

THE WELLBEING COLLABORATIVE

of Arizona Health Professionals

October 2023

In September, our Wellbeing Summit convened a unique assembly of passionate individuals and visionary leaders from various sectors — **the architects of change.**

TOGETHER

...we ignited a collaborative movement, one that promises to be a blueprint for the future of a healthier, more holistic health ecosystem.



In this month's newsletter, we delve into the pivotal moments and groundbreaking outcomes from the summit, illuminating how these architects are laying the foundation for a brighter future.

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“Well done! Appreciated the focus on well-being and specific strategies.”

“Just a wonderful experience!”

“This summit provided tools for me to share with my team”

198 Participants

62 Organizations

66 CEO, CMO, Presidents, VPs, Directors

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ARCHITECTS OF CHANGE



Keith Frey
(Executive Director & Chair of the Wellbeing Collaborative) and **Dr. Richard Gray**
(Mayo CEO)
providing the welcoming remarks and setting the stage for the day.



Dr. Tait Shanafelt providing the Plenary Session focused *Addressing Root Causes of Burnout and Redesigning the Workplace to Promote Wellbeing*



Dr. Stephen Swensen and **Dabney Hailey** leading the morning breakout sessions around the topics of *Kindness: the Leadership Strategy for Wellbeing and Opening Eyes and Minds: Visual Thinking Strategies for Healthcare Professionals*.



Excellent event, I could have listened to Tait and the CEOs speak for even longer!



The **CEO Panel** featuring **Todd LaPorte** (CEO at HonorHealth), **Judy Rich** (be President & CEO TMC Health), **Dr. Natasha Bhuyan** (VP at OneMedical) and Dr. **Anne Newland** (CEO at North Country) discussing their strategies and approaches to health professional wellbeing.



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FROM INSIGHTS TO IMPACT



CHAMPIONING LEGISLATION AWARENESS AND POLICY CHANGE.

Hearing from a panel of health leaders engaged in legislative awareness and policy change.

- **Zaida Dedolph**, Policy Advisor to the Governor for Health
- **Representative Selina Bliss**, Legislator & nurse
- **Ann-Marie Alameddin**, CEO Arizona Hospital and Healthcare Association
- **Shawn Nau**, CEO Health Choice Arizona
- **Michelle Pabis**, Vice President Government and Community Affairs, HonorHealth, and member, Health System Alliance of Arizona

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

Carisa Bamford (*Clinician Experience & Development Sr. Director at Banner Health*) showcasing simple yet effective activities for building peer support.



Transforming workforce development and sustainability.

Hearing from an engaging panel spanning Public Health, Graduate Medical Education, and Hospitals and Systems on the state of wellbeing for their population and strategies they are using to promote and enhance wellbeing

- **Dr. Theresa Cullen**, (Director at Pima County Health Department)
- **Sheila Sjolander**, (Deputy Director, Public Health Services, Arizona Department of Health Services, ADHS)
- **Dr. Heather Rabin**, (Sr. Advisor Wellbeing and Professional Development South West Division Dignity Health and CommonSpirit Health)
- **Dr. Teresa Bertsch**, (The NARBHA Institute CMO/Chief Wellbeing Officer; North Country HealthCare Family and Community Medicine Residency Wellbeing Program Leader)



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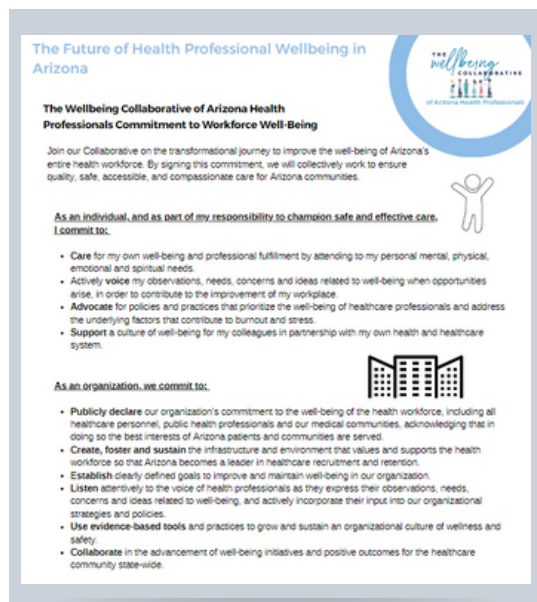
SETTING THE STAGE FOR CHANGE!



Incoming Executive Director & Chair of the Wellbeing Collaborative, **Flo Spyrow**, setting the stage for the future of this important work!

- ✓ Creating opportunities to impact legislation and/or policy collaboratively and uniquely
- ✓ Creating a repository of best practices
- ✓ Highlighting individual and/or organization initiatives to provide opportunities for dialogue and sharing
- ✓ Developing a cohort of experts affiliated with the Collaborative

The Wellbeing Collaborative of Arizona Health Professionals Commitment to Workforce Well-Being



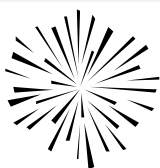
45 Individuals
&
20 Organizations

Have signed the pledge and committed to improving the well-being of Arizona's health workforce.



You have an opportunity to **sign the pledge** and join the Collaborative and to be an **Architect of Change!**

[CLICK HERE](#)



Thank you to everyone who attended the summit!