



## Committee Spotlight



**Name:** Wellbeing and Burnout

**Chair:** Lillian "Joy" Houston, MD

**Charge:** Initially created as a task force in 2019, the charge of the Wellbeing and Burnout Committee is to identify and seek remedies for sources of program director burnout. The Committee's initial work consisted of surveying membership regarding rates of burnout, identifying trends and suggesting mechanisms for addressing this crucial issue. Through this initial work, it became clear that there is a persistent need for support for program directors to prevent and mitigate burnout, which led to the task force being transitioned to a committee. The committee accomplishes its current charge through collecting information from AADPRT members, creating advocacy tools for members to utilize, providing consultations to members, offering educational sessions on common member needs, and developing skill-building sessions.

### Initiatives and projects:

1. Program Director Consultants Team

Lead: Yasin Ibrahim

This group provides one-time consultations to PDs on specific issues.

2. Workshop Team

Lead: Sumru Bilge-Johnson

This group develops workshop submissions for the annual meeting and ran the last mid-career workshop at the 2023 meeting.

3. Nuts and Bolts Team

Leads: Heather Vestal and Isheeta Zalpuri

This group develops virtual sessions on common program director tasks to aid PDs in streamlining their workload.

4. Well-being/Burnout Monitoring

The committee is working to develop new projects to monitor and support PD well-being and decrease burnout. New team leads will be identified as projects are created.

### How do you join the committee?

Anyone is welcome to join! Please email Joy Houston, MD [here](#) to have your name added to the list for meeting invites.

### What skills are you looking for in new members?

We are looking for new ideas and people who want to partner on future presentations and publications. No prior presentation or writing experience is necessary, as the team will be happy to help people develop their skills. We also welcome anyone who simply wants to attend a meeting to see what we're about.

**What is the time commitment for committee members?**

We meet monthly for an hour on the second Thursday of each month at noon CST. Any further time commitment is dependent on someone's level of involvement in committee projects.

**What positions are available to committee members?**

Team leads are chosen for new projects as they are developed.

**What other information might you want potential members to know?**

No long-term commitment is needed to attend a meeting! We welcome anyone with interest in the committee's work.