for themselves, and manage their own well-being. Supportive services include information, assessment, individual consultations, respite, education, and training.

Community Resource Center for Aging
A free resource for older adults in the community looking to improve their quality of life. Through a consultation with access to a robust network of resources, one can find community-based services and support systems specialized in navigating the unique challenges of aging.

USC Physical Therapy
Are you or a loved one experiencing challenges with mobility, balance, falls, dizziness, or completing daily activities? Do you need help deciding what equipment may help you or your loved one? At USC Physical Therapy, we work with individuals and their family members or caregivers assisting in care to improve quality of life and prevent injuries or complications. We have clinic sites at both our Health Science and University Park Campuses. Please contact us at (323) 865-1200 or email uscptHRA@med.usc.edu.
**Ergonomics**
Click on the cardinal-colored links for more information.

**Ergonomics Evaluation**
USC’s Environmental Health and Safety and the USC Occupational Therapy Faculty Practice are providing free, virtual group in-services and individual ergonomic evaluations for USC employees. An ergonomic evaluation can provide you with the tools to redesign your workspace to reduce the risk of injury, while increasing comfort and productivity. And it isn’t always necessary to purchase new equipment—the Occupational Therapy faculty are very resourceful in helping you find items in your home that can help improve the setup of your workspace.

**To get started:**
Visit [https://ehs.usc.edu/](https://ehs.usc.edu/) and click on the blue “Complete an Ergonomic Assessment.” You will be prompted to log in with your USC Workday password (you will need to have set up Dual Authentication beforehand).

1. Click “Start New Survey,” complete all questions, then click “Submit”
2. Click on the blue button that says “Request Visit”
3. For scheduling the evaluation, you can call (323) 442-3340, email otfp@usc.edu, or wait to be contacted for scheduling.

**Community**
Click on the cardinal-colored links for more information.

**Parkside Garden**
The Parkside Garden is managed by students of The Garden Club. A fully organic garden space featuring: A full-scale aquaponics system with several urban growing systems (raised bed gardens, pollinator garden), three vermiculture worm composting systems (flow-through and stackable), which are fed with scraps from students, staff, and campus offices, Two additional food-scrap composting systems (tumblers and three bin static pile), and fully automated drip irrigation. Contact [usegardening@gmail.com](mailto:usegardening@gmail.com) to request more information.

**USC Teaching Garden**
A self-sustaining garden to harvest a variety of vegetables, fruits, herbs, and edible flowers for its dining venues. (UPC only)

**Urban Garden**
The USC Urban Garden was established in 2010 as a partnership between the Office of Sustainability and the non-profit organization Urban Farming. Located in the yard of a USC-owned house on Shrine Place, the garden is free and open for students, faculty, staff, and neighbors to use.

**Keck Farmers Market**
A place where local vendors set up booths with fresh produce, tacos, tamales, sushi, juice and more. A portion of the market proceeds will benefit the local neighborhoods surrounding the Health Sciences Campus. The Keck Farmers Market will take place per public health guidelines. For the most updated information, contact BenefitandOutreach@med.usc.edu. (HSC only)

**Trojan Farmers Market**
An open-air marketplace that brings fresh, locally sourced produce and goods to the bustling USC campus. The Trojan Farmers Market takes place most Wednesdays during the fall and spring semesters in McCarthy Quad, 11AM to 3PM. The Trojan Farmers Market will take place per public health guidelines. (UPC only)

### Built Environment
Click on the cardinal-colored links for more information.

#### On-Campus Hydration Stations
There are 178 water bottle refill stations located on the University Park Campus. 12 exterior stations, and 166 interior stations around UPC. USC has also installed 33 water bottle refill stations – 4 exterior stations and 29 interior stations around the HSC. Visit maps here for more details. ([UPC map](#)) ([HSC map](#))

#### Open Spaces for Relaxation/Meditation
USC’s campus-wide initiative offering free courses for students and staff to learn mindfulness practice. Mindfulness Meditation Drop-In Practice Group available. (UPC only)

#### Multi-Stream Waste Bins
Waste bins in high-traffic areas across UPC and HSC allow Trojans to properly recycle and compost their waste instead of sending it all to landfill. Diverting waste from local landfills reduces greenhouse gas emissions and pollution. See signage on multi-stream waste bins to understand how to dispose of your items.
**Pollution Prevention**
USC Environmental Health & Safety (EH&S) offers programs and resources on proper recycling and disposal of various types of waste you may encounter in your work, such as batteries and electronic waste.

**Sustainability**
Click on the cardinal-colored links for more information.

**USC Office of Sustainability**
Over the past decade, sustainability at USC has been a shared responsibility that touches all facets of our community. Since 2008, the university is focused on integrating sustainability as a core value in USC’s strategic planning and implementing impactful sustainability initiatives.

