

Physician and Provider Wellness Webinar

Connecting and reconnecting to your “why”

Reigniting and keeping the flame alive
at different career stages

Friday, Nov. 19, noon – 1 p.m.



Rev. Kathie Bender Schwich, FACHE

Chief Spiritual Officer
Well-being Council Executive Lead
Advocate Aurora Health

AAH Well-being Council

Executive Lead: Kathie Bender Schwich

The Advocate Aurora Health Well-being Council is a system-wide, interdisciplinary team working to create an organizational culture focused on team member and physician well-being, enhancing safety, and overall engagement.

The Council consists of nine core teams focused on supporting personal resilience, developing a culture of well-being, and improving organizational systems and processes.

Visit aahwellbeing.org and click on [AAH Well-being Council](#) to learn more.

AAH Well-being Council's Nine Core Teams by Focus Area

Personal Resilience

- Bolstering Individual Well-being
- Spiritual Well-being & Connecting to Purpose

Developing a Culture of Well-being

- Building Social Community
- Developing Leaders
- Journey to Zero Suicide
- Peer Support Program
- Site Physician and Advanced Practice Clinician Well-being
- Supporting Those Impacted by Serious Safety Events

Improving Organizational Systems and Processes

- Efficiency of Practice

Core Team:

Bolstering Individual Well-being

AAH is committed to supporting your well-being as you provide a safe environment for excellent patient care. Check out aahwellbeing.org for resources* on:

- Self Care
- Physical, Emotional & Mental Wellness (* EAP IL: 800-775-0304; WI: 800-236-3231)
- Nutrition & Healthy Eating
- Spiritual Wellness (* Chaplain Connect: 855-483-6977)
- Financial Wellness
- Caregiver Support
- Peer Support

** Including but not limited to these key resources*

Core Team: Spiritual Well-being & Connecting To Purpose

Reflective opportunities and resources for team members and physicians to connect to purpose and receive support.

Resource* options:

- Between 15 minutes - full day in length
- Facilitated and self-facilitated
- Scheduled and on-demand
- Individual and team-based

* Resources available at aahwellbeing.org -> [Mission & Spiritual Care](#)

Core Team: Site Physician & APC Well-being

Key initiatives:

- Best Practice Sharing
- Webinar Planning
- Narrative Medicine
- Site Well-being Committee Toolkit Development
- aahwellbeing.org [Physician/APC Resources](#) site updates

Core Team: Peer Support Program



The Together as One Peer Support Program provides a safe and supportive environment where team members and physicians provide direct, temporary emotional support to each other when needed.

Peer Support Ambassadors attend a 4-hour training (CEUs available) that supports care for self in addition to care for others.

For more details:

- Use your phone to scan the QR code:
- Visit: advocatehealth.sharepoint.com/sites/PeerSupport
- E-mail: Aah-TogetherAsOne@aah.org



Core Team: Building Social Community

AAH Connection Yammer Community: A system-wide community of AAH team members with common interests to foster social / interpersonal connections and support overall well-being.

Piloting four communities:

- Healthy Living Champions
- Narrative Medicine
- Women Physicians Book Club
- Environmental Sustainability



Core Team:

Efficiency of Practice

Purpose: Reduce clinician burnout by identifying and reducing practice factors that do not require clinician performance.

Areas of focus include:

- Order Entry
- Note Creation and Hassles
- Coding
- External Paperwork
- EPIC Education
- Telephone Inbox
- Medication Reconciliation
- Call Center Standardization/Call Hassles
- Inpatient Consult Communication

Well-being Ideas and Involvement

If you have additional well-being ideas or are interested in joining any of the Well-being Council core teams, please complete a brief survey:

Survey QR Code:



Survey Link:

<https://tinyurl.com/AAHWell-BeingCouncil>