



## UTMB MyWellness

### Mission

Help health care providers rediscover calling and purpose by supporting professional fulfillment for UTMB faculty and staff through a multi-faceted model enhancing leadership skills, interpersonal communication, professional resilience, and community building.

### Vision

UTMB's work culture fosters and prioritizes care for our employees. Simply stated, MyWellness at UTMB is fully committed to integrating the fourth of the IHI's quadruple aim into the fabric of our institution: Improving Provider Work Life.

### Strategy

Using Stanford's Model for Professional Fulfillment and the current evidence, we have developed two, two-year trainings for faculty: Scholars in Healing and Scholars in Leading. The combined mission of these two programs is to address Efficiency of Practice, Culture of Wellness and Personal Resilience. We have also developed Meaning and Purpose Dinners which will be facilitated by our Scholars participants to enhance the sense of community and to come together on our understanding of how we work together to *Improve Provider Work Life*.

We have clear plans for developing both Peer Support and Peer Mentoring programs utilizing our Scholars team. To ensure sustainability, we have graduate committees to continue the work of the Scholars in addition to continuing the Scholar offerings. The institutional commitment to improving provider work life is substantial and enthusiastic. The need is real and so is the commitment.

We are currently finalizing agreements to join the Professional Well-being Academic Consortium out of Stanford and are excited to be part of the group's survey process and research community to better understand and address the drivers of professional fulfillment.

We also have active developmental plans for extending the faculty programs to begin including UTMB's nursing services and all our other clinicians.

## **MyWellness Office**

Cara Geary MD, PhD  
Chief Wellness Officer

Laurie Farroni DPT, PT  
Assistant Wellness Officer

Tammy Cupit PhD, RN-BC  
Associate Wellness Officer

Natalie Williams-Bouyer PhD  
Assistant Wellness Officer