

## April 2022 Newsletter - The Resilience Collaborative Is on LinkedIn!

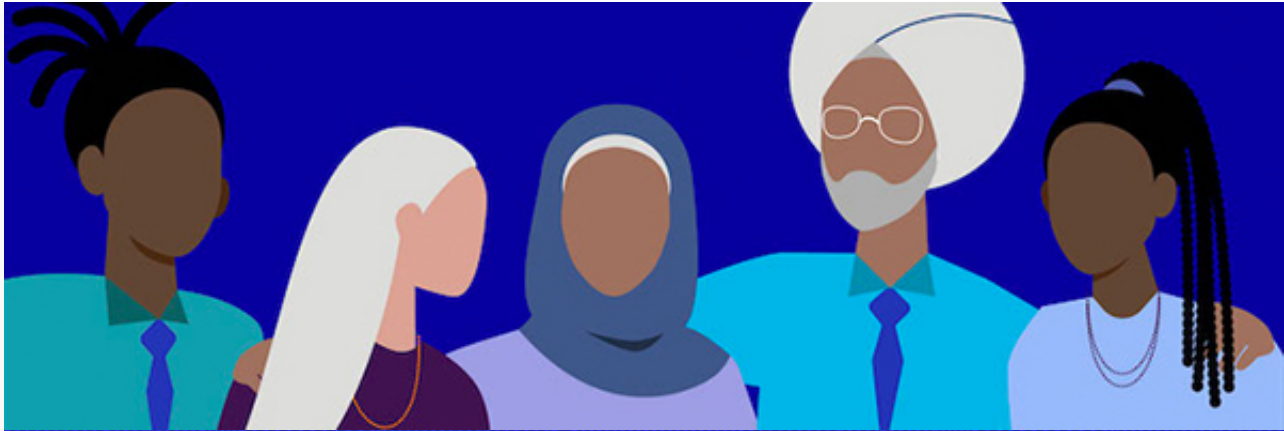
**From:** The Resilience Collaborative [resilience@its.jnj.com](mailto:resilience@its.jnj.com)

**To:** Brianna Graham [wearemixedmedia@gmail.com](mailto:wearemixedmedia@gmail.com)

**Date:** Wed, Apr 27, 2022, 11:16 AM

*Johnson & Johnson*

Center for Health Worker Innovation



The Resilience Collaborative

## Equipping Health Workers to Recover, Adapt & Grow

Hello members,

We appreciate your commitment to health worker resilience and participation in The Resilience Collaborative! Your contributions help shape our approach to this work, and we hope to inspire change in healthcare settings worldwide.

**We are excited to share that The Resilience Collaborative now has [a LinkedIn group](#)!** This will allow members to easily share information,

**and both connect with and learn from each other.** Please join and post in the group to:

- Ask questions,
- Raise challenges,
- Offer insights and expertise,
- Share articles, resources, tools and events,
- Get to know other members and
- More!

Join [here!](#)

In this newsletter, you will find resources about mental health and resilience, and exciting upcoming events and key dates. Several organizations held in-person and virtual events related to health worker resilience last month. We hope you had the opportunity to attend some live. We have included links to a few recordings you may be interested in at the end of the “Events & Offerings” section of this newsletter.

Connecting with other members of The Resilience Collaborative helps make our monthly newsletter even more valuable. If you’re interested in hosting a professional development opportunity, helping to curate the newsletter or spotlighting yourself or your organization, please contact [resilience@its.jnj.com](mailto:resilience@its.jnj.com)!

---

### **Help Expand the Mind-Body Medicine Program!**

Last month’s spotlight featured Dr. Maleena Suppiah Cavert and the Mind-Body Medicine Program. She’s pursuing a Train-the-Trainer model for the resilience-building program targeted to junior doctors. If you’d like to help, connect with her via email.

