



The Wellbeing Collaborative of AZ
Health Professionals

The NARBHA Institute

Leader RoundTable



Led by Dr. Stephen Swensen, Transformational
Fellow, The NARBHA Institute Senior Fellow,
Institute for Healthcare Improvement

RoundTable Mission

To support, energize, and develop
people-centered organizational health
leaders and nurture a sustainable
collaborative learning community of
Arizona wellbeing champions.

What Participants Work On



Each member will design and implement a
meaningful wellbeing project within their
organization, with mentorship throughout the
duration of the program.

Program Structure

In-Person Kickoff April 2026

Meet the cohort, learn
from Dr. Swensen, set
aspirations for the year.

Attend 7 of 9 Virtual Monthly Sessions

Confidential discussions,
short presentations, and
dialogue sparked by topics

Optional Mentor

Monthly one-on-one
conversations with
mentor (if opt in)

In-Person Conclusion April 2027

Share progress, reflect
on growth, and
deepen connections.

Selected Program Participants

- Janina C. Johnson (Northern Arizona University)
- Ravi Narine (Southwest Behavioral and Health Services)
- Ross Bremner (Dignity Health)
- Evener Scott (HonorHealth)
- John Sterling Marvel (Northern Arizona Healthcare)
- Meera Singavi (Phoenix Children's Hospital)
- Serena Scott (Banner University Medical Center, Tucson)
- Eileen Sievers (Gila River Healthcare)
- Shabnam Sood (Valleywise Health)
- Molly McNamara (Maricopa County Department of Public Health)

We are excited to have this group of compassionate, resilient, and people-centered leaders focused on the future of Arizona's health workforce.

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Participants



Eileen Sievers

Employee Wellness Manager
Gila River Health Care



Evener Scott

Director of Diversity, Equity,
Inclusion & Belonging
HonorHealth



Dr. Janina Johnson

Distinguished Dean, Maria and
Steve Sanghi College of Nursing
Northern Arizona University



Dr. John Sterling Marvel

Chair of Provider Wellness
Northern Arizona Healthcare



Dr. Meera Singavi

Pediatric Hospitalist/Wellbeing Director of
Hospital Medicine
Phoenix Children's Hospital



Molly McNamara

Supervisor, Office of Workforce
Development & Training
**Maricopa County Department
of Public Health**



Dr. Chiranjir (Ravi) Narine

CMO
**Southwest Behavioral
and Health Services**



Dr. Ross M. Bremner

Director Norton Thoracic
Institute
Dignity Health



Dr. Serena Scott

Vice Chair of Wellness
Banner University
Medical Center Tucson



Shabnam Sood

Director of Inpatient Behavioral
Health Services
Valleywise Health

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Mentors



Dr. Jasleen Chhatwal

Co-Founder, Kallistos Wellness,
President, Board of Directors, HOPE
Inc. Clinical Associate Professor of
Psychiatry, University of Arizona
COM



Dr. Heather Rabin

Senior Advisor - Wellbeing &
Professional Development
Central Region, Dignity Health,
CommonSpirit Health



Dr. Teri Pipe

Richard E. Sinaiko Professor in
Health Care Leadership, School of
Nursing Core Faculty, Center for
Healthy Minds, University of
Wisconsin-Madison



Dr. Teresa Bertsch

Chief Medical Officer/Chief Wellbeing
Officer at the NARBHA Institute



Mark Carroll, MD MS

Transformational fellow at
The NARBHA Institute



Dr. Cynthia Stonnington

Professor of Psychiatry, Mayo Clinic
College of Medicine and Science



Keith A Frey, MD, MBA

Retired Academic Family Medicine
Physician and Healthcare Executive



Dr. Jonathan Leighton

Professor of Medicine in the Division of
Gastroenterology and Hepatology at
the Mayo Clinic in Arizona



Dr. Sonal Haerter

Associate program director, Clinical Skills Co-
director of the Dept of Internal Medicine and
Creighton school of Medicine



Dr. Judith Engelman

Diplomate of the American Board Of
Psychiatry and Neurology