

Thank You for Joining Us

Special Acknowledgements to:

- Kali Whittle Family
- Kali Whittle Conference Planning Committee

We gratefully acknowledge the generous financial support from the Kali Whittle endowment fund that allows for healthcare providers to learn creative and practical tools to find peace and healing in the midst of caring for others.

We are thankful for the members of the Kali Whittle planning committee and all the event presenters who dedicate their time and talents to support and enhance the physical, mental, emotional and spiritual health of Children's Hospital Colorado team members.

For more information about Children's Hospital Colorado's Resilience and Well-Being Team or to get involved:

Darla Gurry-Levy
720-777-0571 | darla.gurry-levy@childrenscolorado.org

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9TH ANNUAL

Kali Whittle Resiliency Conference

A day to connect, learn, and foster resiliency

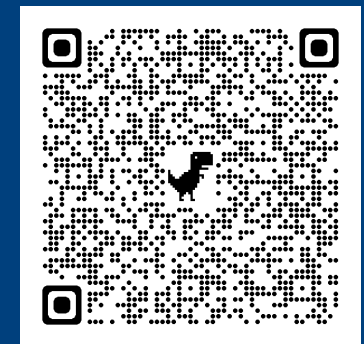
August 25, 2023

Live and virtual options available

Provided by:

Children's Hospital Colorado
Kali Whittle Conference Planning Committee

[REGISTER HERE](#)



Children's Hospital Colorado

Locations

- **Anschutz Medical Campus:** Children’s Hospital Colorado Medical Conference and Education Center
- **South Campus:** Tennessee
- **Colorado Springs Hospital:** 4th floor conference
- **Briargate Outpatient Clinics:** Oklahoma and Alabama
- **North Campus:** Acorn
- **Virtual:** Zoom link provided upon registration

Overview, Target Audience and Learning Outcome

Healthcare is fast paced, demanding, continually changing and tightly regulated. This combination of factors creates an environment that may lead to burn out, moral distress, compassion fatigue, secondary trauma, anxiety and decreased personal satisfaction.

This conference brings together experts to support team members by creating opportunities and providing tools to find peace and healing in the midst of caring for others.

Participants will report increased knowledge of accessibility and availability of resources to support themselves and others after taking part in this event.

Continuing Education Credit

Nursing: Children’s Hospital Colorado is approved with distinction as a provider of nursing continuing professional development by Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. This program for 5.75 contact hours is provided by Children’s Hospital Colorado.

Registration, attendance, and completion of an evaluation are required for successful completion and to collect a certificate of attendance. Claim only the hours you participate.

Be sure you are registered and mark attendance for each session in which you participate.

Complete the survey to receive **Vitality Points**. Let us know if you enjoyed the sessions or how we can do better.

50 Vitality
POINTS PER SESSION

Attendance must be marked at each session to obtain Vitality points

See the Kali Whittle tab on the Resiliency webpage for updates.

Schedule

- 7:30am **Yoga at the Anschutz Medical Campus**
- 8:30 **Trauma Informed Care
Trauma Informed Growth**
*Lauren Eckhart, PsyD
Lyndsay Jensen Gaffey, MA, LPC, ATR*
- 9:30 **Grief in Healthcare**
*Analise (AJ) Lotz
Josh Whistler, M.Div*
- 10:30 **Gentle Movement for the Body and Mind: Chair
Yoga and Guided Meditation**
Carmen Martinez, MA, MS, C-IAYT
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- Please bring your own lunch to either of the noon sessions.
Lunch will not be provided.*
- 12:00pm **Lead from the Heart***
Kara Schmitt, LCSW
- *The above session is for ACMs, managers, directors and other leaders with direct reports only.*
- 12:00 **Breathwork Techniques to Center and Relax**
Eileen Yager, MD, FAAP
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- 1:30 **Reframing, Referring, Resilient**
*Darla Gurry-Levy, LCSW
Karen Jones, MS, RN, HEC-C
Sara Reynolds, M.Div, BCC*
- 2:30 **Digging Deep: Exploring Why We Really
Do This Work**
Erika Croswhite, MS, CCLS
- 3:30 **Thoughtfulness Activity**
*Helping Hearts Team Member Resource
Group*
- 4:15 Evaluation
- 4:30 Adjourn

Presenters

Guest Faculty

Kara Schmitt, LCSW
Principal
Rocky Mountain Center for Positive Change

Children's Hospital Colorado and University of Colorado Faculty

Erika Croswhite, MA, CCLS
Child Life Manager
Integrative and Creative Care Department
Children's Hospital Colorado

Lauren Eckhart, PsyD
Clinical Director
Colorado Springs Division
Pediatric Mental Health Institute
Associate Professor, Clinical Faculty Series
Dept of Psychiatry, CU School of Medicine

Darla Gurry-Levy, LCSW
Director, Team Member Resilience and Well-being
Children's Hospital Colorado

Lyndsay Jensen Gaffey, MA, LPC, ATR
Director, Patient Care Services
Pediatric Mental Health Institute
Children's Hospital Colorado

Karen Jones, MS, RN, HEC-C
Faculty, CU Center for Bioethics and Humanities
CU School of Medicine
Clinical Ethics Program Manager
Children's Hospital Colorado

Kyla Leone, RDN
Senior Wellness Administrator
Human Resources
Children's Hospital Colorado

Analise (AJ) Lotz
Bereavement Coordinator
Spiritual Care
Children's Hospital Colorado

Carmen Martinez, MA, MS, C-IAYT
Yoga Therapist, Creative Arts Therapist
Ponzio Creative Arts Therapy Program
Children's Hospital Colorado

Sara Reynolds, M.Div, BCC
Chaplain, Spiritual Care Team
Children's Hospital Colorado

Josh Whistler, M.Div
Chaplain, Spiritual Care Team
Co-Leader of REST
Children's Hospital Colorado

Eileen Yager, MD, FAAP
Clinical Professor Emerita of Pediatrics
Retired Director of Integrative Pain/Symptom Management Clinic
Children's Hospital Colorado