

**2021 Virtual STAR-Center Conference
May 14, 2021**

Name, Credentials, Position Title	Sansea L. Jacobson, MD, Associate Professor of Psychiatry, Program Director of Child and Adolescent Psychiatry Training
Affiliation:	STAR Center, UPMC Western Psychiatric Hospital
<p>Dr. Jacobson received her undergraduate degrees from Dartmouth College and Oxford University and medical training at the University of Pittsburgh. She is Associate Professor and Program Director for Child and Adolescent Psychiatry Training at the University of Pittsburgh Medical Center. She has devoted her clinical career and advocacy efforts to the prevention of youth suicide through the STAR Center. She is also co-chair of the Graduate Medical Education WELL Subcommittee, where she oversees well-being initiatives to support the 1700 residents and fellows across the UPMC healthcare system. Nationally, Dr. Jacobson is co-chair of the American Academy of Child and Adolescent Psychiatry (AACAP) Training and Education Committee. In these roles, she has earned a reputation for creating and implementing innovative educational initiatives such as the WELL Toolkit. She is author or co-author of numerous peer-reviewed articles and book chapters, and the recipient of grant-funding for a variety of quality improvement projects. Her efforts have been recognized nationally through awards such as the Samuel Gershon Teaching Award, the AACAP MSR Certificate of Distinction, and a National Institutes of Health Research Training Award.</p>	
<p>Title of Presentation: Provider Well-Being: <i>We Need Not Always Be Heroes</i></p>	
<p>Description Wellness is an unspoken shared responsibility between patient and provider; now even more poignant during the COVID-19 pandemic. This session will guide the audience to a better understanding of how to conceptualize and approach our own well-being and its impact on our personal and professional identities.</p>	
<p>Level of Presentation Introductory <u> x </u> Intermediate <u> </u> Advanced <u> </u></p>	
<p>Learning Objectives: (Please list 3) At the conclusion of this session, participants should be able to:</p> <ol style="list-style-type: none"> 1. List three potential negative outcomes related to unaddressed burnout in mental health care providers 2. Describe our current research understanding of the relationship between burnout, depression and suicide 3. Name at least one method or resource that could help promote resilience and/or support the mental health of providers within your work setting 	
<p>Three (3) current (within the past 10 years) peer-reviewed publications that support the evidence base for the content of your presentation. (See next page).</p> <ol style="list-style-type: none"> 1. Pollock A, Campbell P, Cheyne J, Cowie J, Davis B, McCallum J, McGill K, Elders A, Hagen S, McClurg D, Torrens C, Maxwell M. Interventions to support the resilience and mental health of frontline health and social care professionals during and after a disease outbreak, epidemic or pandemic: a mixed methods systematic review. <i>Cochrane Database Syst Rev.</i> 2020 Nov 5;11:CD013779. 2. Shanafelt T, Ripp J, Trockel M. Understanding and Addressing Sources of Anxiety Among Health Care Professionals During the COVID-19 Pandemic. <i>JAMA.</i> 2020 Jun 2;323(21):2133-2134. 3. Shanafelt TD, Noseworthy JH. Executive Leadership and Physician Wellbeing: Nine Organizational Strategies to Promote Engagement and Reduce Burnout. <i>Mayo Clin Proc</i> 2017; 92, 1: 129-146. 	