



RETREAT AGENDA: Saturday, April 14

7:30–8:30 am	Registration/Breakfast
8:30–9:00 am	Welcome/ Shaping the Future: UM CMG, UMMS Christopher deBorja, MD, Interim CEO, UM CMG Stephen T. Bartlett, MD, Executive Vice President and CMO, UMMS
9:00–9:30 am	“From Burnout to Bliss”: UM CMG Journey towards a Provider Wellness Program Khalid Kurtom, MD, Clinical Assistant Professor, University of Maryland Department of Neurosurgery University of Maryland Shore Regional Health, University of Maryland Community Medical Group – Neurosurgery, University of Maryland School of Medicine
9:30–10:30 am	Presentation: “Integrative Stress Management” Delia Chiaramonte, MD, Associate Director and Director of Education, Center for Integrative Medicine, Assistant Professor, Dept. of Family Medicine University of Maryland School of Medicine
10:30–10:45 am	Break
10:45–11:45 am	Keynote: “Mindfulness Tools for Providers: Keys to Self-Care” Donald Altman, MA, LPC, Psychotherapist, Award Winning Author “The Mindfulness Toolbox”
11:45 am–12:45 pm	Lunch
12:45–2:00 pm	Presentation: “Portfolio: Tool Not Torture” Joel Klein, MD, Associate Chief Information Officer University of Maryland Medical System
2:00–3:30 pm	Workshop: “Finding Resilience in the Eye of the Storm” Karen Kingsolver, PhD, Behavioral Medicine, Duke Family Medicine Michelle Bailey, MD, Duke Children’s Healthy Lifestyles Program
3:30–3:45 pm	Break
3:45–4:45 pm	Presentation: “Practicing Medicine: Your Dream, But Don’t Let it Kill You!” Lynette Charity, MD, author, humorist, award-winning international speaker
4:45–5:45 pm	Presentation: “Provider Wellness, Crucial to Clinical Excellence” Bryan Bohman, MD, Chief Medical Officer at University Health Care Alliance Stanford Health Care
5:45–6:00 pm	Break
6:00–7:00 pm	Cocktails
7:00–9:00 pm	Evening Dinner Reception



RETREAT SPEAKERS:



KEYNOTE: Donald Altman, MA, LPC
Psychotherapist. Award Winning Author

Donald Altman, MA, LPC is a psychotherapist, former Buddhist monk, award-winning writer and international workshop trainer. Profiled in Spirituality & Health's "Living Spiritual Teachers Project," he was a featured expert in The Mindfulness Movie. Donald was past Vice President of The Center for Mindful Eating, where he still serves on the Advisory Board. He integrates neuroscience into mindfulness, and taught for several years in Portland State University's Interpersonal Neurobiology certificate program. He was also an adjunct professor at Lewis and Clark Graduate School of Education and Counseling. In addition to founding his own clinic, he has worked as a Senior Mental Health Therapist at Providence St. Vincent Hospital's Intensive General Psychiatric and Eating Disorder Clinics.

Donald has taught thousands of mental health clinicians how to therapeutically use mindfulness interventions. He also leads retreats for mindful living and eating that blend ancient practices with modern science.



Michelle Bailey, MD, FAAP
*Duke Children's Healthy Lifestyles Program
Duke University*

Dr. Bailey received her medical degree at the State University of New York Health Sciences Center at Brooklyn and completed her residency in Pediatrics at Duke University where she was invited to join the faculty practice. Dr. Bailey completed an integrative medicine fellowship through the University of Arizona where she was introduced to the mind-body connection. She developed a personal mindfulness practice and started teaching these practices to her pediatric patients, medical students, trainees and faculty. She is the author of Parenting Your Stressed Child (New Harbinger, 2011), founder of a physician coaching and mentoring practice, and former Co-Director of the Duke Integrative Medicine Refuge program: A Mindfulness-Based Practice Enrichment Service for Physicians.

She is a recognized expert in pediatric integrative medicine and has lectured internationally on physician wellbeing and resilience.



Stephen Bartlett, MD
*Executive Vice President and Chief Medical Officer
University of Maryland Medical System*

Dr. Bartlett is an internationally known transplant surgeon, research scientist, and leader in academic medicine. As chair and professor of the Department of Surgery at the University of Maryland School of Medicine, he heads one of the country's most highly NIH-funded departments. As Executive Vice President and Surgeon-in-Chief, he oversees the surgical teams at each of the 12 hospitals within the University of Maryland Medical System.

Dr. Bartlett received his medical degree from the University of Chicago and spent his residency at the University of Pennsylvania. He continued his training at Northwestern University and then became an associate professor at the University of California Davis before coming to Maryland to revitalize the university's Transplant Program. His specialties include kidney and pancreas transplantation and vascular surgery.



Bryan Bohman, MD
*Chief Medical Officer at University Health Care Alliance
Stanford Health Care*

Bryan Bohman is Chief Medical Officer for University Healthcare Alliance, Stanford's non-faculty community-based medical group, with about 350 providers across the San Francisco Bay Area. He also serves as Associate Chief Medical Officer at Stanford Health Care. At the Stanford School of Medicine, his roles include Clinical Professor of Anesthesia and Critical Care, Co-Director of the Clinical Effectiveness Leadership Training program and Senior Advisor to the WellMD Center.