[Contact Dr. Suppiah!](#)

## Featured Resources

- [The First Wave](#) is a documentary about the impact of the COVID-19 pandemic on frontline healthcare workers. There's even a [discussion guide](#) to help you reflect and process the trauma from COVID-19. *Thrive Global, a member of The Resilience Collaborative, shared this resource. The organization is also looking for experts to share information about health worker resilience and physicians to share their personal experiences with mental health. [Email Kasia Laskowski](#) to learn more!*
- Free resilience and mental health courses are available through [Kaya Connect](#). Check out the [Wellness and Resilience for Frontline Workers and Managers course](#) to learn about the impact of stress and how to build personal and organizational resilience. *This resource was shared by IRC, a member of The Resilience Collaborative.*

---

“

"Resilience is not simply the absence of burnout but is a state of psychologic health allowing an individual to cope with and recover from a psychological insult. Resilience is a function of the ability to cope, and the availability of resources related to health and well-being."

– Kyle Rehder, MD; Kathryn C. Adair, PhD; J. Bryan Sexton, PhD in [The Science of Health Care Worker Burnout Assessing and Improving Health Care Worker Well-Being](#)

---

## Events, Offerings & Webinar Recordings

---

## Compassion in Action Healthcare Conference

June 14-15, 2022

The Schwartz Center for Compassionate Healthcare is hosting its annual [Compassion in Action Healthcare Conference](#) virtually this spring for healthcare leaders, health workers and other people who want to nurture compassion in healthcare. Keynote speakers, panel discussions and workshops will focus on sustaining a “culture of compassion in healthcare”. There are six themes for this year’s conference:

1. Psychological and physical safety and support
2. Well-being, mental health and sense of purpose
3. Diversity and equity
4. Inclusion, voice and choice
5. Trustworthiness and transparency
6. Team cohesiveness and collaboration

Register with a team now to receive a discount [HERE](#). There are also scholarships [available](#) for medical, nursing and other health profession students.

---

## International Forum on Quality and Safety in Healthcare

March 30-April 1, 2022, Gothenburg, Sweden

[The Institute for Healthcare Improvement \(IHI\)](#), a partner of The Resilience Collaborative, and [The BMJ](#) are bringing together stakeholders across health and care sectors as well as patients, family members and service users at an in-person conference focusing on “Creating tomorrow today: how does quality improvement shape the ‘new normal’?” Attendees will learn about the most innovative initiatives, address health and care staff burnout and collaboratively design safer and more equitable care. IHI and The BMJ aim to re-energize attendees, provide tools and inspiration for meaningful change, highlight case studies and build a learning community. [Learn more](#) about the program and register [HERE](#).

Discounted rates are available for groups, full-time students, teachers and residents from low and lower-middle income countries. They will announce plans for participants to attend the conference virtually.

This conference was originally scheduled for March 30 through April 1, but it was postponed due to the impact of the COVID-19 pandemic. The conference in Sydney, Australia was also postponed to July 24-26, 2022; [learn more about the Sydney program](#) and register [HERE](#).

---

**In case you missed them, you can find recordings of past events related to health worker resilience below:**

1. [Healing Healthcare Summit](#), Mindful, February 8-10, 2022
2. [The Exhaustion Epidemic: Examining the COVID-19 Burnout Crisis in Health Care](#), STAT, February 9, 2022
3. [Clinicians in Crisis: Healthcare Workers Are Suffering; TV Stories Can Help](#), Hollywood, Health & Society, February 9, 2022

Please email [resilience@its.jnj.com](mailto:resilience@its.jnj.com) if you would like to feature an upcoming event.

---

**Know someone who is interested in improving health worker well-being?**

Tell them about The Resilience Collaborative and [encourage them to join](#).

---

**Not a part of The Resilience Collaborative?**

[Visit us](#) to learn more about our work to equip health workers to recover, adapt & grow.

---

[Sign up](#) to receive ongoing email communications from The Resilience Collaborative.

Follow the link to opt out of future emails:

[Click here to unsubscribe](#)

