

**The following programs won a 2023 John Tooker Evergreen Award. Below is a brief description of their program.**

### **California Southern III - Wellness Wave**

Themes: Collaboration, Diversity, Equity, and Inclusion, Medical Students and Residents/Fellows, Physician Well-being and Professional Satisfaction

*It empowered the students to connect with mentors, experts, and their colleagues locally and nationally and allowed the creation of a platform for them to share the fruits of their labor and hard work.*



The Southern California Region III Chapter's Wellness Wave was a "for us, by us" student-driven initiative led by the Council of Medical Students to empower medical students to connect with mentors, experts, and their colleagues locally and nationally to develop 38 student-led interview videos and a separate Wellness Wave website. It was created to engage medical students/residents to decrease feelings of isolation, burn out, anxiety, depression, imposter syndrome, and perfectionism. Local and national faculty, leaders, and mentors were interviewed on their journeys in medicine, asked about career advice, and best practices on creating and maintaining wellness. The Chapter collaborated with three additional ACP chapter to accomplish the Wellness Wave strategy.

If you'd like to know more about the California Chapter, visit their [website](#).

### **Central America - Medical Education and Community Blossoming**

Themes: Collaboration, Communication, Community Service/Volunteerism, Diversity, Equity, and Inclusion, Education, International, Medical Students and Residents/Fellows, Membership, Physician Well-being and Professional Satisfaction

*Students and residents participated in volunteer activities focused on the social determinants of health in their population which included the prevention of drug addiction and adolescent pregnancies. These activities prepared our students and residents to know the community they will serve in the future and help them work effectively in teams and developing leadership skills.*



The Central America Chapter's Guatemalan Residents from five medical programs developed a Council of Residents of the Occidental Region, Education, Volunteerism, and Well-Being Committees. The Chapter utilized Zoom, YouTube, and Instagram to share activities such as Doctor's Dilemma and Medical Education between Panama and Guatemala. The volunteerism activities prepared students and residents to better serve the needs of their communities, work effectively in teams, and develop leadership skills. After the Guatemalan Committees were

formed, resident membership increased by 80% and the Central America's resident population grew by 60%.

If you'd like to know more about the Central American Chapter, visit their [website](#).

## Georgia - Heart Sounds Workshop

Themes: Diversity, Equity, and Inclusion, Education, Medical Students and Residents/Fellows, Membership

*One of the primary lessons learned is to allow students to identify their own interests and needs. When those needs/interest are presented to a Chapter, the Chapters can work with the student IMIGs to best determine how to meet the student needs in a way and time to capitalize on the events for the benefits of the students and the Chapter.*



The Georgia Chapter's Medical Student Committee planned to increase visibility of ACP among medical students through two-hour heart sound workshops delivered to Internal Medicine Interest Groups (IMIGs) at various Georgian campuses. In total, the sessions were conducted at five medical school campuses in more remote/rural locations and had 146 attendees. The Chapter targeted medical school campuses in more remote/rural to address the College's (and one of the Georgia Chapter's) strategic goals to develop more diversity, equity, and inclusion in learning opportunities and engagement with chapter activities.

If you'd like to know more about the Georgia Chapter, visit their [website](#).

## New York - Health Disparities Fellowship Program

Themes: Advocacy, Diversity, Equity, and Inclusion

*This shared dialogue between research scholars focused on health disparities, and clinically minded physicians treating the patients experiencing the impact of health disparities, leads to a deeper understanding by all parties, and lays the foundation needed for improved outcomes in the future.*



The NY Chapter ACP invites Presidential Fellows from the NY State University at Albany's Center for the Elimination of Minority Health Disparities (CEMHD) to work with the Chapter for an academic semester as a NYACP Health Disparity Fellow. The program focused on how state-level advocacy impacts health disparity through interaction with ACP members, leaders, and staff. Each week, Fellows were provided a schedule of meetings that were appropriate for them to attend. Additionally, Fellows were members of the Chapter's Diversity, Equity and Inclusion Task Force and often continued in that capacity after their semester long Fellowship. The

Fellows have produced podcasts, written articles for the Chapter's e-newsletter, and led discussion about important issues impacting health care inequities.

If you'd like to know more about the New York Chapter, visit their [website](#).

### **New York - Leadership Academy - Invited Resubmission**

Themes: Communication, Early Career Physicians, Education, Medical Students and Residents/Fellows, Physician Well-being and Professional Satisfaction

*The Leadership Academy's creative design allowed members, some who were already engaged in the Chapter, to commit toward developing new leadership skills, along with online networking, and exposure and instruction with top faculty in their field.*



In lieu of a Leadership Meeting, the NYACP Leadership Academy evolved as a new and unique offering to provide a structured introduction to leadership series. The series was created to include 6 online sessions via Zoom with various engaging formats including panel discussions, break-out room conversations, role playing, read-back exercises, polls, and other interactive engagement. The Leadership Academy series was held once a month for six months. Each session featured nationally known and often recognized faculty. The volunteer participants demonstrated high engagement by reliable attendance, completion of post-session questions, and active feedback. This innovative, adaptive, and interactive learning format provided a platform for designing future educational and learning sessions. Academy participants were also invited to attend NYACP's 2022 Leadership Meeting where their commitment to developing their leadership skills could be further pursued and demonstrated through interactive educational programming, leadership specific activities, and by through planned networking opportunities.

### **North Carolina - Well-being Communication and Collaboration for Community - Invited Resubmission**

Themes: Communication, Physician Well-being and Professional Satisfaction

*The goal of virtual delivery of wellness information via videos grew out of the need to provide bite-sized, real-time information to support our members during the COVID-19 pandemic.*



The North Carolina Chapter strategized to increase membership by offering individual well-being resources during the early years of the pandemic while creating a sense of community. The Chapter developed live, and evergreen content publicized via newsletters, through a collaboration with several ACP chapters with limited programming, and ACP Well-Being

Champions. In collaboration with the Georgia Chapter, the North Carolina Chapter developed a monthly virtual well-being program and separately, developed ten coaching videos on wellness information. This program was innovative because the Chapter had not previously offered virtual meeting opportunities nor had the capacity to store videos for members to watch.

If you'd like to know more about the North Carolina Chapter, visit their [website](#).

## **Wisconsin - Narrative Medicine: Celebrating Internal Medicine Physicians**

Themes: Diversity, Equity, and Inclusion, Medical Students and Residents/Fellows, Membership, Physician Well-being and Professional Satisfaction

*A key reason that ACP-WI plans to continue the Narrative Medicine program is that we have been struck by the broad participation ranging from student members to retirees who have participated in a workshop or submitted a narrative medicine piece.*



In 2021-2022, the Wisconsin Chapter's Women in Medicine Committee decided to enhance the "In the Life of this Wisconsin Doctor" narrative medicine program. The goal was to make the program a year-round chapter activity and to provide training to members who desired improvement of their creative writing skills and to connect with colleagues. Thirty members participated in this workshop. During the summer of 2022, the Women In Medicine and Medical Student Committee hosted a narrative medicine competition that culminated in a published e-booklet. Twenty-two narrative medicine pieces were submitted, and six prizes were awarded including a "People's Choice Award" voted on by meeting attendees.

If you'd like to know more about the Wisconsin Chapter, visit their [website](#).