**Faculty and Staff Transit Subsidy**
Designed both to help save money for employees who choose to commute using public transportation and to reduce the number of single-passenger vehicles being used for commuting. USC employees – both faculty and staff – are eligible for a 50% subsidy on the cost of transit passes purchased through USC Transportation.

**Transportation Sustainability**
USC has an abundant list of ways faculty and staff can take advantage of more efficient and sustainable ways to commute to campus. The list includes Campus Transportation AQMD Surveys, EV Charging, Traveler Mobile Platform, Green Bus Fleet, Campus Cruisers, LYFT partnership, and more.

**Sustainable Purchasing**
USC Procurement Services has developed a “Buying Green” web page that aggregates information and best practices for sustainable purchasing in your role as staff or faculty.

**USC Sustainability Events Page**
The events page on the USC Sustainability website is filled with health and climate related events for faculty and staff.

**Little Green Guide to Living Sustainably at USC**
Learn how you can make small behavior changes that have big environmental impacts and that help USC achieve its sustainability goals.
Occupational & Intellectual

Occupational well-being involves preparing and making use of skills and talents in order to gain purpose, happiness, and enrichment. Intellectual stimulation and career fulfillment support a positive attitude, satisfaction, and pleasure in employment.

Professional Development
Click on the cardinal-colored links for more information.

USC WorkWell Center
The USC WorkWell Center (formerly Center for Work and Family Life CWFL) provides professional executive coaching to USC leaders including:

- Executives and administrators at a director level and above
- Department chairs and deans
- Faculty members, physicians, lab directors and principal investigators.

Professional coaching is also recommended for individual contributors in high-performance positions, including USC faculty physicians. WorkWell coaches have been trained and credentialed by the International Coach Federation.

Credentialing requires completion of coach-specific training, coach supervision and mentoring, case reviews and a board exam. Call for more information: (213) 821-0800 or email workwell@usc.edu.

Trojan Learn
Source of Financial, Accounting, and Business Systems training library for employees (UPC only)

List of trainings to support individual and organizational effectiveness:

- Anger Management
- Overcome Conflict (Mindfulness)
- Keep Calm
- Teaching Civility in the Workplace
- Bullying and Other Disruptive Behavior: for Managers and Supervisors
- Handling Workplace Bullying
- Human Resources: Handling Workplace Bullying
- Conflict Resolution
- Conflict Resolution Foundations
- Preventing Workplace Violence
- Risk Management: Workplace Violence
- Sexual Harassment
- Professional Conduct: Supporting an Environment of Respect
**Healthstream**
Source of Financial, Accounting, and Business Systems training library for employees (HSC only)

**Zoom Teaching Studios at KSOM**
Instructors can use one of KSOM's five new Zoom teaching studios. Based on a design created at Johns Hopkins’ School of Engineering and designed specifically for teaching in Zoom, these five new Zoom teaching studios are high-tech workspaces pre-configured with two 55” televisions — one ideal for a gallery view of students and one for PowerPoints, notes, videos or other materials. (HSC only)

**Trojan Knowledge Expedition**
Each month, Trojan Knowledge Expedition offers curated, self-paced curriculum to help you develop the skills, knowledge and abilities needed for USC's core performance competencies.

**Women in Management**
WIM hosts women leaders at our speaker series and professional development events throughout the year at UPC and HSC. In addition, the WIM board administers the selection of the two candidates who are funded by USC Department of Administration to attend the annual HERS Summer Institutes that are dedicated to empowering a diverse network of women leaders in higher education.

**Talent & Organizational Development**
Mission is to create and increase capabilities for USC employees at all levels, so that they can be ready for current and future opportunities within the university.
THRIVE 101 by Campus Wellbeing and Education and USC HR
THRIVE 101 is a four-part series offered by Campus Wellbeing and Education for all new faculty and staff. As culture is created one conversation at a time, participants have a chance to connect new Trojans across disciplines, and together explore values, meaning, and purpose that will guide their time at USC. Participants will learn tangible skills to help them succeed in building connections and relationships at USC and on their teams and explore concrete ways to support themselves as they support others as well.

Coaching
Click on the cardinal-colored links for more information.

USC Training & Development Coaching Programs
USC Training and Development offers two separate coaching program opportunities – a coaching certification program, and a 3-day “Leader as Coach” workshop. By the end of this coaching certification program, participants will have:
- Learned to provide effective feedback to drive higher levels of engagement and productivity
- Gained deeper self-awareness by uncovering blind spots that may affect active listening and other communication skills

Workshops by Campus Well-being and Education
Campus Well-being and Education offers top-rated workshops, trainings, and presentations on issues like burnout, compassion, conflict resolution, identity, purpose, creativity and more, all tailored to your group’s unique needs, interests, and goals.

