

Health and Well-Being Conference

October 19 & 20th, 2023

Supporting Nurses Health and Well-Being: The Path Forward

Join WABON and its partners, the Washington State Nursing Association and the Washington State Hospital Association, for a first-of-its-kind 2-day conference!

Greater Tacoma Convention Center
1500 Commerce Street Tacoma, WA 98402,
Tacoma, Washington

Early Bird—\$125 (until Aug 31)

General—\$150

Student—\$75

All sales have a small processing fee

This event, bringing together nurses, industry experts and other stakeholders is entirely dedicated to the health and well-being of nurses.

Lodging available for a per diem rate at \$179 per night the Marriott Tacoma Downtown. Room block ends on Sept 18, 2023.

Reasons to Attend:

- Improve patient care.
- Network with colleagues and interested parties.
- Gain knowledge of recent research and best practices.
- Awareness of new interventions and services.
- Learn how to work with employers and associations to improve employee health programs.
- Gain personal health and wellness tools.
- Demonstrating return on investment of workplace well-being initiatives.
- **Earn up to 11.25 hours of Continuing Education Credits!**

Visit our website at www.nursing.wa.gov/about-us/events-and-training/health-and-well-being-conference



A Message from the Conference Chair: John Furman, PhD, MSN, COHN-S

The COVID-19 pandemic increased and shed light on the stresses that nurses and all healthcare workers are under. From burnout and compassion fatigue to secondary trauma nurses and the healthcare industry (both providers and regulators) are facing unprecedented challenges to maintaining a healthy workforce. A [recent survey](#) by the American Nurses Foundation found that health and well-being has become a top concern for those who do intend to leave nursing.

Fortunately, the healthcare industry, regulators, and academia are responding. For example, the brief [A Call To Action: Improving Clinician Wellbeing and Patient Care and Safety](#) released by the Health Policy Institute of Ohio and Ohio State University College of Nursing outlines the challenges and provides a “review of evidence-informed policies, programs and practices that improve clinician wellbeing and support high-quality, safe patient care.”

Supporting Nurses Health and Well-Being: The Path Forward will both celebrate nurses and address some of our most challenging issues, including unhealthy substance use, workplace bullying, trauma, and more, while providing a light and path forward towards improving the health and well-being of nurses and other clinicians. Presentations will provide examples of employee health and wellness programs, personal health tools, and stigma reduction strategies among other positive interventions.

The commission invites you to join us in attending this first of its kind conference in Washington State, bringing together nurses, industry experts and other stakeholders in a celebration of nursing and charting a path forward towards supporting nurses’ health and well-being

Speakers:

Dr. Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN –**Keynote—A Call to Action Improving Clinician Wellbeing and Patient Care and Safety**

Dr. Judy Davidson, DNP, RN, MCCM—**The Truth about Job Related Issues Leading to Suicide Amongst Nurses**

Alanna Boulton, MSHA ,PMP—**Dismantling the Stigma of Addiction in Healthcare**

Kristin Waite-Labotte, RN, BSN, CARN, CPRC—**The Intersection of Peer Support and Substance Use Disorder in Nurses**

Healthcare Panel—Torrey Sanbeck, MAC and Joy Hanson. Moderated by Gena Ahlawat, RN, MSN, CIC, MHP

Dr. Susan Johnson, PhD, RN—**Addressing Workplace Bullying by Creating Healthy Workplaces**

Dr. Donna White, PhD, RN, CARN, CADC II, LADC I—**Building Resilience and Strategies for Wellness—Setting Reasonable Goals**

Patt Ellis—**Addressing Trauma in First Responders and other Healthcare Workers**

Dr. Kira Mauseth, PhD—**From Pandemic to Endemic: Operationalizing Resilience for Healthcare Workers**

Abby Migliore, MSN, MBA, RN—**Mental Health and the Nursing Workforce**

Nicole Johnson, BSN, RN, CCRN, CEP—**Stress Reduction for Work and Beyond: Tips on Becoming a Little Happier!**

Washington State Board of Nursing

Formerly the Nursing Care Quality Assurance Commission

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