



2024 PHYSICIAN WELLNESS SYMPOSIUM

Friday, Sept. 6, 2024 (ISMA 175th Annual Convention weekend)

Registration: 8:30 a.m. ET

Symposium: 9:30 a.m. – 4:30 p.m. ET

Reception: 4:30 – 5:30 p.m. ET

Location: Embassy Suites, 6089 Clarks Creek Road, Plainfield, Indiana

Target audience: Physicians, wellness officers, hospital administrators, and other health care wellness leaders

Accredited for 5.0 *AMA PRA Category 1 Credits*[™]

Fee (includes lunch, and reception)

Physician members: \$50

Physician nonmembers: \$100

Nonmember other: \$50

Resident/student members: \$25

Register now: www.ismanet.org/PhysicianWellnessSymposium

This registration is for attending the symposium only. To register for the 175th Annual Convention and reserve a hotel room, visit www.ismanet.org/convention.

ABOUT THE SYMPOSIUM

Join us for an inspiring and educational day at our inaugural Physician Wellness Symposium. In the demanding landscape of health care, it's easy for physicians to prioritize patient care over their own mental, emotional, and physical health. This symposium will empower physicians with practical tools, insights, and strategies to cultivate resilience, find balance, and rediscover the joy in their noble profession. In addition to nationally recognized speakers, this all-day program will include a special interactive panel discussion with physician wellness leaders from across the state who actively create supportive work environments within their institutions.

OPENING SESSION

In 2020, the Indianapolis Colts and Jim Irsay family launched "Kicking the Stigma," an initiative to raise awareness about mental health and remove the stigma often associated with mental health disorders.

Physicians and professional athletes are held to higher standards by the public, and concerns about professional reputation and potential career implications can deter them from addressing their mental health issues. The Kicking the Stigma campaign is twofold: raising awareness about the prevalence of mental health disorders in our communities and raising and distributing funds to nonprofits and other organizations to expand treatment and research in Indiana and beyond.



**KICKING
THE
STIGMA**

Kicking the Stigma Director **Brett Kramer** will lead the presentation. Kramer has been the director of Kicking The Stigma since 2023. In her role, she is responsible for developing and executing the strategic plan for the initiative, using a collaborative approach with Colts ownership to position the team as a leading advocate and changemaker for mental health awareness. Kramer oversees all events and activities for Kicking the Stigma and the initiative's strategic partnerships, the Action Grant program, donor recruitment and development, foundation management, and content strategy.



Brett Kramer
Kicking The Stigma Director

KEYNOTE ADDRESS

“What Actually Makes Us Happy? Lessons from an 85-Year Study of Life”

Robert Waldinger, MD, is a professor of psychiatry at Harvard Medical School and Massachusetts General Hospital, where he directs the Harvard Study of Adult Development, the longest scientific study of happiness ever conducted. Among his many works, Dr. Waldinger is the author of “The Good Life,” which examines the central role of relationships in shaping our health and well-being. Symposium attendees will receive a copy of “The Good Life,” and a book signing will follow Dr. Waldinger's presentation.



Robert J. Waldinger, MD
Writer, Speaker, Professor,
Physician

PLENARY SESSION 1

“Using the Arts and Humanities as a Tool for Self-Care and Cultural Change within Health Care”

Expressive arts, such as visual arts, movement, drama, music, and writing, foster deep personal growth and community development. Expressive art therapy allows users to laugh, let go, and relax, which helps decrease depression, anxiety, and stress. The benefits of art extend across any medium that excites you. In this session, led by **Jeffrey M. Rothenberg, MD**, you'll learn how art can be a powerful tool for self-care and mental health.

Dr. Rothenberg is board-certified by the American Board of Obstetrics & Gynecology, an examiner for the American Board of Obstetrics & Gynecology, and a diplomate of the American College of Obstetrics & Gynecology, for whom he serves as the District 5 chairman. He has received numerous national honors and awards and is still a practicing OB-GYN. Dr. Rothenberg is also an accomplished glass artist, working internationally in public and private collections. His educational passion is the integration of the arts and humanities into medical education, specifically as a tool for self-help and reflection and an opportunity for advancing interprofessional communication.



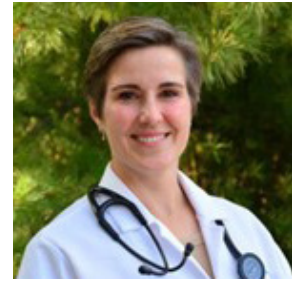
Jeffrey Rothenberg, MD, MS
Chief Medical Officer, Executive
Director for Medical Education
Ascension St. Vincent Hospital
Indianapolis

PLENARY SESSION 2

In 2022, the Dr. Lorna Breen Health Care Provider Protection Act became the first-ever bill to address mental health care options for medical professionals. The legislation was the first of its kind to allocate specific funds towards grants for training health profession students, residents, and health care professionals in evidence-informed strategies to reduce and prevent suicide, burnout, mental health conditions, and substance use disorders. With that bill now law, the Dr. Lorna Breen Heroes' Foundation works to advocate for additional funding and education surrounding the continued barriers medical professionals face in seeking mental health help. Foundation Chief Medical Officer **Stefanie Simmons, MD**, will lead the presentation.



Dr. Simmons is a board-certified emergency medicine physician. She was the primary advisor to NIOSH for the Impact Wellbeing guide for health care leaders, leads multi-state programs to improve the operational environment of care and remove barriers to mental health care, and serves as a national thought leader in health care worker well-being. Dr. Simmons served as the vice president of patient and clinician experience for Envision for more than seven years, serving 26,000 physicians and advanced practice providers with a focus on professional well-being, including translational research and programs designed to bring well-being best practices to clinical environments.



Stefanie Simmons, MD
Chief Medical Officer, Dr. Lorna
Breen Heroes' Foundation

PROGRAM SCHEDULE

Friday, Sept. 6

Registration and visit exhibit hall - 8:30 - 9:30 a.m.

Welcome address - ISMA President David R. Diaz, MD - 9:30 - 9:35 a.m.

Opening session - Colts "Kicking the Stigma" campaign - 9:35 - 10 a.m.

Keynote address - Robert Waldinger, MD - 10 - 11 a.m.

Plenary session 1 - Jeffrey Rothenberg, MD - 11 - 11:30 a.m.

Break - Lunch, networking and visit exhibit hall - 11:30 a.m. - 12:30 p.m.

Plenary session 2 - Stefanie Simmons, MD - 12:30 - 1:30 p.m.

Physician wellness leadership panel discussion

"Creating Supportive Work Environments" - 1:30 - 3 p.m.

Break - 3 - 3:15 p.m.

Table talk breakouts - 3:15 - 4:15 p.m.

Closing remarks - 4:15 - 4:30 p.m.

Reception and visit exhibit hall - 4:30 - 5:30 p.m.

Schedule is subject to change.

CME Information

Designation Statement: The Indiana State Medical Association (ISMA) designates this live activity for a maximum of 5.0 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Accreditation Statement: The Indiana State Medical Association (ISMA) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

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Disclosure Statement: No member of the CME Planning Committee or our speaker have any relevant financial relationships to disclose.

If you have questions, contact ISMA Continuing Medical Education staff at 800-257-4762 or seminars@ismanet.org.

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