



FALL 2025 WELLBEING SUMMIT



Standing Together: Building a Wellbeing-Centered
Health Ecosystem in Arizona

THE
wellbeing
COLLABORATIVE



Friday, October 3, 2025
8:30AM-3:30PM



Hilton North Scottsdale
at Cavasson

AGENDA



8:30am-9:00am

REGISTRATION & POSTER GALLERY

9:00am-9:15am

WELCOME & INTRODUCTION



Flo Spyrow, MSN/MPA, JD

Executive Director, The Wellbeing Collaborative of Arizona



Anthony M. Avellino, MD, MBA

Chief Medical Officer | HonorHealth Medical Group, Specialty Care

9:15am-10:20am

KEYNOTE SPEAKER



Dr. Mickey Trockel, MD, PhD

Director of Evidence-Based Innovation, Stanford WellMD Center

10:30am-11:20am

KEYNOTE SPEAKER



Dr. Teri Pipe, PhD, RN

Professor in Health Care Leadership, University of Wisconsin-Madison

11:30am-12:30pm

PANEL SESSION



*Moderated by **Dr. Keith Frey, MD, MBA***



Dr. Mickey Trockel, MD, PhD Director of Evidence-Based Innovation, Stanford WellMD Center



Dr. Teri Pipe, PhD, RN Professor in Health Care Leadership, University of Wisconsin-Madison



Dr. Jerrold Jackson, PhD Director of Partner Enablement, Mayo Clinic Platform



Heather Carter Ed.D. CEO Health Choice and GM Medicaid, Blue Cross Blue Shield of Arizona Health Choice, Medicaid Health Plan

12:30pm-1:30pm

LUNCH & NETWORKING

1:30pm-3:30pm

ABSTRACT PRESENTATIONS



Crismon Room



Quartz Room



Kosata Ballroom

3:30pm

CLOSING

ABSTRACT PRESENTATIONS



CRISMON ROOM

Time	Presentation Title	Speaker(s)
1:30pm-1:50pm	Leading with Kindness—A Framework for Transformational Leadership in Healthcare Leading with Kindness for Collective Effervescence	Stephen J. Swensen, M.D., M.M.M. , Transformational Fellow, The NARBHA Institute Senior Fellow, Institute for Healthcare Improvement
1:55pm-2:15pm	From Isolation to Connection – Building Sustainable Peer Support Programs in Healthcare	Heather Rabin, PhD Sr Advisor Wellbeing and Professional Development, Central Region, Dignity Health and CommonSpirit Health
2:20pm-2:40pm	From Burnout to Brilliance: A Trauma-Informed Resilience Framework for Healthcare Professionals	Amy Looper, CTSS, TRLC and Founder, Resilient Growth
2:45pm-3:05pm	Brave Spaces & Brave Stories – Modeling Vulnerability to Transform Organizational Wellbeing	Jen Hartmark-Hill Past President, Arizona Medical Association (ArMA); Professor, University of Arizona College of Medicine-Phoenix Keith Jones MA , Mayo Clinic Elissa Adame PhD, Assistant Professor & Christina Meneses Graduate Teaching Associate , Hugh Downs School of Human Communication, Arizona State University

QUARTZ ROOM



Time	Presentation Title	Speaker(s)
1:30pm-1:50pm	How Banner Health Cultivates Happiness in Medicine	Marjorie Bessel, MD, EVP , Chief Clinical Officer, Banner Health
1:55pm-2:15pm	HOPE - How a Mayo Clinic MERG is improving working parents' mental, physical, and emotional well-being	Chara Pruszynski, MPH , Mayo Clinic
2:20pm-2:40pm	CARE Before Capacity: Building Public Health Workforce Wellbeing Through Trust, Tools, and Time	Vickie Mudra , Founder & CEO, Institute for Deliberate Practice, Inc. Ashley Jackson, MHRM Workforce Development Director, PCHD
2:45pm-3:05pm	Workforce Well-being Begins with Prevention: Incorporating Wellness Strategies Early in Education and Training	Eve B. Hoover, DMSc, PA-C, DFAAPA Midwestern University Bhupin Butaney, PhD, ABPP , Midwestern University



KOSATA BALLROOM | PRESENTATIONS



BLOCK 1

Time	Presentation Title	Speaker(s)
1:30pm-1:40pm	Transforming Healthcare from the Inside Out: Innovative Leadership Models that Prioritize Workforce Wellbeing While Enhancing Quality and Access to Care	Jennifer Eminem, Director of Dr. Ibeez Lux (DIL)-A Platform of self-care for all Mental Health
1:40pm-1:50pm	Resident Well-Being through Purpose: A Blue Zones-Inspired Intervention to Reduce Burnout	Dr. Mandeep Sablok, Honor Health
1:50pm-2:11pm	Second Victim Syndrome: Implementation of Foundational Concepts within a Doctor of Pharmacy Program	Erin Raney, Professor of Pharmacy Practice, Midwestern University College of Pharmacy, Glendale Campus
2:00pm-2:10pm	Cup of Joy: Cultivating Connection, Laughter, and Wellbeing Across a Healthcare Organization	Tiffani Satterelli, Joy, Wellbeing; Connection Advocate Speaker Facilitator, Mayo Clinic
2:10pm-2:20pm	Physician Wellness and Resilience: Narrative Prompts to Address Burnout	Pauline Davies, Professor of Practice Emeritus, Hugh Downs School of Human Communication, Arizona State University Cynthia M. Stonnington, Professor of Psychiatry, Mayo Clinic College of Medicine and Science,

BLOCK 2

Time	Presentation Title	Speaker(s)
2:35pm-2:45pm	The Practice: A Leadership-Endorsed Workplace Intervention to Improve Well-being in Healthcare Professionals	Keith Jones, MA Mayo Clinic
2:45pm-2:55pm	Adapting a Wellbeing Framework for a GME Environment	Julie Weissbuch Allina, Wellbeing Program Manager, Creighton University Arizona Health Education Alliance
2:55pm-3:05pm	Where are the mentors? An ACO and Health Plan create a community of practice for early career psychiatric medical practitioners: the AZ Public Psychiatry Academy	Teresa Bertsch MD Chief Medical Officer/ Chief Wellbeing Officer, The Alliance and Thrive Health Behavioral Health ACOs/, The NARBHA Institute Sara Gibson MD Telemedicine Medical Director Blue Cross Blue Shield of AZ-Health Choice
3:05pm-3:15pm	Enhancing Electronic Health Record (EHR) Efficiency through a Data-Driven Quality Improvement Provider Optimization Program	Dr. Fatima Hamid, Commonspirit Health Central Region
3:15pm-3:25pm	Informing a Cultural Shift in the Well-being of APP Leaders and Their Teams	Andrew Sheppard, FNP, ACNP, DHSc Sr. Director, Advanced Practice Providers, Honor Health Wendy Danto Ellis (Fox), DHEd, MC, LPC , Director Well-being Center of Excellence, HonorHealth (HonorHealth)