WELLNESS IN THE WORKPLACE: IT MATTERS!

A Full-day Conference for Coordinators & GME Specialists

Friday, September 15, 2017
7:30 am – 4:30 pm
Silver Garden Event Center
Southfield, MI

A collaboration between the SEMCME Residency Coordinator Committee and SEMCME Faculty Development Committee
About the Conference

The SEMCME Residency Coordinator Planning Committee is pleased to offer Wellness in the Workplace: It Matters! The ACGME has focused its efforts on resident wellness and steps to improve physician burnout. Our all-day workshop for coordinators is designed to enhance both the personal lives and the professional work of coordinators and GME Specialists. Residents often look to Coordinators as a guide – leading them through the unfamiliar landscape of GME. Coordinators often find themselves as the first person a resident in crisis may talk too, but may at times find themselves ill-prepared for a counseling role. In addition, Coordinators themselves often help guide and sustain a caring culture within an institution. Our morning sessions for Coordinators will provide specific tips and strategies to combat burnout and develop a personal approach to wellness.

“We need to protect the workforce that protects our patients.”

Tim Brigham, DMin, PhD
Senior Vice President, Education at the ACGME

The afternoon workshop, presented by Dr. Liselotte Dyrbye from the Mayo Clinic, is designed for residency teams to work together to address wellness and burnout concerns within your own program. We encourage you to invite your program director, core faculty, and chief residents to attend the afternoon workshop with you so a systems-approach to wellness can be developed for your institution. Portions of the afternoon session will be devoted to causes and consequences of burnout. Participants will have an opportunity to access their current stressors using the Well-Being Index and discuss personal strategies to mitigate the risks of burnout. The session will end with active planning and discussions on organizational strategies to create system-level changes to create a culture of wellness.

Please join us at our 2017 SEMCME Conference – Wellness in the Workplace: It Matters! on Friday, September 15, 2017, at the Silver Garden Event Center in Southfield, Michigan. Remember, Coordinators attend all-day from 8:00 am - 4:30 pm with your faculty joining you for the afternoon session with Dr. Dyrbye. Hope to see you there!

Karyn Rosinski, MBA, C-TAGME
Chair, SEMCME Residency Coordinator Committee

On the cover: The Flower of Life is a geometrical shape composed of multiple evenly-spaced, overlapping circles arranged in a flower like pattern with six-fold symmetry like a hexagon. The perfect form of the Flower of Life is known by philosophers, architects and artists around the world who may find balance and harmony through the Flower of Life.
MORNING SESSION

A Mindful Approach to Wellness for Coordinators

The morning session will target residency & fellowship coordinators and medical education specialists. The session will be held in the Grande Ballroom.

7:30 – 7:50 am  Registration & Continental Breakfast
Pre-function Area

7:50 – 8:00 am  Welcome and Introductions
Karyn Rosinski, MBA, C-TAGME, Chair SEMCME Residency Coordinator Committee

8:00 – 8:30 am  Coffee and Conversation: Opening Up About Coordinator Wellness and Exploring Solutions
Sue Abbott Moynihan, GME Manager, St. John Hospital and Medical Center, Detroit, MI

Participants will:
• Share their concerns and challenges working in Graduate Medical Education
• Explore factors contributing to burnout
• Share interventions to promote wellness among GME professionals

8:30 – 10:00 am  Building “Helping” Bridges
Jon Motschall, LPC, Faculty, SS. Cyril and Methodius Seminary, Orchard Lake, MI

Participants will learn:
• About the first stage of helping (exploration) and the associated skill sets of warmth, respect, and empathy
• To overcome barriers to helping including the four self defense mechanisms and obstacles to listening and responding

10:00 – 10:15 am  Break

10:15 – 11:15 am  Using Mindfulness Meditation to Cultivate Calmness and Stability in the Workplace
Howard Schubiner, MD, Director, Mind-Body Medicine Center at Providence Hospital and Clinical Professor at Michigan State University School of Medicine, Southfield, MI

Participants will learn:
• How stress can affect health and well-being
• How both physical and psychological symptoms can be created and maintained by reactions to stressful situations
• Mindfulness meditative techniques that can be used to cope with stress and improve health and well-being
MORNING SESSION CON’T.

