

APRIL 2023

THE WELLBEING COLLABORATIVE

of Arizona Health Professionals

April 2023

We would like to start this month's newsletter by bringing attention to the **3 strategic initiative** that the Collaborative is focusing on to **move from vision to reality** when it comes to health professional wellbeing.

Initiative 1

Supporting the creation of safe spaces for open & honest dialogue and ideas.



Some of the goals of this initiative include the creation of a guidebook that can help leaders and organizations create safe spaces for dialogue and best practices for active listening and creating authentic engagement.



This initiative will be kicked off by co-leads Carissa Bamford, Mary Jo Gregory, and Cynthia Stonnington and plans to meet 1-2 times per month starting mid-late April.

Initiative 2

Transforming workforce development and sustainability.



Some of the goals of this initiative include identifying a core group of skills that focus on mindfulness, resiliency, and self/other care, and how to bring those skills to the entire workforce (including leaders).



This initiative will be kicked off by co-leads Michelle Villegas-Gold, Teresa Bertsch, and Sheila Sjolander, and Heather Rabin and plans to meet 1 time per month starting end of April.

Initiative 3

Championing legislation awareness and policy change.



Some of the goals of this initiative include collaborating with key legislators, lobbyists, government agencies, and policy makers to understand current legislation and advocate for policy change as it pertains to wellbeing.



This initiative will be kicked off by co-leads Tiffany Pankow and Libby McDannell, and plans to meet 1 time per month starting end of April.

SIGN UP!

We would love to **invite** all Wellbeing Collaborative Members to join any and all of the initiatives to help the Collaborative move from **vision to reality** over the next 6 months. If you are interested in joining, please sign up **[here](#)**.

We would also love to invite anyone from the Wellbeing Collaborative to join the upcoming **Alliance Professional Fulfillment Webinar** on Tuesday April 18th, 2022 from 8:00am-12:45pm.

If you are interested in joining, please email **Jennie McMillian** at **jennie.mcmillian@narbha.org**

**FREE
WEBINAR**



**SAVE
THE DATE**

**Wellbeing Summit will be on
September 29th, 2023.**



Keep Reading!

Hear the "why" story of Steering Council Member: Jasleen Chhatwal

STORY HIGHLIGHT

JASLEEN CHHATWAL'S "WHY I'M HERE" STORY



Jasleen Chhatwal was the previous president of the Arizona Psychiatric Society and now serves as the Chief Medical Officer at Sierra Tucson as well as an Assistant Professor of Psychiatry in the College of Medicine at the University of Arizona.

The time we were worked together to reduce stigma.

So there I was in late 2021, an early career physician, stepping into the role of **president of our state psychiatric society**. I had been participating as peer support counselor for Arizona physicians and seeing many colleagues with mental health challenges who **balked at the idea** of seeking professional help due to **fears** of negative board action and internalized stigma.

I felt **frustrated** knowing how many physicians were struggling on their own at a time that they were doing so much for our communities. The term healthcare heroes that was being used seemed to further give the message that they were expected to be **infallible**. I wanted to do something to reduce the barriers to seeking help. But was realizing that it was a **complex problem** that involved the culture of medicine, regulations, laws, and there **wasn't an easy starting point**.

I spent some time **educating myself** on Arizona state processes around medical licensure and found that our licensing applications asked questions about mental health that could feed into those fears I was noting in my peer support work. I **engaged a few others** in our society, we **collaborated** with the state medical association, reached out to the medical board, wrote letters, **involved 22** other medical associations, crafted new language and even testified a few times in front of the medical board.

Until finally, **after 16 months of advocacy and engagement**, we saw that the board had fully accepted our recommendations. **We were ecstatic!** And in equal parts relieved. We now have a medical licensing application that does not ask stigmatizing, prying questions about mental health and hopefully starts to change our medical culture, allowing physicians to seek timely care for themselves.

And that's why I feel **hopeful** that we can bring about change - and we owe it to ourselves **to move structures** that impact our lives in the direction that helps make our **very meaningful work** more sustainable.