

THE WELLBEING COLLABORATIVE

of Arizona Health Professionals

Happy New Year!

As we welcome in the new year, we hope that you had time with your family and friends to celebrate the holidays, rest, and reflect. We truly appreciate of our collective passion to improve the health and wellbeing for the people in the systems of our care. We are focused on starting the new year full of energy and excitement and want to share with you some of the things coming up.

INTRODUCING THE STRATEGIC ADVISORS

The Wellbeing Collaborative Strategic Advisors are a group of subject matter experts and healthcare influencers who have volunteered to provide advice on some our key initiatives.



Mark Carroll-With a diverse background in health system and population health leadership, Mark is committed to interdisciplinary partnerships that promote positive change. He enthusiastically supports the vital work of the Wellbeing Collaborative.

Christina Corierr-Having served for 7+ years in the Ducey Administration advising on health policies related to AHCCCS, DES, DHS, DIFI, and DCS, Christina has recently joined Consilium Consulting where she is assisting health care clients in advocating for improvements to our healthcare system.



Beth Kohler-The CEO of the Arizona Association of Health Plans, which is made up of the Medicaid plans that serve as the private half of the AHCCCS public-private partnership.

Lorenzo Martinez-As Senior Director of Health Sciences for the Arizona Board of Regents, Lorenzo works on aligning university programs with state workforce needs focused specifically on health care professionals

FIRST STEERING COUNCIL MEETING

In December, we had the opportunity to host the first of many Steering Council Meetings. The focus of the meeting was to establish a strong group foundation, review a strategic timeline of activities, and select some action verbs that help to identify the purpose of the Collaborative. The group landed on the following action verbs:



The Collaborative **SUPPORTS**... the creation of safe spaces for open & honest dialogue and ideas.



The Collaborative **CHAMPIONS**...legislation awareness and policy change.



The Collaborative **TRANSFORMS**...workforce development and sustainability.

STRATEGIC STORYTELLING WORKSHOPS

To honor 2 of the strategic areas of impact we offered 3 strategic storytelling workshops to all members the collaborative. 20+ members attended and here is some of the feedback they provided:

"Full disclosure... I was dreading a 4 hour class in the afternoon, on a Monday.... And man, was I pleasantly surprised! I really felt like I learned something, and the instant feedback is terrific!"-**Laura Gardner, Program Manager, Physician and APP Professional Development, Banner Health**

"I found this workshop valuable with powerful tips and tools that I can immediately apply to my work."-**Virginia Bonner, Clinician Experience and Development Consultant, Banner Health**

"The time flew by in this very enjoyable workshop. I can't believe how effective this was for learning some key strategies and skills and increasing my confidence in using story telling for presentations and writing at work or elsewhere."-**Dr. Cynthia Stonnington, Associate Medical Director, Office of Joy and Wellbeing, Mayo Clinic Arizona**



Keep Reading!

Hear the "why" story of Steering Council Member: Dr. Cynthia Stonnington

STORY HIGHLIGHT

DR. CYNTHIA STONNINGTON'S "WHY I'M HERE" STORY



Dr. Cynthia Stonnington is Professor of Psychiatry and has been a practicing psychiatrist in Arizona for more than 32 years, with the past 19 years at Mayo Clinic in Arizona. She was the previous Chair of Psychiatry and Psychology and now is enjoying her role as Associate Medical Director for the Office of Joy and Well-Being at Mayo Clinic in Arizona.

The patient I will never forget.

So there I was, a fledgling psychiatrist starting a private practice in Phoenix, Arizona. I was treating patients who entrusted me to help them, and I felt excited! But also nervous. I thought to myself "was I skilled and experienced enough?" I didn't know about imposter syndrome back then, but I sure felt that way.

One of my first patients was Angela; a woman who was very depressed, struggling, and hopeless. She was demoralized both at her work and in her relationship her husband. Growing up, she never felt good enough. She suffered from persistent depression and anxiety, having failed a couple medication trials already. I wanted to help her, but I was also lacking confidence in myself and overwhelmed by a pressure to fix her.

And then I stumbled into this simple question. "Angela, what do you most want to change about your life or situation?" Angela replied, "I want to have children, but I don't feel it will be possible given my medication. I am already overweight, and I worry that I won't lose the baby fat even if I did get pregnant. Plus, I feel bored in my job and want to be recognized for my abilities."

So besides finding a more effective medication, each time we met, we stayed specifically focused on each of those hopes. I reminded her of what she wanted and empowered her to find ways to overcome the barriers. And guess what? She ended having a healthy baby girl despite being on medications! She returned to her pre-baby weight afterwards and she was promoted at work.

I subsequently left private practice, but each year she tracks me down and sends me a holiday card with a picture of her family (ultimately 3 lovely children and a seemingly happy marriage) and I have been able to watch her family grow up from afar. I continue to be so proud of her and also of myself.

Now I know to invite my patients to connect to their "why" by sharing what they really want to achieve with me and in their life. It turns out that it keeps me connected to my "why" as well.

I would love to ask you: what is your "why" story?

Stay tuned!

Each month, we are going to feature the "why" story of one of our Steering Council Members!

