

27, September, 2022

Cleone Peterson Eccles Alumni House, OC Tanner Ballroom A & B
155 S Central Campus Dr. Salt Lake City, UT 84112

8:15 am – 8:30 am

REGISTRATION AND BREAKFAST

+ 2ND Floor Lobby Area

8:30 am – 8:45 am

WELCOME AND INTRODUCTIONS

+ Trinh Mai, LCSW, Well-being Specialist, Director of Mindfulness

8:45 am – 9:00 am

INTEGRATING WELL-BEING INTO A SYSTEM

+ Angelo Giardino, MPH, MD, PhD, FAAP, Chair, Department of Pediatrics

9:00 am – 9:35 am

MOVING FROM SURVIVING TO THRIVING

+ Amy Locke, MD, FAAFP Chief Wellness Officer, Osher Center for Integrative Health, Executive Director, Resiliency Center

- Framework of professional wellbeing
- Drivers of burnout and engagement
- Moving towards organizational change

9:35 am – 9:50 am

BREAK

9:50 am – 10:25 am

PERSONAL WELL-BEING AND THE RESILIENCE TOOLKIT

+ Trinh Mai, LCSW

- Personal Well-being Model
- Resilience Toolkit
- Resources

10:25 am – 11:00 am

BUILDING A CULTURE OF WELLNESS

+ Jake Van Epps, PhD, Well-being Specialist, Director of Peer Support

- Psychological Safety; Connection; Recognition
- Supporting Teams with Challenges
- Peer Support Program

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OCIH EMPLOYEE WELLNESS RESOURCES & MOVEMENT OPPORTUNITY

- + Britta Trepp, Wellness Programs Manager, Osher Center for Integrative Health
 - Defining a movement break and its importance
 - Employee wellness resources

11:30 am – 12:30 pm

LUNCH – A TASTE OF COMMENSALITY

- + Ellen Morrow, MD, MS, FACS, Department of Surgery, Medical Director, Resiliency Center

12:30 pm – 1:00 pm

EXPRESSIVE ARTS: The InterPLAY of Mind, Body, and Spirit

- + Rev. Cathy Schreiber, BCC, DMin Chaplain, University of Utah Health
 - Connecting creatively with self and others
 - Decreasing stress and having fun
 - Unlocking the wisdom of the body

1:00 pm – 2:00 pm

WELLNESS CHAMPIONS PANEL

- +Facilitator: Trinh Mai, LCSW
 - Learn from experiences of people leading wellness efforts with their teams
 - Sydney Ryan, MD & Dave Sandweis, MD (PEDS)
 - Rita Aguilar, DNP & Zlata Muhamedagic, MSN (Nursing)
 - Jessica Rivera (EVS)
 - Claudia Delgado-Corcoran, MD, MPH (PICU & CICU)
 - Tracy Rees & Safia Keller (College of Education)
 - Britta Trepp, MS (OCIH)

2:00 pm – 2:30 pm

USING ASSESSMENT DATA TO FOSTER WELL-BEING

- +Megan E. Call, PhD, Director, Resiliency Center
 - How to identify data sources
 - Listen-Sort-Empower process

2:30 pm – 3:00 pm

INDIVIDUAL & TEAM PLANNING

- + Megan E. Call, PhD

3:00 pm – 3:15 pm

WELLNESS CHAMPIONS PLANNING & NEXT STEPS

- + Trinh Mai, LCSW, and Megan E. Call, PhD

Wellness Champions Foundations Course, Resiliency Center, Osher Center for Integrative Health
