



Wisconsin Health Education Network Annual Meeting Learning Objectives

Participants will:

- **REVIEW** the symptoms and impacts of burnout among healthcare providers, public health professionals, and family caregivers.
- **DEVELOP** strategies to diminish the impacts of burnout individually and collectively.
- **EXPLORE** the protective value of mindfulness.
- **PRACTICE** the development of resiliency training and self-actualization within the context of the socio-ecological framework.
- **DEMONSTRATE** “connection” as a foundational component to becoming more resilient throughout the socio-ecological framework.
- **EXPLORE** how trauma, grief, and burnout from COVID-19 may have changed one’s personal and professional understanding of meaning and purpose.
- **DEMONSTRATE** the relationship between mindfulness, presence, and self-awareness.
- **EXPERIENCE** personal and professional rejuvenation.
- **NETWORK** with colleagues and new contacts near and far throughout the 36th Annual Meeting of WHEN.
- **RECOGNIZE** those receiving the 2022 Barbara A. Lange Memorial Award.

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University of Wisconsin-La Crosse presents

Wisconsin Rural Health Promotion & Wisconsin Health Education Network Annual Meetings October 5-6, 2022

Join us for two aligned annual meetings to gain actionable strategies to increase community health.

“Always so motivational and inspiring!”

—past participant

Early registration discounts by August 23.

Package discounts available.

uwlax.edu/meet



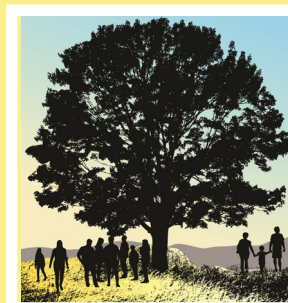
GRADUATE & EXTENDED LEARNING



COMMUNITY HEALTH

2022 Virtual Learning Opportunities

Explore meaningful approaches to increased community health in Wisconsin, and beyond.



WISCONSIN RURAL HEALTH PROMOTION ANNUAL MEETING
Challenges & Opportunities for Public Health Enhancement in Rural Settings
October 5, 2022



WISCONSIN HEALTH EDUCATION NETWORK 36TH ANNUAL MEETING

Thriving Across the Lifespan: Reducing the Risk of Burnout During a Pandemic and Beyond
October 6, 2022

uwlax.edu/meet

Wisconsin Rural Health Promotion Annual Meeting Learning Objectives



Participants will:

- **REVIEW** research results from practical population-based studies addressing COVID-19 impacts in rural settings.
- **EXPLORE** reasonable resolutions to disease impacts in rural settings.
- **GAIN** insights regarding economic challenges and opportunities in rural living.
- **REVIEW** a current status report of COVID-19 impactors on rural populations.
- **EXAMINE** realistic and meaningful individual and community-based prevention and control measures which can prevail.
- **CONSIDER** the contributions of social and family support measures contributing to individual and community-based health and well-being.
- **NETWORK** virtually with other participants from the state, region, and nation.

Gratitude extended to:

Wisconsin Rural Health Promotion Annual Meeting

Cooperating Sponsors



School of Medicine and Public Health

UNIVERSITY OF WISCONSIN-MADISON



WISCONSIN OFFICE OF

Rural Health



WISCONSIN RURAL HEALTH PROMOTION 2ND ANNUAL MEETING

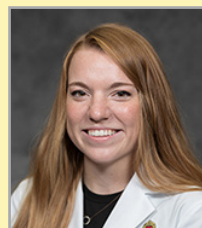
Challenges & Opportunities for Public Health
Enhancement in Rural Settings

October 5, 2022 | 9 a.m.–3 p.m. CDT | Virtual Event



Joel Charles

M.D., M.P.H., Medical Director,
Kickapoo Valley Medical Clinic



Samantha Crowley

M.P.H., First-year medical student at
the University of Wisconsin with
interests in public health, health policy,
and prevention



John Eich

Director, Wisconsin Office
of Rural Health



Mary Hamman

Ph.D., Research Fellow and
Associate Director, University of
Wisconsin Madison Center for Financial
Security, Professor of Economics and
Swenson Baier Engaged Faculty Fellow,
University of Wisconsin-La Crosse



Joseph Larson

B.S.N., RN, Southern Region Director
Office of Policy and Practice Alignment,
Division of Public Health, Wisconsin
Department of Health Services



Jonathan Temte

M.D., Ph.D., M.S., Associate Dean
for Public Health and Community
Engagement, University of
Wisconsin School of Medicine &
Public Health

AGENDA

Wisconsin Rural Health Promotion Annual Meeting

5 (Category 1) CECHs for CHES or MCHES
or .5 UW-La Crosse CEUs

9–9:15 a.m.

Welcome and Introduction

–Gary D. Gilmore, M.P.H., Ph.D., MCHES

Rural Public Health Research:

Challenges and Emerging Potential Resolutions

9:20–10:10 a.m.

Wisconsin Key Informant Insights: Current COVID-19 Public Health Issues and Potential Next Steps

–Samantha Crowley, M.P.H.

10:10–10:25 a.m.

Preliminary Q & A Session

–Samantha Crowley, M.P.H.

–Joseph Larson, B.S.N., RN

10:30–11:25 a.m.