A Mindful Approach to Wellness for Coordinators

11:15 – 11:45 am

30 Tips in 30 Minutes to Achieve Awesomeness!
Lisa MacLean, MD, Director of Physician Wellness, Henry Ford Health System
Assistant Professor, Department of Medical Education and Department of Psychiatry and Behavioral Neurosciences, WSU School of Medicine, Detroit, MI

Participants will learn:
- Practical tips to help achieve health and wellness in the workplace
- To develop their own personal plans in developing happy and healthy work environments

11:45 – 12:30 pm

Lunch & Learn with Residency Coordinators and Program Directors

View poster presentations from SEMCME members highlighting wellness curriculum, best practices, and research regarding wellness in residency training.
AFTERNOON SESSION

Building a Comprehensive Approach to Wellness in the Residency

The afternoon session will target program directors, faculty, chief residents, residency & fellowship coordinators, and medical education specialists. This session will include hands-on activities, group discussion, and Q/A. The session will be held in the Mystic Ballroom.

Presented by Dr. Liselotte N. Dyrbye, MD, MHPE

Session will run from 12:30 – 4:30 pm

Part One

Prevalence, Causes, and Consequences of Burnout among Physicians in Practice, Residents, and Students

Part Two

Helping Residents in Distress and Personal Strategies to Mitigate Burnout

Part Three

Organizational Strategies to Increase Wellness
About the Faculty

Susan Abbott-Moynihan has worked in medical education for over 40 years. She has held various roles at St. John Hospital and is currently the Manager of Medical Education where she oversees 14 residency programs and 240 residents and fellows.

In addition to her daily responsibilities, Sue is very involved in committee work. She shares her expertise with six committees at St. John including the Steering Education Committee, GME Tech Committee, and the CME Committee. Sue also serves on the Board of Directors for the Southeast Michigan Center for Medical Education (SEMCME) and is a member of the SEMCME Residency Coordinator Committee.

In 2016, the SEMCME Board of Directors recognized Sue with the 13th Annual Excellence in Medical Education Award. This award was presented to Sue in recognition for her leadership role in developing the SEMCME Coordinator Committee which has been offering professional development workshops and conferences for over ten years.

Over the course of her career, Sue has made numerous presentations at both regional and national medical education meetings. She is affiliated with several professional societies including the Association for Hospital Medical Education (AHME), the Michigan Association for Medical Education (MAME), and the Southeast Michigan Center for Medical Education (SEMCME).

Lotte Dyrbye, MD, MHPE, FACP, is Professor of Medicine, Professor of Medical Education, and Consultant in the Division of Primary Care Internal Medicine at Mayo Clinic, Rochester, Minnesota. She is also Associate Chair for Faculty Development, Staff Satisfaction, and Diversity for the Department of Medicine, Mayo Clinic, Director of Faculty Development for Mayo Clinic School of Graduate Medical Education, and Associate Director of the Department of Medicine Program on Physician Well-being. She is the Primary Investigator on Mayo Medical School's grant “Accelerating Change in Medical Education,” awarded by the AMA.

Dr. Dyrbye is a graduate of the University of Wisconsin Medical School where she was selected AOA and she subsequently completed an internship and residency in Internal Medicine at the University of Washington. She also holds a Masters in Health Profession Education from University of Illinois completed in 2009. She holds numerous national education leadership positions, including: National Board of Medical Examiners USMLE Ambulatory Medicine Test Material Development Committee, Association of American Medical Colleges Research in Medical Education (RIME) Conference Planning Committee Past Chair, and Association for Medical Educators of Europe (AMEE) Research Committee. She is a past councilor for Clerkship Directors of Internal Medicine. She has published 74 peer-reviewed publications, many in elite journals. In 2008, she received the Clerkship Directors of Internal Medicine Charles H Griffith Educational research award – awarded to the single Clerkship Directors of Internal Medicine member who has made the greatest impact on medical education over the preceding year. In 2012, she received the only ABIM Professionalism Article Prize in the field of medical education and training for her article “A Multi-Institutional Study Exploring the Impact of Positive Mental Health on Medical Students’ Professionalism in an Era of High Burnout,” published in Academic Medicine. In 2014, she was awarded the Dean's recognition award for her contributions to Mayo Medical School. Her research interests are focused on medical student competency, professionalism, and well-being and she has received 11 competitive research grants to support this work. Lotte is currently recognized as the world expert on medical student, resident, and physician well-being.
About the Faculty

