

THE WELLBEING COLLABORATIVE

of Arizona Health Professionals

August 2023

We hope this newsletter finds you in good health and high spirits. As we approach September, the anticipation for our upcoming Wellbeing Summit is growing steadily. We are thrilled to bring you some exciting updates and highlights about the event.

FROM VISION TO REALITY

The Future of Health Professional Wellbeing in Arizona

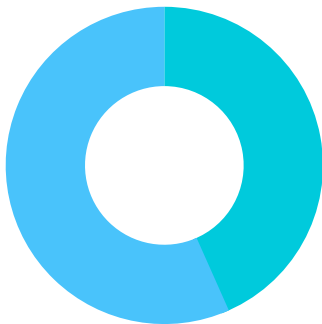


Friday September 29, 2023
08:00 AM to 03:30PM

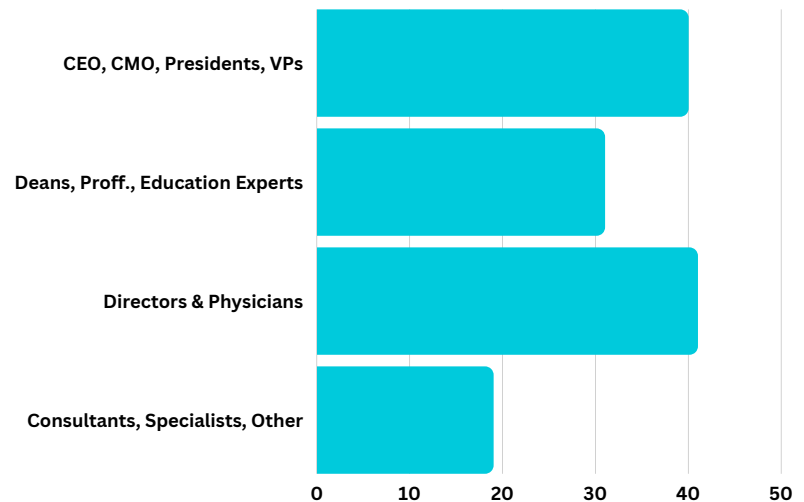
Since registrations opened on July 5th, we are happy to share that we are at **130+** registrations out of **300** total seats.

These early registrations represent a strong mix of executive leaders, education leaders, physicians, and specialists.

Seats
Open
56.7%



Seats
Taken
43.3%



Across 40+ organizations such as:

- American Nurses Credentialing Center
- Apogee Physicians
- Arizona Alliance for Community Health Centers
- Arizona Care Network
- Arizona Community Health Workers Assoc.
- Arizona Department of Health Services
- Arizona Hospital and Healthcare Assoc.
- Arizona Nurses Association
- Arizona State Board of Nursing
- Banner Health
- Blue Cross Blue Shield of Arizona
- Cancer and Blood Specialists of Arizona
- Dignity Health
- District Medical Group (DMG)
- El Rio Health
- AzCHOW
- AzNA
- Honey and Noor
- HonorHealth

- Hopi Tribe DHH
- Mayo Clinic
- Mohave County Public Health Department
- North Country HealthCare
- Northern Arizona VA Healthcare
- Phoenix Indian Medical Center, I.H.S.
- Pinal County
- Sierra Tucson
- St. Joseph's Hospital and Medical Center
- Sucher Medical Management Ltd
- THE NARBHA INSTITUTE
- Valleywise Health
- Whiteriver Indian Health Service
- Yavapai Regional Medical Center
- Yuma County Public Health Services District

- Arizona State University
- Carrington College Nursing Program
- Northern Arizona University
- University of Arizona

**Register to save your seat
and be a part of this world-
class summit!**

[CLICK HERE](#)

STORY HIGHLIGHT

JEFFREY BACON'S "WHY I'M HERE" STORY



Jeffrey Bacon is an experienced family physician with a demonstrated history of working in the hospital & health care industry. He is the Chief Medical Officer, Divisional Medical Director, and Family Medicine Physician at Banner Health.

My Passion for Caring for your Provider

So there I was, head down on my desk in the middle of Logan, Iowa. A large stack of patient files towering over my head waiting to be completed. In the pit of my stomach **I felt I was not good enough**. My inner voice was telling me **“you’re such a failure.”** All those years of work and school were not enough to stop the **exhausting sadness** which I was feeling. Angry at myself I said, **“I want to be able to provide great care to the families and friends that I live in this community.”** As I laid there tearfully, I needed someone to come in and encourage me; to say **“you got this”** or **“keep going, you can do this.”** Instead, I felt betrayed and alone when the CEO, Mr. Ashworth, came in to say, *“maybe you should stop doing so many scopes and get back to work.”* In a practice of two, I had no mentor or resources leaving me *anxious and afraid*.

Frustrated and **devastated** by a *recent mass-casualty tornado in my community*, I decided to move to an organization in a different state. At first, **I was very pessimistic it would be any different but**, it was **shockingly** different! Although I was not a delight with my cynical mood, I had partners who cared about my work-life balance and the organization had built a team that focused on burnout prevention. That team saw something in me. I was amazed the first time one of my partners asked if I had used any of my time off. Or when the Chief of Staff walked in my office and gave me a book; *“How to Win Friends and Influence People”* by Dale Carnegie. Softly, they shared the need for me to take a look at myself and how I was showing up to others.

With the help of great leaders, **I realized that I could make the change**. And I thought *“maybe I could help others make the change too.”* This grew a fiery passion to help other struggling providers. *“Don’t let any other provider suffer alone”* I thought. Growing into an administrative leadership role was never in my plan, but I realized how much impact I can have in such a role for both patients and providers.

It **thrills** me to see how far the initial steps for burnout prevention have grown within my organization. From **a simple model to a complex network** of interventions, burnout prevention has evolved into actionable items for provider wellness. This resiliency work has been **impactful** on our providers but also on the quality of care they give to all of our patients. Looking back to my previous worn-out, empty, and angry self, the new energized leader I am today would **wrap both arms around him** and **guide him down the path to joy and fulfilled** by providing him with the leadership and the tools to support him.

“Live your passion! Let it grow into the care you give your team, your patients and your community.” These are the words I have always said and now I get to live.

[CLICK HERE](#)

Visit our website to see a growing list of inspirational stories!

