

27, September, 2022

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

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**8:15 am – 8:30 am**

**REGISTRATION AND BREAKFAST**

+ 2<sup>ND</sup> 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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**11:00 am – 11:25 am**

**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**

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