

THE WELLBEING COLLABORATIVE

of Arizona Health Professionals

February 2024

As we navigate the early chapters of 2024, the Wellbeing Collaborative of Arizona remains steadfast in our mission to foster a culture of health and wellbeing among health professionals across the state. This February, we bring you insights and inspirations from our recent strategic retreat, a gathering that was both reflective and forward-looking, dedicated to enhancing the collaborative's impact and reach.

2024 Strategic Retreat

In January, our Steering Council and Strategic Advisors convened to reflect on our journey, celebrate the strides we've made, and chart a course for the future.

The retreat looked to answer 3 main questions:

- ? What have we learned?
- ? How do we keep the momentum going?
- ? How are we going to DO our work?

We realized...

People are looking to the Collaborative for recommendations.

**Inform.
Equip.
Convene.**

And so...

6 themes came up that will provide additional clarity and direction as we move forward



Our newsletter features a deep dive into the strategic initiatives born from our retreat, led by champions within our community. Each initiative is spearheaded by dedicated leaders, whose vision and commitment ensure we move forward with purpose and impact.

STRATEGIC INITIATIVES

EQUIP

Transforming workforce development and sustainability.



This initiative is dedicated to transforming workforce development and sustainability within the health ecosystem, placing a strong emphasis on enhancing health professional wellbeing. By implementing innovative strategies and initiatives, we aim to equip future health professionals with the skills, tools, and mindsets that promote wellbeing, ensure long-term career sustainability and contribute to high-quality patient care.



Led by: **Michelle Villegas-Gold**,
Director of Health and Clinical Research, Arizona State University

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



This initiative prioritizes best practices and frameworks that promote brave spaces for health professionals that provides them with an environment where they can engage in open and honest dialogue, facilitating discussions about their wellbeing and allows for the free expression of ideas to support their mental, physical, spiritual, and emotional health.



Led by: **Cynthia M. Stonnington**,
Associate Medical Director of the Office of Joy and Well-Being, Mayo Clinic

Championing legislation awareness and policy change.



This initiative takes a proactive stance in championing legislation awareness and policy change that directly impacts health professional wellbeing. By advocating for reforms that prioritize healthcare workforce support, we aim to bring about meaningful changes in policies that address key issues such as work-life integration, burnout prevention, mental health support, and fair working conditions, ultimately promoting the overall wellbeing and resilience of healthcare professionals.



Co-Led by:
Tiffany Pankow, Chief of Caregiver Wellness and Patient Experience, Honor Health



Jasleen Chhatwal, Chief Medical Officer, Sierra Tucson, University of Arizona

Making the Case for Wellbeing



Recognizing the pivotal role of evidence-based advocacy, this initiative is dedicated to consolidating a comprehensive repository of reports, literature, studies, and pivotal data that underline the return on investment (ROI) in wellbeing. As a collective, members meticulously curate and refine this information, to confidently present and advocate for well-being initiatives to their leadership, ensuring that the case for well-being is both compelling and grounded in robust evidence.



Led by: **Carisa Bamford**, Clinician Experience & Development Sr. Dir., Banner Health

CONVENE

Summit April 2025!



Upon reflecting on the success of the Summit in 2023, we have decided that we will be working towards and planning for a Summit in April 2025!

INFORM

As these initiatives move forward and develop tangible products, programs, toolkits, or other action items, we will keep you updated and informed!

