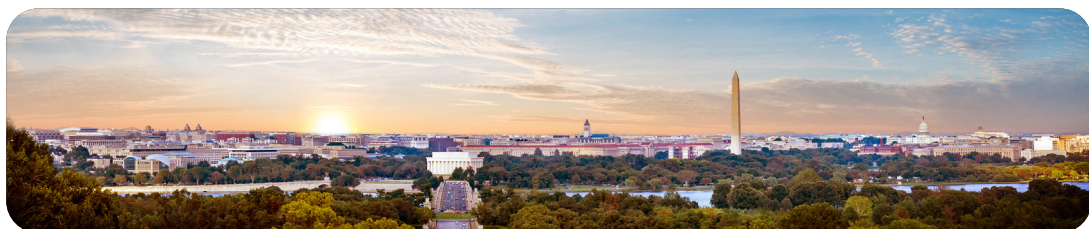


4th Annual **National Nurse Wellbeing Conference**



November 19 to 20, 2026

Westin Washington D.C. Downtown
Washington D.C.

Course Directors:

Dara Koppelman, RN, MHSA

MedStar Health Center for Wellbeing
Georgetown University Berkley
School of Nursing
Washington, D.C.

Daniel Marchalik, MD, MBA

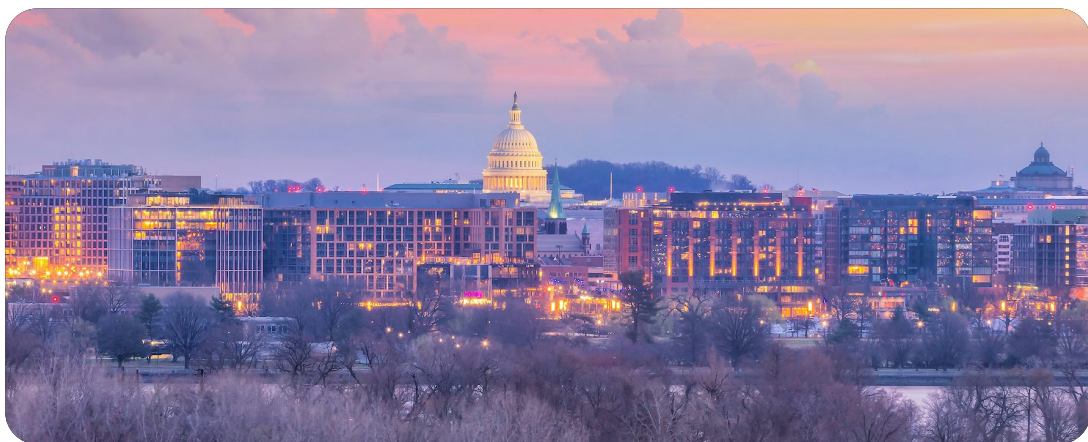
MedStar Health Center for Wellbeing
Georgetown University School of Medicine
Washington, D.C.

Continuing education credit information

Course description

The 4th Annual National Nurse Wellbeing Conference, hosted by MedStar Health, is designed to prepare healthcare workers and leaders to cultivate wellbeing programs within their work environment. With an emphasis on technology and innovation, the programming will focus on the architecture of wellbeing programs, culture development, and interdisciplinary collaboration in wellbeing.

For the second consecutive year, we are collaborating with the American Nurses Credentialing Center (ANCC) for the recognition of their **Well-Being Excellence™** credential. ANCC sets the optimal standard in nursing and health care credentialing worldwide. ANCC's rigorous programs establish the highest benchmarks in practice, education, and organizational excellence.



Learning objectives

- Recognize the role of innovation and technology in changing the landscape of nursing care delivery.
- Explain how alternative care models including virtual nursing can be used to promote nurse wellbeing.
- Identify physical, mental and integrative health interventions for wellbeing.
- Determine the role of leadership in organizational wellbeing.
- Identify the components of a business case for a nurse wellbeing program.
- Integrate a team-based approach in the care to support nursing wellbeing.

