



RURAL HEALTH LEADERS

CONFERENCE

ACHE of South Dakota
An Independent Chapter of



American College of
Healthcare Executives
for leaders who care®

JUNE 25-26

2025

FORT PIERRE, SD

STRENGTHENING RURAL HEALTH - ONE COMMUNITY AT A TIME

SUSTAINABLE STRATEGIES TO SUPPORT WELL-BEING FOR HEALTHCARE PROFESSIONALS

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PANELISTS



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RURAL HEALTH CARE, INC.***

SUSTAINABLE STRATEGIES TO SUPPORT WELL-BEING FOR HEALTHCARE PROFESSIONALS

90-MINUTE SESSION WITH QUESTIONS AND ANSWERS

PANELIST INTRODUCTIONS

PANELIST CONVERSATION

AUDIENCE Q & A

SESSION EVALUATION

Light

AVERA'S PROVIDER *well-being* PROGRAM

Light is focused on proactive, system-wide improvements to enhance personal well-being and increase the professional fulfillment of our physicians and advanced practice providers.

Who should use Light?

Are You Experiencing Any of These?

- ✓ Spending too much time on documentation
- ✓ Challenges of work/life integration
- ✓ Workload stress
- ✓ Trouble navigating Expanse
- ✓ Being new to the organization
- ✓ Managing teams or projects
- ✓ Poor patient outcome
- ✓ Conflict or communication difficulties
- ✓ Opportunities for career growth
- ✓ A desire to explore your purpose
- ✓ Approaching retirement
- ✓ Transitioning roles

Resources available?

- ❖ Free, Certified Executive Coaching
- ❖ EMR Efficiency Webinars, Freed AI webinars
- ❖ No Agenda Socials across footprint
- ❖ IT and Performance Excellence Partnerships
- ❖ Empower Program
(Personal and professional development course)
- ❖ Provider Support Programs for Adverse Outcomes
- ❖ New Provider Check Ins
- ❖ Crucial Conversations
- ❖ Emotional Intelligence
- ❖ Change and transition management
- ❖ DiSC

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Going Home Checklist

Before you leave today



Reflect on the things you did today that were hard: Let go and move on when you feel ready. Consider finding a quiet space to go for a walk and reflect.



Consider three things that went well today. Be proud of the care you gave.



Check on your colleagues before you leave: Are they ok? If not, your leader can help connect them to free & confidential resources.



Are you OK?
Your leaders are here to listen and support.



Now switch your attention to home:
Rest and recharge.



Contact Avera Light program for more resources: 605-322-4411
Lightprogram@avera.org

AS AN INDEPENDENT CHARTERED CHAPTER OF THE AMERICAN COLLEGE OF HEALTHCARE EXECUTIVES, THE ACHE OF SOUTH DAKOTA, IS AUTHORIZED TO AWARD 8.5 HOURS OF ACHE QUALIFYING EDUCATION CREDITS TOWARD ADVANCEMENT OR RECERTIFICATION IN THE AMERICAN COLLEGE OF HEALTHCARE EXECUTIVES. PARTICIPANTS IN THIS PROGRAM WHO WISH TO HAVE IT CONSIDERED FOR ACHE QUALIFYING EDUCATION CREDIT SHOULD LIST THEIR ATTENDANCE WHEN THEY APPLY TO THE AMERICAN COLLEGE OF HEALTHCARE EXECUTIVES FOR ADVANCEMENT OR RECERTIFICATION.

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SESSION MATERIALS

Dunn, J. (Fall 2021). A Deep-Rooted Culture Evolves to Support Healthcare Heroes. *Frontiers of Health Services Management*. 38(1):14-19.

Finkel, E. (Nov/Dec 2022). Strategies for Developing Stronger, Healthier Teams. *Healthcare Executive*.

Meese, K.A., Colon-Lopez, A., Singh, J.A., Burkholder, G.A., Rogers, D.A. (July-August 2021). Healthcare is a Team Sport: Stress, Resilience, and Correlates of Well-Being Among Health System Employees in a Crisis. *Journal of Healthcare Management*. 66(4):304-322.

Piche, M.E. & Weinberg, C. (July/August 2023). Mindfulness Meditation for Veterans and Staff. *Healthcare Executive*.

Shanafelt, T., Trockel, M., Wang, H., Mayer, T., Athey, L. (September-October 2022). Assessing Professional Fulfillment and Burnout Among CEOs and Other Healthcare Administrative Leaders in the United States. *Journal of Healthcare Management*. 67 (5).

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ACHE Evaluation Form



***SUSTAINABLE STRATEGIES
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THANK YOU

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