



Second Annual WMed Well-Being Promotion/Suicide Prevention Symposium

Friday, September 15, 2023 · 7:30 a.m. – 4:00 p.m.
WMU Homer Stryker M.D. School of Medicine W.E. Upjohn Campus*

The WMed Well-Being Promotion/Suicide Prevention Symposium aims to raise awareness, provide education, and encourage conversation about the importance of mental health and well-being in our healthcare and medical school community.

7:30–8:00 a.m.	Registration & Breakfast
8:00–8:30 a.m.	Welcome <i>Welcoming Remarks</i> Karen Horneffer-Ginter, PhD; <i>WMed Associate Dean for Culture, Chief Wellness Officer</i> <i>The Importance of De-stigmatization for Black Mental Health</i> Valarie Cunningham, MSW, LMSW <i>CEO and Founder of the Synergy Health Center</i> <i>2023 recipient of WMed's MLK Day Community Service Award</i>
8:30 a.m.–9:20 p.m.	AM Keynote <i>Revisiting Trauma, Toxic Stress, and the Roots of Well-being:</i> <i>Shifting Mindsets to Regenerative Growth for Ourselves, Systems and Community Care</i> Alison Arnold, EdD; <i>Director, Interdisciplinary Center for Community Health & Wellness, Central Michigan University</i>
9:30 a.m.–10:20 a.m.	Breakout Session I (3 workshop options)
10:30 a.m.–11:20 a.m.	Breakout Session II (4 workshop options)
11:30 a.m.–Noon	Lunch
Noon–12:15 p.m.	Noontime Remarks Paula M. Termuhlen, MD, FACS; <i>The Hal B. Jenson MD Dean, Professor of Surgery</i> Karen Horneffer-Ginter, PhD; <i>WMed Associate Dean for Culture, Chief Wellness Officer</i>
12:15 p.m.–1:15 p.m.	Noontime Keynote <i>Stabilizing and Healing a Wounded Workforce: Holding Pressure, then Addressing the Source of the Bleeding</i> Stefanie Simmons, MD, FACEP; <i>Chief Medical Officer, Dr. Lorna Breen Heroes' Foundation</i>
1:30 p.m.–2:20 p.m.	Breakout Session III (3 workshop options)
2:30 p.m.–3:20 p.m.	Breakout Session IV (3 workshop options)
3:30 p.m.–4:00 p.m.	Wrap-Up and Resources Eric Achtyes, MD, MS, DFAPA; <i>Professor and Chair, WMed Department of Psychiatry</i>

* This event will be in-person. The two keynote addresses will be livestreamed.
All keynote and breakout sessions will be recorded (with the exception of "Suicide QPR").



In support of improving patient care, Western Michigan University Homer Stryker M.D. School of Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Credit amount subject to change.

Credits: AMA PRA Category 1 Credits™ (6.00 hours), Other Learner Attendance (6.00 hours), ACE CE Credits (6.00 hours), General Attendance (6.00 hours), Continuing Nursing Credit- ANCC (6.00 hours), IPCE Credit (6.00 hours), APA CE Credits (6.00 hours), Conference Registration (6.00 hours)

For more information regarding credit types, visit: <https://wmed.cloud-cme.com/course/courseoverview?P=5&EID=30326>

Second Annual WMed Well-Being Promotion/Suicide Prevention Symposium

MORNING WORKSHOPS

9:30–10:20 a.m. • Breakout Session I Options

What Is Burnout? How to Cope in the Moment

Joanne Baker, DO

Residency Program Director, WMed Department of Medicine

Phil Kroth, MD

Chair, WMed Department of Biomedical Informatics

Tending to Spiritual Well-Being & Moral Distress

Benjamin Schaefer, MDiv, BCC

Interim Director, Ascension Michigan, and Manager of Spiritual Care,

Ascension Michigan: Mid/North and Southwest Michigan Ministries

Impact of CISM (Critical Incident Stress Management) and Peer Support

Amy Morrison-Maybee, LMSW

CISM Team Coordinator, Bronson Healthcare Group

Charity Alderson, BBA

System Director of Well-being & Resilience, Bronson Healthcare Group

10:30–11:20 a.m. • Breakout Session II Options

Coping with Secondary Trauma as Providers: What We Can Do to Support One Another

Cheryl A. Dickson MD, MPH

Associate Dean, Health Equity and Community Affairs,

Chief Diversity Officer; Clinical Faculty, WMed Department of Pediatric and Adolescent Medicine

Kristine Gibson, MD, FAAP

Assistant Dean, Clinical Competency and IPE;

Clinical Faculty, WMed Department of Pediatric and Adolescent Medicine

Dee Sherwood, PhD, MPA, MSW

Associate Professor, Western Michigan University School of Social Work

Karen VanDeusen, PsyD, LMSW

Professor and Trauma Program Director, Western Michigan University School of Social Work

Be Kind to Yourself: How to Benefit from Mindfulness and Self-Compassion

Mark Schauer, MD

Clinical Faculty, WMed Department of Medicine

Patricia Curtis, BSN, MHSA

WMed Quality Improvement and Allied Health Manager

Differentiating Compassion Fatigue, Moral Injury, and Burnout

Madhavi-Latha Nagalla, MD

Residency Program Director, WMed Department of Psychiatry

Lisa Leininger, PsyD

Clinical Faculty, WMed Department of Psychiatry

Suicide QPR (Question-Persuade-Refer) Gatekeeper Training: Skills & Knowledge to Intervene to Prevent Suicide

Scott Teichmer

Suicide Prevention Facilitator, Summit Pointe

AFTERNOON WORKSHOPS

1:30–2:20 p.m. • Breakout Session III Options

Thriving as a Healthcare Provider: Supporting Well-Being through Hospital-Based Programs and Resources

Andrea Loder, MD

Pediatrics, Bronson South Haven Pediatrics

Mitch Fowler, MEd

Manager, Provider Development and Well-Being, Center for Learning, Bronson Healthcare Group

Kathryn Ryan, MS

Provider Development and Well-Being Specialist, Center for Learning, Bronson Healthcare Group

Sleep Hygiene Tips to Support Emotional Well-Being

Alice Doe, MD

Medical Director, Ascension Borgess Sleep Disorder Center

Capturing the Power of Emotional Resilience

Surangi Pradhan, MBA, SPHR, SPC

Senior Director, WMed Human Resources

Rich Daudert, MA

Manager and Functional Leader for Organizational Development, WMed Human Resources

Kally Graham, MA

Functional Leader for Employee Relations, WMed Human Resources

2:30–3:20 p.m. • Breakout Session IV Options

Using Your Heart and Your Mind to Handle Stress

Christopher Haymaker, PhD

WMed GME Well-Being Director, Behavioral Medicine Clinician Educator

Lisa Leininger, PsyD

Clinical Faculty, WMed Department of Psychiatry

Takeaways from Lifestyle Medicine

Ramona Wallace, DO

Clinical Faculty, WMed Department of Family and Community Medicine

Mark Goetting, MD

Clinical Faculty, WMed Department of Pediatric and Adolescent Medicine

Suicide QPR (Question-Persuade-Refer) Gatekeeper Training: Skills & Knowledge to Intervene to Prevent Suicide

Scott Teichmer

Suicide Prevention Facilitator, Summit Pointe