Target audience

This conference is intended for physicians, physician assistants, nurses, pharmacists, psychologists, social workers, nutritionists, dietitians, physical therapists, nurse practitioners, occupational therapists, midwives, athletic trainers, allied health professionals, and other members of the healthcare team interested in the management of wellbeing.

For updated information, visit [MedStarHealth.org/NurseWellbeing](https://www.MedStarHealth.org/NurseWellbeing)

Continuing education credit information

Accreditation



In support of improving patient care, MedStar Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit designation statement



IPCE CREDIT™

This activity was planned by and for the healthcare team, and learners will receive 11.0 Interprofessional Continuing Education (IPCE) credits for learning and change.

Physicians: MedStar Health designates this live activity for a maximum of 11.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This activity is approved for 11.0 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.



Physician Assistants: MedStar Health has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 11.0 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

Psychologists: MedStar Health is approved by the American Psychological Association through Joint Accreditation to sponsor continuing education for psychologists. This activity is approved for 11.0 CE credits. MedStar Health maintains responsibility for this program and its content.



ASWB approved continuing education

Social Workers: As a Jointly Accredited Organization, MedStar Health is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. MedStar Health maintains responsibility for this course. Social workers completing this course receive 11.0 clinical continuing education credits.

The maximum credits available are subject to change based on the final eligibility of individual sessions.

Attention physician learners: To ensure accurate CME credit data reporting to participating state medical licensing boards/certifying boards, please log into CloudCME and click on My CE / Profile to review and update your profile with the following details: your full name, state of licensure (including number and expiration date), and your birth month and day. Additionally, please remember to check the box at the bottom of the profile screen to grant permission for us to report your completion data to ACCME and participating licensing/certifying boards. **Questions?** Email medstarceapplications@email.sitel.org

For updated information, visit [MedStarHealth.org/NurseWellbeing](https://www.medstarhealth.org/nursewellbeing)

Course directors



Dara Koppelman, RN, MHSA

Senior Director of Operations
MedStar Health Center for Wellbeing
Adjunct Faculty
Georgetown University Berkley School of Nursing
Washington, D.C.



Daniel Marchalik, MD, MBA

Executive Director
MedStar Health Center for Wellbeing
Associate Professor, Urology
Georgetown University School of Medicine
Washington, D.C.

Faculty

Carla Banks, MSN, RN, PMH-BC

Nurse Manager, Meyer 3 and Psych ED
The Johns Hopkins Hospital, Psychiatry
Baltimore, MD

Natasha Bebo, DNP, RN, NC-BC, CPPS, LSSGB, Procscl

Chief of Patient Safety, Quality, and Well-Being
Defense Health Agency
Washington, D.C.

Sarah J. Bell, RN, MSN, MHA

Chief Clinical Officer
OutcomesAI
Rochester, MN

Liz Bohannon

Entrepreneur, Author, and Speaker
Author, Beginner's Pluck
Portland, OR

Sabra L. Boyd, MSW, LCSW, LSCSW

Senior Director, Center for Wellbeing
Children's Mercy
Kansas City, MO

Angelica Clark Brown, LICSW, LCSW-C

Regional Mental Health Coach (Baltimore)
MedStar Health Center for Wellbeing
Baltimore, MD

Mary Bruneau, MSN, RN, NC-BC

Director of Patient Services
St. Anthony's Hospital
BayCare Health System
Clearwater, FL

Carolyn J. Cumpsty Fowler, PhD, MPH, PCC

Executive Director for Nursing Well-Being
Johns Hopkins Health System
Senior Associate, Health Policy and Management
Johns Hopkins Bloomberg School of Public Health
Adjunct Assistant Professor
Johns Hopkins School of Nursing
Baltimore, MD

Amanda C. Davis, MSN

Nurse Wellbeing Specialist
MedStar Health
Baltimore, MD

Monica K. Devlin, M.A., RYT

Administrative Director
Healthcare Professional Well-being Academic Consortium (PWAC)
Stanford Medicine WellMD & WellPhD Center
San Francisco, CA

Amara Ellis, BSN, RN, CNML

Magnet Program Coordinator, Center for Nursing Excellence
MedStar Georgetown University Hospital
Washington, D.C.

