Welcome to the 2020 Wellness Champions Retreat. The Resiliency Center's Wellness Champion Program is excited to offer a program filled with resources centered around managing stress, reducing burnout, and optimizing well-being. By the end of the retreat you will have a clear understanding of program options and expectations, developed connections with your Wellness Champion colleagues, tested out new resilience skills, and have access to a new online toolbox.

For returning champions, this retreat will have a mix of familiar and new content. We are replacing our bi-monthly meetings with two half-day virtual retreats this year. We strongly encourage all past and new champions to attend the retreat.

8:00 am
+ Welcome from leaders. Wayne Imbrescia, Thomas Miller, M.D.
+ Introduction to Program and Retreat. Amy Locke, M.D.
+ Check-in. Megan Call, PhD.

8:50 am
+ Break.

9:00 am
+ Psychological First Aid. Megan Call, PhD, Trinh Mai, LCSW, Jean Whitlock, LCSW.

10:00 am
+ Break.

10:10 am
+ Recognizing Those at Risk. Rob Davies, PhD.

11:00 am
+ Breakout Session: Next steps, working as a team, tangible takeaways

11:45 am
+ Barriers and Moving Forward. Alan Davis, MD.