**Lisa MacLean, MD**, is the Director of Physician Wellness for the Henry Ford Health System in Detroit, Michigan, where she develops programming to assist physicians and residents in optimizing healthy coping strategies, finding good life balance, and delivering high quality health care.

Prior to her appointment at Henry Ford Health in January, 2017, Dr. MacLean served as Associate Dean of Student Affairs and Career Development at Wayne State University School of Medicine.

Dr. MacLean has a long relationship with Henry Ford Health System. Preceding her appointment at Wayne State, Dr. MacLean worked at Henry Ford Hospital where she served as Psychiatry Residency Program Director, Chair of the Graduate Medical Education Committee, and Director of Education for the Psychiatry Department and Undergraduate Medical Education.

Dr. Maclean received her bachelor’s degree in Health Science from Kalamazoo College in 1989 and her medical degree from the Michigan State University College of Human Medicine in 1993. She completed a psychiatry residency with the Henry Ford Health System in 1997 and served as chief resident in her final year.

Dr. MacLean has taught at the WSU School of Medicine since 2003 and is currently an Assistant Professor in the Department of Medical Education and Department of Psychiatry and Behavioral Neurosciences. She has been recognized as an outstanding teacher and mentor at both Henry Ford and Wayne State. In 2013, she was acknowledged for her teaching efforts with the Golden Apple Award. This award, given by the entire WSU School of Medicine student body, honored Dr. MacLean for her efforts to help students reach their highest academic excellence and inspire them to be outstanding clinicians. Her passion for teaching has made an impact on local, regional, and national audiences.

Board-certified in psychiatry and neurology, Dr. MacLean is a member of the Michigan Psychiatric Society and serves as the organization’s Assembly Representative to the APA for the State of Michigan.

**Jon Motschall, LPC**, is a licensed professional counselor in private practice. He has counseled and taught in Medical Education since the 1980’s. Mr. Motschall has been a professor at the University of Detroit, Eastern Michigan University, The University of Windsor and currently teaches at SS. Cyril and Methodius Seminary in Orchard Lake, Michigan. He has two awesome and wonderful daughters; one is an elementary school teacher and the other is at university.

**Howard Schubiner, MD**, is board certified in pediatrics and internal medicine and is the Director of the Mind Body Medicine Center at Providence Hospital in Southfield, MI. He is also a Clinical Professor at Michigan State University School of Medicine. He has authored more than sixty publications in scientific journals and books and lectures regionally, nationally, and internationally. Dr. Schubiner has consulted for the American Medical Association, the National Institute on Drug Abuse, and the National Institute on Mental Health. He is a senior teacher of mindfulness meditation, having taught since 1999. His book, *Unlearn Your Pain*, contains a comprehensive guide to healing mind body disorders and he published *Unlearn Your Anxiety and Depression* in 2014.
Planning Committee

Susan Abbott Moynihan
Manager of Medical Education
St. John Hospital
Detroit, MI

Marcia Carlson
Assistant Director of Finance
SEMCME
Detroit, MI

Barb Calati
CLER Coordinator
Graduate Medical Education
Providence Hospital
Southfield, MI

Anne Dwyer
GME Specialist
St. John Hospital
Detroit, MI

Toni Haddad, C-TAGME
Medical Education Coordinator
Ophthalmology Residency and Fellowship Programs
Henry Ford Hospital
Detroit, MI

Shevonne Ivory
Program Specialist
SEMCME
Detroit, MI

Martha Jordan, MEd, C-TAGME
Administrative Director of GME
Wayne State University
School of Medicine
Detroit, MI

Ginger Keiffer
Assistant Director
SEMCME
Detroit, MI

Kimberly Krygier
Manager, Graduate Medical Education
Providence Hospital
Southfield, MI