Kelly Fuddy, MA

Chaplain, Staff Support, Program Lead
Penn State Health Milton S. Hershey Medical Center
Stress First Aid Peer Support
Penn State College of Medicine
Hershey, PA

Miranda Greig, MS

SupportingYOU Coordinator
WVU Medicine
Morgantown, WV

Elizabeth Harry, MD, DipABLM

Primary Care Physician, General Medicine Division,
Department of Internal Medicine, Chief Well-Being Officer
Michigan Medicine
Clinical Associate Professor of Internal Medicine and
Learning Health Sciences
University of Michigan Medical School
Ann Arbor, MI

Kaitlin M. Karavage, BSN

Clinical Staff Leader
Medical Intensive Care Unit
Penn State Health
Harrisburg, PA

Kathryn M. Knill DNP, RN, APRN-CNP, NBC-HWC

Regional Clinical Wellbeing Specialist
Center for Wellbeing, MedStar Health
Nurse Practitioner, Department of Palliative Medicine
MedStar Georgetown University Hospital
Washington, D.C.

Stella Lee, MPH, CHES

Program Administrator, Office of Well-Being
Johns Hopkins Health System
Baltimore, MD

Linda Lockwood, RN, MBA

Senior Advisor
AVIA Healthcare Innovation
Chicago, IL

Eli Mandel, LCSW

Regional Mental Health Coach
MedStar Health Center for Wellbeing
Washington , D.C.

Jenna Marrone, MS, RN, CCRN, NPD-BC

Director of Nursing Professional Development
MedStar Harbor Hospital
Baltimore, MD

Janelle N. Mirabeau, MSN, RN, RYT-500

Nurse Retention Program Coordinator
Center for Nursing Excellence
MedStar Georgetown University Hospital
Washington, D.C.

Laura Ogle, DNP, RN, CENP, CNE, CEN

System Senior Director, Nursing Professional Development
MedStar Health
Columbia, MD

Katherine Phillips, BSN, RN, CV-BC

Supervisor/Educator, 2 West Intermediate Care
WakeMed Health and Hospitals
Cary, NC

Adam Smiley Poswolsky

Workplace Culture Keynote Speaker
San Francisco, CA

Kristin L. Ray, MSN, RN, CPN, NE-BC, ACC

Nursing Director, Center for Wellbeing
Children's Mercy
Kansas City, KS

Sondra Redmont, MSW, LCSW

Administrator, Office of Well-being
University of Mississippi Medical Center
Jackson, MS

Tara Rynders, MFA, BSN, BA, RN

CEO
The Art and Heart of Healthcare
Evergreen, CO

Michael Schwalm, MS, BSN, LPC

Manager, Nursing Peer Support
West Virginia University Medicine
Morgantown, WV

Tait Shanafelt, MD

Jeanie & Stewart Ritchie Professor of Medicine
Chief Wellness Officer
Stanford Medicine
Director, WellMD & WellPhD Center
Associate Dean
Stanford School of Medicine
Stanford, CA

Reka Somodi, DNP, APN-C

Senior Director, Promotion of Well-being
Rutgers Health
New Brunswick, NJ

Carey Williams, BSN, RN, PCCN, NC-BC

Nurse Manager
Mease Countryside Hospital
BayCare Health System
Safety Harbor, FL

Lauren E. Williams, EdD

Project Manager, Office of Well-being
University of Mississippi Medical Center
Jackson, MS

Planning Committee

Amanda Bush, RN, BSN, MA

Nurse Wellbeing Specialist
MedStar Health Center for Wellbeing
Washington, D.C.

