



Caring for the Caregivers: Building A Resilient Workforce and Organization
March 13, 2024
Augusta Civic Center
North Wing (Augusta/Capital/Pine Tree)
Augusta, Maine
9:00 a.m. – 4:00 p.m.

Agenda

- 8:30 a.m. **Registration and Refreshments**
- 9:00 a.m. **Welcome**
Paul Cain, MD, President, Maine Medical Association

Video Presentation: *I am Human* from Stanford Medicine WellMD & WellPhD
- 9:15 a.m. **The National Landscape & the AMA's Efforts Supporting Physician Wellbeing**
Kevin D. Hopkins, MD, Senior Physician Advisor, Practice Transformation Initiative, American Medical Association (AMA) and Vice Chief, Primary Care Institute, Cleveland Clinic
- 10:00 a.m. **Keynote: Building A Resilient Workforce and Organization**
J. Bryan Sexton, PhD, Associate Professor and Director, Duke Center for the Advancement of Well-being Science (CAWS), Duke University Health System and national expert on workforce well-being and resilience
- 11:15 a.m. **Break: Practicing Mindfulness**
Guy Cousins, LCSW, LADC, CCS
Director, Medical Professionals Health Program, Maine Medical Association
- 11:30 a.m. **Caring for the Caregiver and The American Academy of Pediatrics (AAP) Blueprint for Suicide Prevention**
Alyssa Goodwin, MD and Stacey Jenkins, LCPC, Maine Chapter American Academy of Pediatrics and Stellar Pediatrics
- 12:00 p.m. **Lunch**
- 12:45 p.m. **Promoting Resilience & Well-being in the Health Care Workforce: Lessons Learned from Massachusetts General Hospital**
April Hirschberg, MD, dipABLM, Medical Director of Mind Body Health, Home Base, a Red Sox Foundation and Massachusetts General Hospital Program
- 1:45 p.m. **Transition to Breakout Sessions**

1:55 p.m. **BREAKOUT SESSIONS: Choose Your Own Adventure!**

A. Panel Discussion: The Physicians are All Right! Promoting Wellness and Resilience in a Primary Care Group Practice

Panel Facilitator: Sara Kim, MD, Medical Director, Behavioral Health, InterMed

Panelists:

Phyllidia Ku-Ruth, MD, President, InterMed

Julie McFarland, MD, Board Member, InterMed

Todd Michaelis, MD, Physician Leader, InterMed

B. Enhancing Resilience and Well-being While Cultivating Effective Leadership

Les Schwab, M.D. Physician Leader & Coach, Spectrum Healthcare Partners

Julie Wheeler, SHRM-SCP, Chief Human Resources Officer, Spectrum Healthcare Partners

C. Work Life Rhythm

Heather Washburn, LCSW, CADC, CCS, Northern Light Healthy Life EAP/Strengthen ME

D. Well-Being in Action for Individuals, Teams, and Organizations

Joyce Morrissette, BSN, RN, Clinical Suicide Prevention Specialist, NAMI Maine

E. I am Human: Transforming the Culture of Medicine at Maine Medical Center

Christine L. Hein, MD, Chief Wellness Officer, Maine Medical Center & MaineHealth Medical Group

2:45 p.m. **Break & Transition**

3:00 p.m. **How Building Design and Intentional Culture Strategies Work Together to Support Caregiver Well-being and Resilience**

Rebecca Casey, AIA, WELL AP, Principal, Health + Wellness Architect, SMRT Inc.

Vienna Morrill, MSA, MSAN, Senior Manager, Well-being Practice Lead, Berry Dunn

4:00 p.m. **Wrap-up & Adjournment**

Crystal Landry, Chair, Maine Hospital Association

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