



Childcare and Adult Care Support

1. [Care@Work: Childcare and Adult Care Backup](#)

Care@Work by [Care.com](#) is a service for BUMG faculty to find pre-screened, high quality caregivers for backup child care (in-home or in-center) and backup adult or senior care (in-home).

The service provides:

- Last-minute care for work-related needs such as school snow days, sick days, school vacation, or if your normal child or adult care falls through.
- Care for your child(ren), adults, and seniors.
- Book online, using the Care@Work app or by phone
- In-home care – \$8 per hour (child, adult or senior backup care)
- In-center care – \$15 per child per day (childcare only)
- 8 days/academic year per employee to use any combination of backup care

Care@Work Support Guides For additional support, Care@Work has created two useful guides.

- [Back to School Guide](#) (tinyurl.com/care-backtoschool) on support available as part of the school year, and
- [Coronavirus resource guide for parents and caregivers](#) (tinyurl.com/care-covid-19) for a listing of pandemic related tips and support, including how to have an open and direct conversation with caregivers to ensure everyone feels comfortable and other parenting support articles and podcasts.

Care.com Free Premium Membership To access go to <https://bumg.care.com/>

- Find an ongoing caregiver through Care.com's database. This option may be used for finding a typical childcare arrangement such as a nanny or babysitter or for support during the school year when your children may be home for part or full time and need at home supervision and support for online learning.
- Family Care Benefits – access all of the care-related and distance learning resources like in-person or on-line tutors, and pod teachers if you want your kids to be schooled at home (alone or with others).

Care.com Expert Assistance To access go to:

<http://www.bumc.bu.edu/bumg/files/2021/01/BUMG-C@W-Expert-Assistance.pdf>

- Obtain one-on-one assistance from a dedicated advisor who helps make the process of finding your perfect caregiver easier.
- This option may be used to find nannies and babysitters, tutors and distance learning facilitators, adult companion care, housekeepers, and pet sitters.

2. [BU Back-Up Care for Children and Adults \(Bright Horizons\)](#)

Boston University has partnered with [Bright Horizons](#) to provide you with Back-Up Care for children, adults and elders for planned as well as last-minute circumstances.

The service provides:

- Occasional alternative care when your regular care plan is disrupted.
- A national network of vetted childcare centers and in-home caregivers through Bright Horizons for both children and adults.
- 24/7 access to book these services either online, through a mobile app, or by phone. Bookings can be made up to 30 days in advance for anticipated disruptions or on the same day for unexpected needs.
- In-Home Care – \$6 per hour (child and elder care)
 - o One in-home caregiver can care for up to three children
- In-Center Care – \$15 per child per day; \$25 per family per day (childcare only)



- Limited availability due to COVID-19
- 10 days/ year per employee to use any combination of backup care

Please note that CARE.com and Bright Horizons offerings are not mutually exclusive.

3. **Childcare Discounts** The following childcare centers offer discounts and special benefits to BUMG faculty through BMC. Due to COVID-19, current availability is limited.
 - **The Learning Experience:** Faculty receive a 10% discount and waived early and late fees for extended hours of care. To find out more please contact **888.991.4222** or visit www.thelearningexperience.com to contact a local center.
 - **Little Sprouts:** Little Sprouts provides accredited and high quality care. Employees can receive a waived registration fee (typically \$75) and with priority waitlist status. Please call **877.977.7688** to find out availability and pricing. Visit www.littlesprouts.com for more information about the programs.
4. **Childcare Centers with Current Availability**

Please reference the spreadsheet posted at internal.bmc.org/media/23161 for a list of daycare centers that have recently indicated that they have openings and are accepting new children. (Please note, many indicated their situation is fluid and availability can change at any time). These centers have been screened and vetted by our Backup Care provider, Care@Work. Contact the centers directly to inquire about availability and pricing.

Medical and Emotional Care

1. **Telehealth: Doctor on Demand**

Confidential services are available for online video chat with licensed physicians, psychiatrists and psychologists. This free service will be available to providers and their family members from May 1, 2020 to April 30, 2021. To access the service, download the 'Doctor on Demand' app, select the group name "BMC Providers" and complete your profile set up. Click [here](#) for more information. To learn more, visit www.doctorondemand.com/health-plans-inc.