Luis Bernal Gonzalez

Regional Mental Health Coach
MedStar Health
Potomac, MD

Heather Hartman-Hall, PhD

Senior Director for Wellbeing and Mental Health
MedStar Center for Wellbeing
Assistant Professor, Clinical Medicine
Georgetown University School of Medicine
Washington, D.C.

Maria Leber, PA-C

Director, Advanced Practice Providers, Surgical Services
MedStar Washington Hospital Center
Washington, D.C.

Sophia Nelson

Program Manager
MedStar Health Center for Wellbeing
Bel Air, MD

Valerie Pogue, MBA, MPH, BSN, RN, CCWS

Regional Nurse Wellbeing Specialist
MedStar Health Center for Wellbeing
Washington, D.C.

Agenda | Thursday, November 19

6:30 a.m.	Mindful Morning Activity <i>Optional</i>	1:00 p.m.	American Nurses Credentialing Center (ANCC) Well-Being Excellence Credential Designation and Panel
8:00 a.m.	Registration, Breakfast, and Visit Exhibitors		
8:45 a.m.	Welcome Remarks	1:45 p.m.	We Belong to Each Other Tara Rynders, RN, MFA, BSN, BA
9:00 a.m.	DAY 1 KEYNOTE Creating a Culture of Wellbeing Adam Smiley Poswolsky	2:30 p.m.	Coffee Break, Visit Exhibits, and View Posters
10:00 a.m.	Fireside Chat: Workforce Wellbeing in the New Era Daniel Marchalik, MD, MBA Tait Shanafelt, MD	3:00 p.m.	Wellbeing Experience: Stretch and Reset Chair Yoga Monica Devlin, M.A., RYT
10:30 a.m.	Coffee Break, Visit Exhibitors, and View Posters	3:20 p.m.	From Burnout to Breakthrough: How AI and Virtual Technology is Empowering Nurses to Transform Patient Care Sarah J. Bell, RN, MSN, MHA Linda Lockwood, RN
10:45 a.m.	Designing Work Worth Doing: A Human Factors Lens on Nurse Wellbeing Elizabeth Harry, MD, DipABLM	4:10 p.m.	Closing Remarks
12:15 p.m.	Lunch, Visit Exhibitors, and View Posters	4:20 p.m.	Networking Activity (Speed Networking)



For updated information, visit [MedStarHealth.org/NurseWellbeing](https://www.MedStarHealth.org/NurseWellbeing)

Agenda | Friday, November 20

- 6:30 a.m.

Mindful Morning Activity
Optional
- 8:00 a.m.

Registration, Breakfast, Visit
Exhibitors and Abstract Posters
- 8:45 a.m.

Welcome Remarks

- 9:00 a.m.

DAY 2 KEYNOTE
Relationally Rich:
The Art & Science of Creating
Collective Resilience
Liz Bohannon
In partnership with AONL
- 10:15 a.m.

Coffee Break, Visit Exhibits, and
View Posters

BREAKOUT SESSION 1 | 10:35 a.m.

**BREAKOUT 1A | Leadership Workshop:
The Generative Conversation**
Liz Bohannon
In partnership with AONL

**BREAKOUT 1B | Wellbeing Activity Breakout:
Taking Care of Ourselves and Each Other: An
Interactive Stress First Aid Workshop**
Janelle N. Mirabeau, MSN, RN, RYT-500
Amanda C. Davis, MSN
Eli Mandel, LICSW

- 12:00 p.m.

Lunch, Visit Exhibitors, and
View Posters

BREAKOUT SESSION 2 | 12:45 p.m.

