



**Thursday, November 2, 2023**

8:00 am — Welcoming Remarks – Murphy Auditorium

8:30 am – 9:30 am **Bite-sized Well-being During Times of Uncertainty: The Neuroscience of Hope**  
J. Bryan Sexton, Ph.D., Duke Center for the Advancement of Well-being Science

9:30 am – 10:05 am **The Role of Inequities in Burnout and Supporting NYC's Health Workforce**  
Ashwin Vasani, NYC Department of Health and Mental Hygiene

10:05 am - 10:40 am **The Role and Value of a Chief Wellness Officer**  
Jonathan Ripp, Mount Sinai, and Thea Gallagher, NYU Langone Health

10:40 – 11:00 am Networking Break

11:00 am 11:35 am **Battling Burnout and Enhancing Well-being in the Nursing and Healthcare Workforce - Evidence-based Strategies that Work and Yield ROI**  
Bernadette Mazurek Melnyk, Ph.D., APRN-CNP, FAANP, FNAP, FAAN, Ohio State University

11:35 am – 12: 20 pm **Caring for Caregivers: Removing Barriers to Mental Health Access**  
Moderator: Corey Feist, JD, MBA, Dr. Lorna Breen Heroes' Foundation

12:20 pm – 1:50 pm Lunch in Sponsor Showcase

1:50 pm – 2:25 pm Choose between two Interchangeable Tracks

Alumni Hall MPR

**Advancing Well-Being in Veterans Health Administration: Implementation of the Role of Chief Well-Being Officer** Mary Gallagher-Seaman, MSN, RN-BC, NE-BC, VHA-CM & Jana Boehmer, MSM, RD/N, Veterans Health Administration

Alumni Hall B

**Is Telemedicine the Answer to Healthcare Burnout?** Russell Libby, MD, FAAP, Physicians Foundation

2:30 pm – 3:05 pm Choose between two Interchangeable Tracks

Alumni Hall MPR

**System-Level Interventions to Reduce Clinician Burnout** Jill Jin, MD, MPH, American Medical Association

Alumni Hall B

**Working for the Worker's Well-being: Putting the Why in Wellness**  
Jeremy Segall, MA, RDT, LCAT, NYC Health + Hospitals

Murphy Auditorium 3:10 pm – 3:50 pm

**Thriving Medical Families: New Challenges; New Solutions**  
Wayne M. Sotile, Ph.D., Center for Physician Resilience

3:50 pm - 4:30 pm **Leadership is Worthless...But Leading is Priceless: Battling Burnout and Restoring Resiliency**  
Thom Mayer, MD, FACEP, FAAP, FACHE, NFL Players Association;

4:30 pm **Opening Night Reception Sponsored by SafeHaven™ in Sponsor Showcase**

## Friday, November 3, 2023

7:30 am - 8:30 am Coffee

8:30 am – 9:15 am Choose between two Interchangeable Tracks

Alumni Hall MPR

### **Addressing Key Drivers of Healthcare Worker Suicide: Approaches from the Field**

Rebecca B. Chickey, MPH, and Elisa Arespacochaga, MBA, American Hospital Association

Alumni Hall B

### **COBALT: A Digital Platform to Protect Healthcare Worker Wellbeing**

Moderator: Thea Gallagher, PsyD, NYU Langone Health

9:20 am - 10:05 am Choose between two Interchangeable Tracks

Alumni Hall MPR

### **Building Workforce Resilience: A Journey of High Reliability at the Individual and Organizational Levels**

Stephanie Jones-Wood, MPH, Houston Methodist

Alumni Hall B

### **Healthcare Workforce's Resilience and Retention: The Durable Path Forward**

Martin Wright, Partner, Strategic Consulting, Press Ganey Associates, LLC

10:10 am - 10:55 am Choose between two Interchangeable Tracks

Alumni Hall MPR

### **Emerging Tech: How does it fit in the Wellbeing Equation?**

Tina Shah MD MPH, Abridge; Anne Bailey PharmD, Veterans Health Administration

Alumni Hall B

### **Only the C-Suite Can Cure Clinician Burnout**

Bruce Cummings, MPH, LFACHE, Organizational Wellbeing Solutions, LLC

Murphy Auditorium

### **11:05 am - 11:45 am Boundary Setting - Preserving your own Cognitive Bandwidth**

Kevin D. Hopkins, MD, Cleveland Clinic and The American Medical Association (AMA)

11:45 am - 12:30 pm Networking Break and Lunch provided

### **12:30 pm - 1:10 pm Addressing Equity and Burnout**

Michellene Davis, Esq, National Medical Fellowships

### **1:10 pm – 1:50 pm The Burnout Challenge: Managing People's Relationships with their Jobs**

Michael Leiter, Ph.D., Michael Leiter & Associates

### **1:50 pm – 2:25 pm Kindness and the Good Life (at work)**

Stephen Swensen, MD, MMM, IHI; Former CQO and Director of Leadership and Organization Development, Mayo Clinic

2:25 pm **Closing Remarks**

2:45 pm End of Symposium