After two decades in community practice of anesthesiology, Bryan served as SHC Chief of Staff from 2008-2011 before taking his position as Associate CMO. He served as Director of the Stanford WellMD Center from its founding until 2017. He has been the Chief Medical Officer of University Healthcare Alliance since 2014.



Lynette Charity, MD

Board-certified Anesthesiologist, Author, humorist, award-winning international speaker

Dr. Lynette Charity is a Board-Certified Anesthesiologist with over 35 years of experience “putting people to sleep.” She is also an author, humorist and award-winning international speaker. Dr. Charity graduated with honors from Chatham College for Women in Pittsburgh, PA, and received her medical degree from Tufts University School of Medicine. She has practiced nationally, internationally and maintained a long private practice career. Drawing from her vast experience, she delivers personal and powerful stories that educate and inspire. She speaks to various groups in her capacity as a medical expert in the field of Anesthesiology, and her presentations are always sprinkled with humor.



Delia Chiaramonte, MD

Associate Director and Director of Education, Center for Integrative Medicine, Assistant Professor, Department of Family Medicine University of Maryland School of Medicine

Delia Chiaramonte, MD is the Associate Director and Director of Education for the University of Maryland School of Medicine’s Center for Integrative Medicine. Dr. Chiaramonte is Board Certified in family medicine, hospice and palliative medicine and is certified by the American Board of Integrative Holistic Medicine. She has post-graduate training in positive psychology, mind-body medicine and palliative care. Dr. Chiaramonte teaches in the University of Maryland Graduate School on the topics of Self-Care, Integrative Medicine and Palliative Care. Her expertise and interests include stress management, healthcare provider wellness, burnout prevention, mind-body medicine and integrative pain management.



Chris deBorja, MD

Interim CEO University of Maryland Community Medical Group

Dr. Christopher deBorja attended Loyola University, where he received his Bachelor of Science degree in Biology and graduated from the Ross University School of Medicine with his Medical Degree. He completed his internal residency program at Harbor Hospital Center.

Dr. deBorja is currently Chairman of the Department of Medicine, Physician Director of Patient Safety and Quality, and Medical Director for Population Health at University of Maryland Baltimore Washington Medical Center, as well as, the President and Chief Executive Officer of University of Maryland Community Medical Group.



Karen Kingsolver, PhD

Behavioral Medicine, Duke Family Medicine Duke University

Karen Kingsolver, PhD, is a physician coach, clinical psychologist, and consultant to medical leadership. Karen’s career includes 25 years as a provider well-being champion who also taught self-awareness and communication skills. She has extensive experience training and supporting nurses, PAs, doctors and technicians. She has taught at Brown University, University of Michigan, Vanderbilt University, University of Washington, and Duke University Medical Schools. Karen has a unique talent for enabling transformation and resilience through proven Mindfulness based activities.



Joel Klein, MD, FACEP

Associate Chief Information Officer University of Maryland Medical System

Joel Klein is the Vice President and Associate CIO for the University of Maryland Medical System. He is originally from Texas and went to Medical School at UT Southwestern in Dallas. He completed his Residency in Emergency Medicine at Johns Hopkins Hospital and joined the group at North Arundel Hospital, now University of Maryland Baltimore Washington Medical Center. He was elected president of that hospital’s private ED group in 2009 and then became the hospital’s Epic physician champion during the first UMMS community hospital build in 2011. He is fluent in Clarity, the Epic reporting database, develops in the programming language Python, is a certified Epic Physician Builder and one of Epic’s “Classics” lecturers for presentations he has given at Epic’s annual national group meeting. He became the Vice President for Product Development for the system in 2015 and the Associate CIO for the system in 2017. He still practices in the UM BWMC ER almost weekly.



Khalid Kurtom, MD, FAANS, FACS

*Clinical Clinical Assistant Professor, University of Maryland Department of Neurosurgery
University of Maryland Shore Regional Health, University of Maryland Community Medical Group -
Neurosurgery, University of Maryland School of Medicine*

Dr. Kurtom is a Clinical Assistant Professor in The Neurosurgery Department at the University of Maryland School of Medicine and practices at University of Maryland Community Medical Group - Neurosurgery in Easton. He is a member of the medical staff of University of Maryland Shore Regional Health, with privileges to practice at University of Maryland Shore Medical Centers at Dorchester and Easton. He performs scheduled surgical procedures at Shore Medical Center at Easton, as well as consulting with his colleagues on the Shore Regional Health medical staff for emergency and inpatient neurosurgical cases.

Dr. Kurtom graduated from George Washington University School of Medicine in Washington, D.C. He attended the University of Maryland, College Park for his undergraduate education. His post graduate training included a Master's degree at Georgetown University, General Surgery Internship and a Neurosurgery Residency at George Washington University Hospital, and a Neurosurgery Clinical Fellowship at the National Institute of Neurological Disorders & Stroke in Washington, D.C.