



WESTERN MICHIGAN UNIVERSITY

— Homer Stryker M.D. —

SCHOOL OF MEDICINE

Third Annual WMed Well-Being Promotion Symposium

Thursday, September 5, 2024 · 7:30 a.m. – 2:00 p.m.

WMU Homer Stryker M.D. School of Medicine W.E. Upjohn M.D. Campus

The WMed Well-Being Promotion 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.

- 7:30–8:15 a.m. **Registration/Breakfast/Meet & Greet Opportunity**
- 8:15–8:30 a.m. **Welcoming Remarks**
Robert G. Sawyer, MD, *The Hal B. Jenson MD Dean*
Karen Horneffer-Ginter, PhD, *WMed Associate Dean for Culture, Chief Wellness Officer*
- 8:30–9:30 a.m. **AM Keynote**
More Than Yoga and Pizza: Individual and team strategies to increase professional fulfillment
Jillian Bybee, MD
Director of Wellness for Graduate Medical Education, Corewell Health West
Associate Program Director, Pediatric Residency Program, Corewell Health West
Assistant Professor, Pediatric Critical Care Medicine
- 9:40–10:30 a.m. **Breakout I Workshops (3 options)**
- 10:40–11:30 a.m. **Breakout II Workshops (3 options)**
- 11:30–Noon **Lunch**
- Noon–12:15 p.m. **Noontime Remarks**
Eric Achtyes, MD, *Chair, WMed Department of Psychiatry*
- 12:15–1:15 p.m. **Noontime Keynote**
Zero Suicide Implementation in Health Systems
Brian Ahmedani, PhD, LMSW
Director, Center for Health Policy & Health Services Research
Director of Research, Behavioral Health Services
Senior Scientist, Henry Ford Health
- 1:15–2:00 p.m. **Wrap-Up Remarks**
Karen Horneffer-Ginter, PhD, *WMed Associate Dean for Culture, Chief Wellness Officer*
Closing Mindfulness Practice
Mark Schauer, MD, *Clinical Faculty, WMed Department of Medicine*
Patricia Curtis, RN, BSN, MHSA, *Director, WMed Planning and Institutional Effectiveness*



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™ (4.25 hours), Other Learner Attendance (4.25 hours), ACE CE Credits (4.25 hours), General Attendance (4.25 hours), Continuing Nursing Credit- ANCC (4.25 hours), IPCE Credit (4.25 hours), APA CE Credits (4.25 hours), Conference Registration (4.25 hours)

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

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BREAKOUT SESSION I

9:40–10:30 a.m. Workshop Options

Option A

Practical Applications of Wellness in Everyday Life: Finding meaning in your work and maintaining joy in your life

Joanne Baker, DO
Residency Program Director, WMed Department of Medicine
Phil Kroth, MD
Associate Dean, WMed Health Services Research

Option B

How Can the Principles of Acceptance and Commitment Therapy (ACT) Support You? Supporting day-to-day well-being with psychological flexibility and values clarification

Chris Haymaker, PhD
*WMed GME Well-Being Director
Behavioral Medicine Clinical Educator*
Emily Standish, PhD
Clinical Faculty, WMed Department of Psychiatry

Option C

Cultivating and Maintaining Healthy Work Relationships

Surangi Pradhan, MBA
Senior Director, WMed Human Resources
Kally Graham, MA
*HR Manager, Employee Relations, People Operations,
and Credentialing, WMed Human Resources*

BREAKOUT SESSION II

10:40–11:30 a.m. Workshop Options

Option A

Establishing Work-Life Boundaries

Kristi VanDerKolk, MD
Residency Program Director, WMed Department of Family & Community Medicine
Stephanie Ellwood, DO
Associate Residency Program Director, WMed Department of Family & Community Medicine

Option B

Can the Practice of Forgiveness Help You Manage Stress?

Lisa Leininger, PsyD
Clinical Faculty, WMed Department of Psychiatry
Vitaliy Voytenko, PsyD
Clinical Faculty, WMed Department of Psychiatry & Department of Medical Ethics, Humanities, and Law

Option C

Provider Wellness and the Impact of Peer Support Programs

Amy Morrison-Maybee, LMSW
CISM Team Coordinator, Bronson Healthcare Group
Michelle Halley, MD
*Pediatric Critical Care, System Provider Wellness Team Chair,
Bronson Methodist Hospital*