 - **Urgent Care** If your child gets sick and you're not sure if it's serious, or what to do, call Doctor on Demand. Generally, within a few minutes, you'll be connected to a board-certified doctor who can assess your condition, order a prescription, or triage you to an appropriate location if needed.
 - **Mental Health Services** are available for children through online video chat with licensed practitioners. Access the app to find practitioners who specialize in pediatric care. Conditions treated include depression, anxiety, addiction, trauma and loss. Medications that a psychiatrist prescribes can be filled at any local pharmacy, including BMC.
2. **Telehealth: Well Connection**

Telehealth is covered under both BU Health Plans. Learn more about this service [here](#).
3. **BU Employee Resources for Clinicians**

Boston University's Faculty & Staff Assistance Office <http://www.bu.edu/fsao> has helped clinicians cope with adverse outcomes, burnout and the stressors associated with working in academic medicine for many years. Their licensed behavioral health providers are using a HIPAA compliant zoom platform for free and confidential counseling, consultation and referral services available to BU faculty, staff and their family members. They are also offering virtual support groups and workshops, some specifically for clinicians coping with the Covid-19 pandemic. For more information, see their website <http://www.bu.edu/fsao> or call 617-353-5381.
4. **BMC Employee Assistance Program (EAP)**

EAP is available for free, 24/7 confidential counseling to all employees and their families experiencing



behavioral health issues such as stress and anxiety, substance use, and adjustment disorders. During the COVID-19 outbreak, this service is now **also available for BUMG employees**. For more information, visit www.guidanceresources.com and use Web ID: BMC. For counseling and referrals call: 833-306-0107.

5. **24/7 Real-time Psychological First Aid Support**

Page 5804 or call the BMC operator (617-638-8000 and enter 0 and ask to page 5804) and an on-call licensed clinician who understands the hospital environment will call you back within 30 minutes. You can also email COVID19BehavioralHealthSupport@bmc.org to schedule a time to speak with someone by phone or Zoom.

6. **Chaplain on Demand**

As members of the hospital's interdisciplinary team, Chaplains are trained to respond to your spiritual, emotional, and religious needs. Call 617-414-4299 to speak with a member of Chaplaincy Services.

7. **Beth Milaszewski, LICSW, Employee Assistance Clinician**

Beth is available to speak to individuals and teams and provide support related to stress management, anxiety, work conflicts, and traumatic events and situations. You can reach Beth at Beth.Milaszewski@bmc.org, 617-414-4357, or by paging 8010.

8. **The Working Well Clinic** has established an email address (Covid19WWC@bmc.org) for staff questions related to your health and safety such as travel, exposure, and staying home/self-isolation or when to return to work.

9. **BMC's Mindfulness Program** has a daily "Mindful Moment" email with links to its virtual drop-in sessions, thoughtful poems, and easy stress relief tips to support and strengthen our resiliency to counter the ongoing COVID-19 news updates. Email mindfulness@bmc.org to sign up.

Educational Support for Children

1. **BU Childcare and Educational Programs**

Boston University offers early childhood and preschool educational programs found [here](#).

2. **Khan Academy**

This non-profit organization offers personalized virtual learning at no cost. The curriculum covers grade level courses and distance learning resources for math, grammar, science and history. Go to khanacademy.org to learn more.

3. **Read Theory**

Read Theory provides free online reading comprehension skills for K-12 students, as well as an English as a Second Language (ESL) program. It is designed to be fun and simple to use to keep the students' attention and improve their motivation. Visit readtheory.org to join.

4. **Home School Co-ops**

A home-school co-op is a group of families who meet together and work cooperatively to support their children. Activities and classes that are part of a co-op may be led by parents, or the parents may chip in to pay all or some of the teachers and activity leaders. Find a co-op that works for your family by joining a local home school support group, Facebook, Nextdoor or local home school association sites. These virtual options are currently accepting new students:

- **Virtual Home School Group** is volunteer run and has been serving homeschool families for more than 15 years. Parents pool their talents and offer different things, and all classes are free for students. Visit www.virtualhomeschoolgroup.org/ to learn more.



- **Hoeden at Home** is a dedicated group of homeschooling families that provide a safe place for homeschooling families to learn, grow, and make new friends. You decide what your student is required to do. Some families use Hoeden as their full curriculum, while others for support and electives. The cost is \$12.95/month or \$99/year per family after a 30-day free trial. Learn more at hoedenathome.com or by calling **586.524.3659**