



Please see the information below about being an ACP Hawaii WellBeing Champion. We are looking for two volunteers to serve in this capacity. Please contact jenhelman@gmail.com or lisa.a.camara@kp.org if you are interested. Mahalo!

ACP is committed to supporting its members in multiple ways, including enhancing their well-being and professional satisfaction. In that vein, ACP is strengthening its WellBeing (formerly Wellness) Champion program (WC) to include expanded training, a clear set of responsibilities and expectations, and new tools to help Champions do and track their wellness work. ACP is requesting your help in identifying new WellBeing Champions from your Chapter to help build a larger cadre of available Champions.

WellBeing Champion Responsibilities and Expectations:

We plan to train up to 120 new WellBeing Champions (two per chapter) over the next two years. They will promote the rationale for investing in clinician well-being, share key evidence-based strategies to improve clinician well-being and professional satisfaction, and foster the development of chapter-based communities that support well-being and professional satisfaction. The expected time commitment is about two hours/month over a three-year term.

Specific WellBeing Champion Expectations:

1. Commit to a three-year term that begins with an in-person training at IM followed by periodic webinars and refresher training, one of which is likely to be in-person;
2. Integrate well-being/professional satisfaction information and strategies into Chapter programming and activities;
3. Assess and work with at least one regional practice each year to measure well-being, burnout and provide strategies for improvement;
4. Serve as a coach or mentor for at least two physicians in the chapter each year, providing a supportive connection and resources (and referral information for those in need of more intensive counseling); and
5. Track and document their efforts, likely in a new Practice Advisor module.

While ACP cannot provide Champion stipends at this time, we will pay for a hotel night at Internal Medicine Meeting 2018, if needed, to each new group of initial trainees and also for any additional live training during the term of service.

Benefit of WellBeing Champions:

1. Opportunity to build their CV.
2. Free training to enhance their own wellness.
3. Free access to the ACP Practice Advisor® tool.
4. Opportunity to help others thrive.
5. Develop meaningful connections with colleagues.
6. Help strengthen their chapters.
7. Have fun and be creative!