

**AGENDA**

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| 7:30 – 8:30am RE-gistration, Poster Presentation Viewing, Networking and Breakfast |
| **8:30am** | **Welcome and Announcements** | **Hazel Torres, MN, RN** *Director, Regional Professional Development and Research Ambulatory Services, Walnut Center* |
| **8:45 – 9:15am** | **RE-flections** At the end of the session, the participant will be able to:1. Cite examples of how concepts of “re” are utilized in the leader’s journey.
2. Explain how the rest of the conference topics relate to their personal and professional roles.
 | **Sylvia Everroad, MSN, RN***Regional Chief Administrative Officer, Walnut Center***Aileen Oh, RN, MSN***Director, Ambulatory Clinical Services, Walnut Center***Chris Recinos, RN, MSN, FNP-BC***Regional Director of Advanced Practice and Target Clinics,* *Walnut Center* |
| **9:15 – 10:30am** | **RE-treat, RE-late, RE-new**At the end of the session, the participant will be able to:* + - 1. Participants will become more mindful of their own health, so that they may serve others and value self-care.
			2. Participants will gain a greater understanding of mental health issues and their associated stigma.
			3. Participants will bring forward increased wisdom and compassion for Kaiser Permanente members struggling with mental health.
 | **Alice Ducey** *Executive Consultant, National Health Plan & Hospitals Quality, Oakland* |
| 10:30 – 10:50am AM Break and Poster Presentation Viewing |
| **11:00– 11:30am** | RE-liance: The Team You Can Depend On At the conclusion of this presentation attendees will be able to:1. Verbalize the Phone number to access the Behavioral Healthcare Helpline (BHCHL).
2. State at least 2 services provided by the BHCHL.
3. Discuss how the BHCHL aligns its services with the KP Promise.
4. Identify at least one measure of success for the BHCHL Program.
5. Describe one limitation of the BHCHL Program.
 | **Christopher Brown, RN***Quality Coordinator RN, Case Coordination Center***Lolita Manigbas, RN** *Quality Director, Case Coordination Center* |

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| **11:30 – 12:00pm** | RE-imagining Life Care Planning At the conclusion of this presentation attendees will be able to:1. Address and demystify common misunderstandings about Life Care Planning and its role in the long view of care.
2. Be familiar with strategies on how to approach this topic with patients and their families.
3. Identify 1-2 action items to encourage or promote Life Care Planning for your patients, loved ones, or for yourself.
 | **Lori Viveros, MPH***Regional Director, Life Care Planning, Regional Offices***Susan Wang, MD** *Regional Physician Lead, Life Care Planning,* *West Los Angeles*  |
| 12:00 – 12:55pm LUNCH |  |
| **1:00 – 1:45pm** | RE-new the Spirit of Compassion and Happiness at the BedsideAt the conclusion of this presentation attendees will be able to:1. Recognize 3 unique symptoms of Compassion Fatigue.
2. Differentiate between Compassion Fatigue and Burnout.
3. Discuss 3 strategies that contribute to Compassion Satisfaction.
 | **Lina Najib Kawar, PhD, RN, CNS***Nurse Scientist Translational Research; Regional Nursing Research Program, Walnut Center* |
| **1:45 – 2:30pm** | RE-silience Building with HeartMathAt the conclusion of this presentation attendees will be able to:* 1. Strengthen resilience through research-based tools that help increase energy levels and connect to core values.
	2. Leverage ability to think clearly under pressure and discern appropriate solutions to problems.
	3. Diminish symptoms of personal and professional stress such as confusion, fatigue and sleep disturbance.
 | **Nikki West, MPH**  *Director HealthCare Education Management, KP Northern California Regional Offices***Robert Browning, PhD (h.c.)***Director & Senior Master Trainer, HeartMath Healthcare* |
| 2:30 – 2:50pm PM Break and Poster Presentation Viewing |
| **3:00 – 4:00pm** | **RE-capturing Your Passion for Nursing:** “Conquering Raiders of the Lost Spark”At the conclusion of this presentation attendees will be able to:1. Discover the secrets of resetting your priorities.
2. Evaluate and manage balance in the major areas of your life.
3. Employ ways to live with more purpose and meaning.
4. Understand the correlation between good self-care and creating an excellence-based culture.
 | **Connie Merritt, RN, BSN, PHN** |
| **4:00 – 4:15pm** | **RE-invigoration** | **Theresa Monakil, MSN, RN***Professional Development and Education Consultant,Walnut Center* |
| **4:15 – 4:30pm** | **RE-cap and Closing RE-marks** |  |
| 4:30 – 4:45pm | **Certificate Distribution** |  |

Agenda subject to change