**DRAFT: 02/01/24**

**2024 CHARM GME WELL-BEING LEADERS CERTIFICATE COURSE**

**Dates**: Thursday, September 19, 2024, 10 am-6:30 pm and Friday, September 20, 2024, 10 am-2:30 pm

**Location:** Icahn School of Medicine at Mount Sinai, 1468 Madison Avenue, New York, NY, 10029

**Room**: Center for Innovation and Discovery, Annenberg 5-205 (5th Floor)

**Day One: Thursday, September 19, 2024**

**10:00am to 10:15am- Opening Remarks-**

***Jonathan Ripp, MD, MPH***

**10:15am to 10:30am- Certificate Course- Day One Overview**

 ***Saadia Akhtar, MD and Kerri Palamara, MD***

**10:30am to 11:45am Module 1- Components of a Comprehensive GME Well-being Program**

***Saadia Akhtar, MD, Kerri Palamara, MD and Jonathan Ripp, MD, MPH***

**11:45am to 12:45pm LUNCH**

**12:45pm to 2:00pm Module 2- Measurement- How to Appropriately Assess Trainee Well-being**

***Colin West, MD, PhD and Elizabeth Harry, MD, SFHM***

**2:00pm to 3:15pm Module 3- Environmental and Individual Level Interventions**

***Stuart Slavin, MD, MEd and Mariah Quinn, MD, MPH***

**3:15pm to 3:30pm BREAK**

**3:30pm to 4:45pm Module 4- Mental Health Resources, Screening and Crisis Support**

***Carol Bernstein, MD***

**4:45pm to 5:00pm Day One Summary**

***Saadia Akhtar, MD and Kerri Palamara, MD***

**5:00pm to 6:30pm Networking Reception at the Center for Innovation and Discovery**

Annenberg 5-205 (5th Floor)

**Day Two: Friday, September 20, 2024**

**10:00am to 10:15am Certificate Course- Day Two Overview**

 ***Saadia Akhtar, MD and Kerri Palamara, MD***

**10:15am to 11:15am Module 5- Implementing Well-being Programming: GME Well-being Champions Program**

 ***Saadia Akhtar, MD***

**11:15am to 12:15pm Module 6- Implementing Well-being Programming: Coaching Program**

 ***Kerri Palamara, MD***

**12:15pm to 12:45pm Lunch with Panel**

**12:45pm to 1:45pm Module 7-** **Well-being for Well-being leaders- Panel Discussion**

**Moderator- *Saadia Akhtar, MD***

**Panelists- *Paul Chelminski, MD, MPH, FACP, Mukta Panda, MD MACP FRCP-London, Diana McNeill, MD, Stuart Slavin MD, MEd, Oana Tomescu, MD, PhD***

**1:45pm to 2:15pm Module 8- “Taking it Home”- Next Steps for You**

 ***Saadia Akhtar, MD and Kerri Palamara, MD***

**2:15 pm to 2:30 pm Closing Remarks and Wrap-Up**

***Saadia Akhtar, MD, Kerri Palamara, MD and Jonathan Ripp, MD, MPH***

**Course Co-Directors:**

Saadia Akhtar, MD

Kerri Palamara, MD

**Faculty:**

Saadia Akhtar, MD

Carol Bernstein, MD

Paul Chelminski, MD, MPH, FACP

Elizabeth Harry, MD, SFHM

Diana McNeill, MD

Kerri Palamara, MD

Mukta Panda, MD MACP FRCP-London

Mariah Quinn, MD, MPH

Jonathan Ripp, MD, MPH

Stuart Slavin, MD, MEd

Oana Tomescu, MD, PhD

Colin West, MD, PhD

**Longitudinal Virtual Session Schedule**

**Mondays- 5 pm to 6:30 pm EST**

1. **Monday October 7, 2024- Session 1**

Visioning- *Define Project and Outline What Success Looks Like for the Project*

1. **Monday November 4, 2024- Session 2**

Outlining- *Identify Project Components, Strategies and Evaluation*

1. **Monday December 9, 2024- Session 3**

Implementing- *Obstacles and Innovations for Successful Implementation*

1. **Monday January 13, 2025- Session 4**

Sharing- *Project Presentations*