Thrive 101
A series of workshops for incoming employees to help create purpose and meaning at USC, build resilience and confidence, and develop a sense of community that extends beyond the workplace to the entire university.

Intellectual Growth
Click on the cardinal-colored links for more information.

USC Podcast
IDEAS IN ACTION is a podcast series produced by the University of Southern California. Aligned with the university mission dedicated to “the development of human beings and society as a whole through the cultivation and enrichment of the human mind and spirit,” the series brings you thought-provoking conversations across various disciplines, happening at USC’s University Park and Health Sciences campuses today.

Book Clubs at USC
If you are interested in joining a book club, USC offers various groups of topic interests for you to explore. Please visit this page for more details.

Confidential and Independent Resources
Click on the cardinal-colored links for more information.

Office of the Ombuds
If you are experiencing a university-related concern, conflict, or challenging situation, please feel free to contact the Office of the Ombuds, at either UPC or HSC. The office is open to all members of the USC community with a campus related issue. Provided services include individual consultations, mediations, conflict and communication coaching, and conflict management presentations.
WELL-BEING DOMAIN: FINANCIAL & LEGAL

Financial & Legal

Financial Well-being entails the financial literacy (knowledge of financial matters), the ability to manage money effectively, and plan for fiscally sound future. Legal well-being involves having knowledge of and access to resources to support legal issues (i.e., estate planning, wills, divorce, custody, etc.).

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Flexible Spending Accounts (FSA)
Click on the cardinal-colored links for more information.

Employee Healthcare FSA
Employee may choose up to the IRS allowable maximum for healthcare related expenses.

Dependent Care FSA
Eligible dependents include children under age 13, and any dependents (child, spouse, parent, grandparent, brother, sister, etc.) unable to care for themselves because of a disability who spend at least 8 hours a day in your home.

Tuition Assistance
Click on the cardinal-colored links for more information.

Tuition Assistance Benefit Program
If eligible, children of employees who are admitted to USC may attend 100% tuition free. Spouses attend at a 50% discount; spouses of employees hired on or after January 1, 2019 attend at a 25% discount.

Tuition Exchange Program
Program provides an opportunity for children of employees of 600+ member schools to earn an undergraduate degree at another school within the Tuition Exchange program at significant savings.

Retirement
Click on the cardinal-colored links for more information.

USC Retirement Savings Program
USC is committed to supporting your retirement savings by making a 10% employer contribution when you contribute 5%, and to providing you with as many options as possible to maximize your retirement savings opportunities.

Retirement Guidance Workshop
Emeriti Center offers this program for all USC faculty and staff several times a year, covering Social Security, Medicare, USC privileges for retirees, and perspectives from current retirees.

Retirement Guidance Counseling
Personal consultations are available on an ongoing basis from all of USC’s retirement investment providers, at no charge. These 30-minute sessions give you a chance to review your USC retirement savings accounts with a retirement planning and guidance consultant from your investment company.

**Credit Union**
Click on the cardinal-colored links for more information.

**USC Credit Union**
Not-for-profit financial cooperative offering lower rates and other benefits for current USC employees, faculty, staff, students, and alumni members.

**Perks & Discounts**
Click on the cardinal-colored links for more information.

**USC Discounts**
Employees can purchase discounted tickets to campus-based events and theme parks, USC bookstore, USC gym memberships, and much more.

**Anthem Blue Cross Health Plan**
Special discounts available to employees who have Anthem Blue Cross as their health plan choice.

**Emergency Funds**
Click on the cardinal-colored links for more information.

**Employee Support Fund**
For employees who experience severe financial impacts due to COVID-19 Many of our more than 28,000 employees are being financially impacted by COVID-19 in ways we never imagined. As the lifeblood of our great university, the USC Employee Support Fund was setup to provide support for these employees. Employees with an immediate need for financial assistance may request emergency funds made available by the USC Employee Support Fund.

**Financial Wellness Classes**
Click on the cardinal-colored links for more information.

**Fidelity**
Fidelity offers financial wellness education, planning, and resources to help you plan, save, and invest for the future. Free consultations with a Financial Planning consultant available to all USC employees.

**Vanguard**
Vanguard offers an on-demand virtual education series as well as monthly live webinars to help you plan, save, and invest for the future. Note: you do not need to be a participant with Vanguard and can sign up as a guest.

**TIAA**
TIAA has expanded their online virtual retirement planning and guidance offerings to help you plan, save, and invest for the future. Note: you do not need to be a participant with TIAA and can sign up as a guest.

**Legal Insurance**
Click on the cardinal-colored links for more information.

**Insurance Benefits**
USC provides a suite of valuable benefits through MetLife – your basic life/accidental death and dismemberment coverage ($50,000 coverage) at no cost to benefits-eligible employees, and an array of additional coverage you may wish to obtain for your family’s protection, including:

- Critical Illness Insurance
- Hospital Indemnity Insurance
- Accident Insurance
- Legal Plans Coverage
Safety, Support, & Compliance Well-being refers to the individual and organizational practices and policies that promote optimal health and productivity, limit hazards, and mitigate crises.

