

MAY 2023

THE WELLBEING COLLABORATIVE

of Arizona Health Professionals

MAY 2023

Spring has sprung, and with it comes a sense of renewed energy and optimism. As we move further into the year, there are many exciting things happening in our collaborative, and we can't wait to share them with you. From new projects and initiatives to upcoming events and opportunities, there's never been a better time to be a part of our community. So sit back, grab a cup of coffee or tea, and let's dive into all the latest happenings!



Vincent Berkley DO

We are excited to announce one of our newest strategic advisors:

Vincent Berkley DO has had a distinguished career in healthcare, including serving as a retired rear admiral in the Commissioned Corps of the U.S. Public Health Service and former Assistant Surgeon General. He has also held leadership positions in the Department of Health and Human Services and served as the Senior Health Official in the State of Louisiana following his deployment during Hurricane Katrina. After retiring from the Commissioned Corps, he served as a Medical Director for two Youth Residential Treatment Centers and later joined the NARBHA Institute as its inaugural transformational fellow.

Strategic Advisors



Vince is joining a fantastic list of strategic advisors that includes:

- Mark Carroll
- Lorenzo Martinez
- Christina Corierr
- Alison Essary
- Beth Kohler
- Flo Spyrow
- Theresa Cullen



The Wellbeing Collaborative had the honor of being mentioned at the Wellbeing & Resiliency Conference on 4/18 hosted by NARBHA. Dr. Keith Frey joined a list of speakers and topics including:

- **Teresa Bertsch, MD:** The Alliance ACO and You
- **Keith Frey MD:** *Stanford Professional Fulfillment Model and Culture of Wellness*
- **Sara Christ MD:** *Inspiring Health-Wellness, Fulfillment, and Resiliency*
- **Scott Shannon MD:** *An Overview of Ketamine and Psychedelic Assisted Psychotherapy*
- **Sara Dill MD:** *Creating Professional Fulfillment in Medicine*
- **Amy Shah MD :** *Why am I so Effing Tired and Hungry*

If you didn't get to catch these talks, the recordings will be **available mid May** and we will send the links to everyone for your viewing pleasure! *You will not want to miss these!*

FROM VISION TO REALITY

The Future of Health Professional Wellbeing in Arizona

The Wellbeing Collaborative of Arizona is creating a **world class summit** to convene leaders and organizations from across the health ecosystem. Speakers and participants will discuss **insights, innovations** and learn to how to adopt successful strategies to make a positive **impact** on the wellbeing of health professionals in Arizona.



Dr. Tait Shanafelt
Plenary Speaker

Professor of Medicine and Chief Wellness Officer
Stanford School of Medicine



Save the Date

Friday September 29, 2023
08:00 AM to 03:30PM

ASU Health Future Center
6161 E Mayo Blvd
Phoenix, AZ 85054



Keep Reading!

Hear the "why" story of Steering Council
Member: **Teresa Bertsch**

STORY HIGHLIGHT

TERESA BERTSCH'S "WHY I'M HERE" STORY



Teresa Bertsch MD serves as Vice President and Chief Wellbeing Officer for The NARBHA Institute, and Chief Medical Officer for The Guidance Center, an affiliate of The NARBHA Institute. This story was written and presented at The Alliance Behavioral Health ACO Health Professional Wellbeing & Resiliency Conference April 2023 as part of the Leadership Storytelling Workshop led by Anca Castillo.

I wasn't sure I could. And then WE did.

So there I was listening to the NARBHA Institute Board Chair and CEO talking about starting a behavioral health ACO (accountable care organization). I was distracted by my e-mail, the teams chat, the texts, and the calls that I kept getting. I thought, "**I have too much going on** to learn about ACOs, let alone a type of ACO that hasn't been done before". All of sudden, they turned to me and said "Teresa, maybe you should be the one to lead it!" Wait, did I hear that right? Feeling grumpy I said, "Hmm, **let me think about that.**"

Over the next few weeks, when the idea kept coming up, I'd think to myself, "**I'm not sure I want to do this or even know HOW.**" After a few weeks of discussion, everyone was still looking at me eagerly. And then I remembered what Sarah Dill MD (my coach) would have asked me when faced with a challenge, "**What if I did know how to do it?**"

So I asked myself 2 questions: 1) *what if this wasn't like any other ACO?* and 2) *what if we used the ACO as a vehicle to transform behavioral healthcare and also focused on health professional wellbeing?* I could feel a **particular buzz of excitement** that I sometimes get when I have an idea that inspires me. So I agreed, and I told them I knew just the people I wanted to hire: a high-powered team that could uplift the system; a team who had previously worked with me and who were dedicated, committed, and wickedly smart. **To my delight, everyone said YES!**

A few months in, I said to my dream team, "**Let's do a well-being conference** focusing on professional fulfillment and invite all the ACO community mental health medical directors and clinical leaders in northern Arizona. **Let's make it the conference we'd like to attend**, and invite speakers who could inspire all of us!" I could see the team worrying if we could pull it off because none of us are, what I call, "party planners." One person I thought of who could help us deliver "WOW" was Anca Castillo with Design Convo. So we asked her for help and she agreed. **This might actually work!**

And here we are all together at the conference. **What started as a far-flung idea has become reality.** I can feel the spark of possibility and hope among us. Fueled by applying new insights to complex problems, **we are hopeful that we can transform healthcare!** Through this experience, I also learned that when our values align with our efforts, there can be an upwelling of energy and creativity like we've seen today. Thank you everyone for your attention and enthusiasm, and as Gandhi said, *let's be the change we want to see in the world.*