**BREAKOUT 2A | Leadership Wellbeing in
Action: Scalable Innovations from Idea to
Impact**

**LEADWell: A Program Evaluation of a
Wellness-Centered Pilot Program for
Healthcare Leaders**
Angelica Clark Brown, LICSW, LCSW-C

**Leading Well to Lead Well: Improving Nurse
Leader Wellbeing Through a Mindfulness
Program**
Laura Ogle, DNP, RN, CENP, CNE, CEN
Natasha Bebo, DNP, RN, NC-BC, CPPS, LSSGB, Prosci

**Nurse-Led Improvement for Workforce
Well-Being**
Lauren Williams, EdD
Sondra Redmont, MSW, LCSW

**BREAKOUT 2B: Reimagining Wellbeing on the
Nursing Unit: Three Fresh Approaches**

**Cultivating Connection After Dark:
Strengthening Engagement Through Night
Shift Socials**
Katherine Phillips, BSN, RN, CV-BC

**MICU “Routine Maintenance” – A Chaplain-
and Nurse-Led Innovation in Debriefing**
Kelly Fuddy, MA
Kaitlin M. Karavage, BSN

**Creating a Shared Language for Stress:
Implementing Wellbeing Boards to
Operationalize Stress First Aid in Nursing
Teams**
Kathryn M. Knill, DNP, RN, APRN-CNP, NBC-HWC

- 1:30 p.m.

Transition to Breakout Session 3

BREAKOUT SESSION 3 | 1:45 p.m.

BREAKOUT 3A | Building Interprofessional Wellbeing at Scale: Intensive Interventions for System Change

Mindfulness-Based Emotional Intelligence Training for Interprofessional Leadership and Connection at Rutgers Health
Reka Somodi, DNP, APN-C

Connected Teams, Healthier Providers: Experiential Team-Building in Healthcare
Michael Schwalm, MS, BSN, LPC
Miranda Greig, MS

Embedding Community Resiliency Model® Training as a Foundational Strategy to Strengthen a Culture of Belonging and Wellbeing Among Johns Hopkins Health System Nursing Teams
Carla Banks, MSN, RN, PMH-BC
Carolyn J. Cumpsty Fowler, PhD, MPH, PCC
Stella Lee, MPH, CHES

BREAKOUT 3B | Retaining the Next Generation: Wellbeing Strategies to Support Nurses

Re-Homing: A Structured Internal Mobility Pathway to Preserve Nurse Wellbeing During Orientation
Janelle Mirabeau, MSN, RN, RYT-500

Innovations in Nursing Preceptor Wellbeing
Jenna Marrone, BSN

Leveraging Certified Nurse Coaches to Enhance New Nurse Graduate Well-Being and Decrease Turnover
Mary Bruneau, MSN, RN, NC-BC
Carey Williams, BSN, RN, PCCN, NC-BC

From Burnout to Balance: A CNO-Led Innovation in Nurse Retention and Well-Being
Amara E. Ellis, BSN, RN, CNML

2:30 p.m. Coffee Break and Transition to General Session

2:50 p.m. Sustaining Nurse Wellbeing Through Transformation and Crisis: A Tale of Two Events
Sabra L. Boyd, MSW, LCSW, LSCSW
Kristin L. Ray, MSN, RN, CPN, NE-BC, ACC

3:30 p.m. Closing Remarks

3:45 p.m. Adjourn



Registration information

REGISTRATION TYPE	REGISTRATION RATE
Nurse	\$620
Nurse practitioner	\$620
Physician	\$620
Resident or fellow	\$620
Physician assistant	\$620
Psychologist	\$620
Social worker	\$620
Allied health professional	\$620
Student	\$620

Online registration preferred

Please visit [MedStarHealth.org/NurseWellbeing](https://www.MedStarHealth.org/NurseWellbeing) for updated program and registration information. All registrations will be confirmed by email. If you have questions or do not receive a confirmation within 1-2 business days, please contact us at medstarcpe@medstar.net or (833) 731-1273.

Cancellation policy

Cancellations made in writing by July 17, 2026 will be subject to a 50% penalty. No refunds will be given after July 17, 2026.

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Venue information

Westin Washington DC Downtown

999 9th Street NW
Washington, DC 20001



For grant information, please contact Ada Guo at ada.guo@medstar.net
For exhibit support information, please contact
Elizabeth Romano at elizabeth.s.romano@medstar.net