Campus Support & Intervention
Click on the cardinal-colored links for more information.

Campus Support & Intervention
Campus Support & Intervention (CSI) is an office within Campus Wellbeing and Crisis Intervention. CSI connects with members of the USC community when they need support in achieving their academic, professional, and/or personal goals.

Trojans Care for Trojans
Trojans Care for Trojans (TC4T) is an initiative within the Office of Campus Wellbeing and Crisis Intervention that empowers USC students, faculty, and staff to take action when they are concerned about a fellow Trojan challenged with personal difficulties. This private and anonymous request form provides an opportunity for Trojans to help a member of our Trojan Family.

Note: If you are concerned about someone who has experienced sexual/gender-based harm, please contact the confidential services at Relationship and Sexual Violence Prevention Services (213) 740-4900. If you would like to report an instance of sexual/gender-based harm, you can contact the Title IX Office (213) 821-8298. Each TC4T submission will be reviewed and responded to by a staff member from Campus Support and Intervention (CSI) within the Office of Campus Wellbeing and Crisis Intervention. For more information, contact CSI at (213) 740-0411.
Campus Public Safety
Click on the cardinal-colored links for more information.

**Department of Public Safety**
The department’s primary mission is to provide a safe and secure environment on campus and in the local USC community that allows students, faculty, staff, and campus visitors to realize their academic and social pursuits.

**LiveSafe Safety App**
USC Department of Public Safety provides safety tips and services to the USC campus. The department’s primary mission is to provide a safe and secure environment on campus and in the local USC community that allows students, faculty, staff, and campus visitors to realize their academic and social pursuits. Download the mobile LiveSafe Safety App!

**USC Emergency Information**
Central website for USC faculty and staff to stay connected regarding on campus safety related news and updates.

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**Office for Equity, Equal Opportunity, & Title IX**
Click on the cardinal-colored links for more information.

**Office for Equity, Equal Opportunity, and Title IX (EEO-TIX)**
EEO-TIX’s mission is to eliminate discrimination, harassment, and retaliation; advance equal opportunity and inclusion; and execute anti-discrimination enforcement and compliance functions related to sex, race, national origin, disability, age, religion, and other protected characteristics.

**Environmental Health & Safety**
Click on the cardinal-colored links for more information.

**USC’s Office of Environmental Health & Safety (EH&S)**
Primary focus is to provide a safe and environmentally healthy workplace for students, employees, and the surrounding community.

**COVID-19 Resource Center**
A source of information, updates, and support for the USC community. To notify the university of a case, please call (213) 740-6291 or email covid19@usc.edu.

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**DPS Emergency Phone Numbers**
For 24-hour emergency assistance or to report a crime:

- UPC: (213) 740-4321
- HSC: (323) 442-1000

**DPS Non-Emergency Phone Numbers**
For 24-hour non-emergency assistance or information:

- UPC: (213) 740-6000
- HSC: (323) 442-1200
We hope that this USC Health & Well-Being Resource Directory is useful in support your and your colleague’s health and well-being as well as the broader campus and community. We encourage you to share these resources and also let us know if you come across any further resources that we can consider adding. Please also reach out if you come across any broken links or error so that our team can keep the document as current as possible.

We thank all of our USC partners, experts, and stakeholders for their commitment and dedication to health and well-being.

Fight On Trojans and Stay Healthy!

Contact Information

For general inquiries, questions, or suggestions, please contact Julie Chobdee, MPH, Health & Well-Being Program Manager, USC WorkWell Center at jchobdee@usc.edu.

To notify us of any outdated information, broken links, etc. please contact Suzzane Huynh, Health & Well-being Program Coordinator, USC WorkWell Center at sanhuynh@usc.edu.

To contact any of the members of the USC WorkWell Center team:

**University Park Campus (UPC):**
Lara Hilton, PhD, MPH, Director, at lhilton@usc.edu.
Cindy Ryan, PhD, LMFT, CEAP, ACC, Program Manager UPC, at ryanCyn@usc.edu.
Linda Snouffer, LCSW, CEAP, MCC, Employee Assistance Professional, at snouffer@usc.edu.
James Nicholas, JD, MSW, Associate Clinical Social Worker, at jamesnic@usc.edu.
Susan Huddleston, Office Manager, at shuddles@usc.edu.

**Health Sciences Campus (HSC):**
Angela DiBlasi, MSW, LCSW, PCC, Program Manager HSC, at dibilasj@usc.edu.
Jessica Ayala, LCSW, Employee Assistance Professional, at ayalajes@usc.edu.

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