

2020 Wellness Symposium

The COVID-19 Pandemic and Faculty Mental Health

Friday, October 23, 2020 (8:00 AM – 2:30 PM)

Registration link: https://survey.co1.qualtrics.com/jfe/form/SV_9Fxo9sVbKPKA2zi

For more information, contact us at: faculty-affairs@cchmc.org

8:00 AM –

Welcome

8:10 AM

Jamilah Hackworth, EdD

8:10 AM –

Keynote: The impact of the COVID-19 Pandemic on Clinician and Researcher Burnout and Mental Health

9:10 AM



Gail Saltz, MD

Bestselling author, host of the [“Personology” podcast](#), columnist and television commentator on mental health and emotional well-being

Associate Professor of Psychiatry, New York Presbyterian Hospital, Weill-Cornell Medical College; Psychoanalyst, New York Psychoanalytic Institute

9:15 AM –

The Intersection of Racism, Burnout and Mental Health During the Pandemic

10:15 AM



Ndidi Unaka, MD, MEd

Associate Professor, Division of Hospital Medicine
Associate Program Director, Pediatric Residency Training Program, CCHMC



Deborah Saint-Phard, MD

Associate Professor, Physical Medicine and Rehabilitation, University of Colorado Hospital, University of Colorado School of Medicine



Kimberly Reynolds, MD

Assistant Professor, University of Miami Miller School of Medicine, Pediatric Hospitalist Holtz Children's Hospital

10:15 AM –

Break and Active Mindfulness Moment

10:30 AM

Dr. Nancy Bloemer, ThD, LMT

Holistic Health Specialist, Child Life and Integrative Care

10:30 AM –

Strategies for Maintaining Community and Addressing Burnout and Mental Health During the Pandemic

11:30 AM



Michael Wiederman, PhD

Director of Leadership and Professional Development, Family and Community Medicine, School of Medicine, The University of Alabama at Birmingham

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11:30 AM –
12:00 PM

Lunch

12:00 PM –
2:15 PM

*Concurrent
Session for
Clinicians*

Resources for Preventing and Addressing the Mental Health Consequences of the Pandemic for Clinicians



- ❖ Employee Assistance Program, CCHMC – Nicole LeBlond, IMFT, LICDC
- ❖ UC-COM Faculty Wellness Advisory Council – Jennifer Molano, MD
- ❖ Peer to peer support group, CCHMC – Christy White, MD, MAT and Paul Samuels, MD
- ❖ Ohio Physicians Health Program – Nelson Heise, MA, MS, PCC-S, LICDC-CS
- ❖ American Foundation for Suicide Prevention – Doreen Marshall, PhD
- ❖ Oregon Health and Science University Resident and Faculty Wellness Program – Sydney Ey, PhD
- ❖ Lindner Center of Hope – Paul Keck, MD

12:00 PM –
2:15 PM

*Concurrent
Session for
Researchers*

Addressing the Mental Health Consequences of the Pandemic for Researchers



Leah Kottyan, PhD

Associate Professor, Center for
Autoimmune Genomics and
Etiology



Jareen Meinzen-Derr, PhD

Professor, Biostatistics and Epidemiology
Director, Biostatistics, Epidemiology and
Research Design Program, CCTST

The session will also include information about resources available for researchers through the following programs:

- ❖ Employee Assistance Program, CCHMC – Nicole LeBlond, IMFT, LICDC
- ❖ UC-COM Faculty Wellness Advisory Council – Jennifer Molano, MD

2:15 PM –
2:30 PM

Closing and Next Steps

Jessica Kahn, MD, MPH

We hope you can join us!

CME Credit has been authorized.