Susan Palmer
Education Program Coordinator
Radiology Residency Program
Beaumont Hospital, Royal Oak
Royal Oak, MI

Sue Patterson
GME Operations Manager
Beaumont Hospital, Royal Oak
Royal Oak, MI

Karyn Rosinski, MBA, C-TAGME (Chair)
Coordinator, Internal Medicine Residency Program
St. Joseph Mercy Ann Arbor
Ann Arbor, MI

Elizabeth Thompson
Medical Education Coordinator
Internal Medicine Residency
Henry Ford Hospital
Detroit, MI

Lisa Thompson, C-TAGME
Education Program Coordinator
Orthopedic Surgery Residency Program
Beaumont Hospital, Royal Oak
Royal Oak, MI

Lindsay Zasada
Coordinator, Internal Medicine and Transitional Year
St. Mary Mercy Hospital
Livonia, MI
Location

The conference will be held at the Silver Garden Event Center located at 24350 Southfield Road, Southfield, Michigan 48075. A map to the venue can be found by visiting the Silver Garden Event Center website or clicking on [http://silvergardenevents.com/contact/](http://silvergardenevents.com/contact/).

About Silver Garden Event Center

During the 1960’s, Southfield was Michigan’s fastest growing city – resulting in an amazing collection of mid-century modern homes, commercial buildings, and religious institutions. Designs came from top local and internationally-renowned architects such as Minoru Yamasaki, Victor Gruen, Gunnar Birkerts, Louis Redstone, and Percival Goodman. Originally the B’nai David Synagogue, designed by prominent architect Sidney Eisenshtat, the Silver Garden Events Center was built in 1966 at the height of this Modernist wave. The shape and lines of this former synagogue are sweeping, modern, and elegant. Unique to this building are the remarkable stained glass windows designed by Jean-Jacque Duval, a French-born stained glass artist, who pioneered abstract art and the use of faceted glass in stained glass design in the 1960s.

While no longer a religious structure, the Silver Garden operates as a full-service banquet facility specializing in weddings, corporate and NFP events, and other special occasions.

About SEMCME

The Southeastern Michigan Center for Medical Education (SEMCME) is the largest community-based graduate medical education consortium in the United States. SEMCME was established in 1974 for the purpose of coordinating and assisting in the education of medical students, medical residents, faculty, and other health professionals. Its primary mission is to stimulate the delivery of quality care through excellence in graduate medical education and faculty development. SEMCME membership represents over 81% of Michigan residency programs. Each year, over 240 SEMCME committee members meet regularly to plan and conduct upwards of 30 educational programs for over 2,700 students, residents, faculty, coordinators, and others.

For More Information

4201 St. Antoine – 9A-UHC, Detroit, Michigan 48201
Phone (313) 577-1297 • [www.semcme.org](http://www.semcme.org)
Registration

The registration fee includes continental breakfast, lunch, refreshments, and course material.

**SEMCME Member Institutions:**  No Charge

**Non-SEMCME Institutions:**  $125

We encourage you to register online by going to [www.semcme.org](http://www.semcme.org).

Additional registration options are listed below:

**Email:**  gkeiffer@med.wayne.edu

**Phone:**  313-577-1297

**Fax:**  313-577-1301

**Mail:**  SEMCME

4201 St. Antoine, 9A-UHC

Detroit, MI  48201

**Deadline/Refund Policy** – The deadline to register is Friday, September 1, 2017. Requests for refunds will be honored minus a $75 processing fee until September 1, 2017. Cancellations made after this date will not be refunded.

Full Name ___________________________________________ Degree __________________

Hospital Affiliation ____________________________________________________________________________

Specialty/Department ____________________________________________________________________________

Complete Mailing Address _______________________________________________________________________

Email Address (required) _____________________________________________________________

Phone __________________ Fax __________________

**Payment Method for Non-SEMCME Coordinators and GME Specialists:**  ☐ Check Enclosed

Southeast Michigan Center for Medical Education  4201 St. Antoine, 9A-UHC Detroit, MI

Phone 313-577-1297  •  Fax 313-577-1301  •  [www.semcme.org](http://www.semcme.org)