

VERMONT CLINICIAN WELL BEING COLLABORATIVE

The Vermont Medical Society and LumunosWellBeing are recruiting a team of physicians interested in improving the well-being of physicians and medical staffs in the state of Vermont. It is no secret that clinicians are struggling, and COVID has only exacerbated the challenges of practicing medicine in today's environment. For those trying to work on well-being initiatives in their local settings, it can feel particularly isolating.

The goals of the Collaborative are:

- 1) Learn and share **best practices**: Drawing from outside guest experts and the experience of those within the group, participants will learn and share ideas for what is working in the field of clinician well being.
- 2) Create a **Peer Support network**: Trying to initiate and sustain well being efforts in local settings is often challenging and lonely work. The Collaborative will provide participants the opportunity of facilitated peer support that will both give ideas to use in local settings, and help sustain them as they continue the work.
- 3) Design regional and state wide **opportunities** for clinician well being: The Collaborative will not only learn, but lead. We will look for new and creative ways to support clinicians in Vermont, particularly focusing on those in under resourced areas.

WHO SHOULD PARTICIPATE

This collaborative is aimed at physicians who already have some experience working to advance well-being initiatives in your practice setting, or are interested in effecting system wide change. There is no requirement for holding a formal leadership position.

The work of this collaborative will feel different from your typical medical committee. We will 'practice what we preach,' taking time in our agenda for peer support, and trying out tools and resources that can then be brought back to your local setting.

TIME COMMITMENT

The Well Being Collaborative will meet monthly for 9 months via Zoom for one hour at a time that works best for most participants. Your commitment will be to make this a priority, with the understanding that things come up and not everyone will be able to make every meeting. The meetings are currently slated to begin in February and run through December 2024. (Taking a break in July and August).

FOR MORE INFORMATION: The collaborative will be led by Doug Wysockey-Johnson, Executive Director of Lumunoswellbeing (Lumunoswellbeing.org) Contact Doug at Doug@Lumunos.org if you are interested or have questions.

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