Economic Challenges and Opportunities in Rural Living: Options in Establishing Residential and Financial Well-Being

–Mary Hamman, Ph.D.

11:30 a.m.–Noon

Panel for Continuing Q & A

–Samantha Crowley, M.P.H.

–Mary Hamman, Ph.D.

–Joseph Larson, B.S.N., RN

PANEL MODERATOR:

John Eich, Director, Wisconsin Office of Rural Health

Noon–12:25 p.m.

Lunch Break

Righting the Ship:

Addressing Continuing Public Health Challenges

12:30–12:45 p.m.

Introduction to the Afternoon Sessions

–Gary D. Gilmore, M.P.H., Ph.D., MCHES

12:45–1:20 p.m.

COVID-19 Status Report and Reasonable Next Steps

–Jonathan Temte, M.D., Ph.D., M.S.

1:20–1:35 p.m.

Q & A Session with Jonathan Temte

1:40–2:30 p.m.

A Primary Care View of Rural Mental Health: Social and Family Support Opportunities

–Joel Charles, M.D., M.P.H.

2:30–2:45 p.m.

Q & A Session with Joel Charles

2:45–3 p.m.

Reflections on the Day & Take-Home Messages

–Samantha Crowley, M.P.H.

–Mary Hamman, Ph.D.

–Jonathan Temte, M.D., Ph.D., M.S.

–Joel Charles, M.D., M.P.H.



WISCONSIN HEALTH EDUCATION NETWORK 36TH ANNUAL MEETING

Thriving Across the Lifespan:

Reducing the Risk of Burnout During a Pandemic and Beyond

October 6, 2022 | 9 a.m.–3:30 p.m. CDT | Virtual Event

AGENDA

WHEN 36th Annual Meeting

5 (Category 1) CECHs for CHES or MCHES
or .5 UW-La Crosse CEUs

9–9:10 a.m.

Welcome and Introductory Remarks

–Gary D. Gilmore, M.P.H., Ph.D., MCHES, Chair,
Wisconsin Health Education Network

9:15–10 a.m.

Mitigating Burnout Among Healthcare Providers, Public Health Professionals, and Family Caregivers During the Pandemic and Beyond: Realistic Recommendations from a Caring Physician and Health Education Specialist

–Paula Walker, M.D., M.P.H., MCHES, Dip ABLM

10–10:15 a.m.

Mid-Morning Break

10:15–11 a.m.

A Life-Changing Approach: Deflating the Risk Factor of Burnout Through the Protective Factor of Mindfulness

–Ryan McKelley, Ph.D., LP, HSP

11:05–11:30 a.m.

Panel

–Paula Walker, M.D., M.P.H., MCHES, Dip ABLM

–Ryan McKelley, Ph.D., LP, HSP

PANEL MODERATOR: Rachel King, M.P.H., MCHES,
La Crosse County Health Department

11:30am–12:05pm

Lunch Break

12:05–12:50 p.m.

Barbara A. Lange Memorial Award Ceremony

HOSTED BY: Gary D. Gilmore, M.P.H., Ph.D., MCHES
(See the website to suggest a worthy nominee by 9/5/22.)

1–1:15 p.m.

Introduction to the Afternoon Interactivity and Skill-Building Session

SESSION MODERATOR: Rachel King, M.P.H., MCHES

1:15–3:15 p.m.

From the Rubble Comes Resiliency: Becoming a Better You from the Challenge of COVID-19

–Aimee Wollman Nesseth, M.Div., M.S.

–Brian Kaczmariski, M.P.H.

Facilitator commentary & small group discussion:

- Introduction to the session
- Self-Awareness: How are you REALLY?
- Meaning and Purpose or Mission and Vision:
How have they changed?
- Connection: It makes ALL the difference

3:15–3:30 p.m.

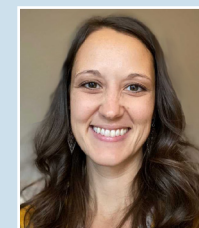
Reflections and Concluding Remarks

Speakers provide their reflections and take-home
messages across the entire event, and Rachel King
provides closure to the afternoon session regarding key
summary points and possibilities for next steps.



Brian Kaczmariski

B.S., M.P.H., Wisconsin Statewide
Healthcare Emergency Readiness
Coalitions Coordinator



Rachel King

M.P.H., MCHES, Epidemiologist and
Public Health Strategist, La Crosse
County Health Department



Ryan A. McKelley

Ph.D., LP, HSP, Professor,
Department of Psychology,
University of Wisconsin-La Crosse



Paula D. Walker

M.D., M.P.H., MCHES, Dip ABLM,
Board-certified Public Health
Physician, CEO & Founder,
Walker Worldwide Enterprises LLC



Aimee Wollman Nesseth

M.Div., M.S., Program Coordinator,
Northwest Wisconsin Healthcare
Emergency Readiness Coalition



HOST

Gary D. Gilmore

M.P.H., Ph.D., MCHES, Professor
and Director, Community Health
Programs, Graduate & Extended Learning,
and the Department of Public Health and
Community Health Education. Dr. Gilmore
serves as the overall host for both
programs with overview commentary,
topic and presenter introductions, and
closure commentary.

Questions? Contact us at ex@uwlax.edu or 608.785.6500.

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