



## 2021 Governance Support Forum Virtual Conference Agenda

September 18, 2021

Saturday, September 18, 2021

ALL SESSION TIMES ARE IN PACIFIC TIME

**9:00–9:05 AM**

### Welcome & Introduction

**Keith Wysocki**  
Customer Success Manager  
*The Governance Institute*

**9:05–10:00 AM**  
*Keynote Address*

### Optimizing Resilience in the Mind, Body, & Spirit during COVID & Beyond

**Aditi Nerurkar, M.D.**  
Co-Director, Clinical Clerkship in Community Engagement  
*Harvard Medical School*

The pandemic isn't only a public health crisis; it's also an urgent occupational health crisis. In this session, Dr. Aditi Nerurkar highlights the mental health impact of the pandemic on the workplace, dispelling common myths surrounding burnout, stress, and resilience by offering a new framework to address the immediate psychosocial needs of employees.

In a recent survey, one in seven employees reported this year to be the most difficult professional experience of their entire career with more than 70 percent of employees reporting at least one feature of burnout. Rates for anxiety, depression, and insomnia have tripled along with a concomitant rise in prescriptions to treat these conditions.

Leading with real-world data, Dr. Aditi Nerurkar offers insightful, practical, and evidence-based strategies to optimize resilience, productivity, and mental health while minimizing stress and burnout during this unprecedented time. She aims to educate and empower her audience through research-backed strategies such as a media diet, therapeutic sleep, the neurophysiological impact of exercise, and the resilience benefits of the gut–brain connection, among other innovative approaches to optimize the mind, body, and spirit during COVID-19 and beyond, to minimize the pervasiveness of pandemic burnout.

#### Learning Objectives

At the conclusion of this session, attendees will be able to:

- Recognize the pervasiveness of employee burnout and its mechanisms of action
- Identify effective, evidence-based strategies to minimize burnout while optimizing mental health, resiliency, and productivity
- Discuss how burnout prevention and management strategies can be incorporated at the organizational level

**10:00–10:15 AM**

### Break

\*This agenda is subject to change.

**10:15–11:00 AM**  
*General Session*

### **Board & Committee Development: Intentional Governance at Inspira**

**Matthew K. Doonan, Esq.\***

General Counsel  
*Inspira Health Network*

**Elisabeth Hurst, J.D.\***

Customer Success Manager  
*The Governance Institute*

**\*Speakers will present virtually.**

This presentation will explore a planning approach for sharing a workplan for an organization's governance players that not only highlights the many steps involved in board management, but also the importance of increased efficiencies in preparing for an organization's governance needs.

The information presented will methodically capture many aspects of what is involved in governance management, including accountability for those who perform specific tasks. The goal is to minimize disruption with successful implementation during all steps of an annual cadence of events. What is applicable for one organization may not be for the next, but the principles afforded are customizable for a plan that works for you.

#### **Learning Objectives**

At the conclusion of this session, attendees will be able to:

- Define board responsibilities within support team
- Formulate annual board planning matrix
- Identify the board's role in determining patient experience
- Evaluate firsthand experience through lessons learned

**11:00–11:15 AM**

### **Break**

**11:15 AM–12:00 PM**  
*General Session*

### **Mission Critical: Boards' Role in Protecting Their Organizations**

**Fletcher Brown**

Partner  
*Waller Lansden Dortch & Davis, LLP*

This program will explore the Government's growing emphasis on compliance generally and specifically with regard to the expected level of board oversight and emphasis on individual conduct. The program will work through the timeline and focus areas of this increased oversight and use case examples as learning tools.

#### **Learning Objectives**

At the conclusion of this session, attendees will be able to:

- Identify the seven elements of effective compliance plans
- Describe the benefits of cooperating with government inquiries
- Identify the types of questions the government asks to test the effectiveness of compliance plans

**12:00–1:00 PM**

### **Lunch Break**

This will be a one-hour break. Please return at 1:00 PM for the next session.

**1:00–1:45 PM**  
*General Session*

### **The Post-Pandemic Board Agenda**

**Kimberly A. Russel, FACHE**

Chief Executive Officer  
*Russel Advisors*

The pandemic has touched every aspect of the healthcare world, and board governance is no exception. For many boards, the pandemic was a wake-up call—with a renewed understanding of both the gravity and the purpose of governance. This session will use the reawakening at the governance level to advance the work of the board and its impact. Strategic topics and questions for board deliberation within the context of the post-pandemic era will be identified and explored. Attendees will depart this session with the tools and resources to support the board's "to do" list—with the goal of maximizing the board's effectiveness.

\*This agenda is subject to change.

### Learning Objectives

At the conclusion of this session, attendees will be able to:

- Describe pandemic-related changes to healthcare boards and their operations
- Determine essential areas of focus for boards in 2021 and beyond
- Recognize the opportunities for governance and organizational growth and development

**1:45–2:00 PM**

**Break**

**2:00–2:45 PM**  
*General Session*

### How Boards Change in an Age of Exponential Change

**Keith Wysocki**

Customer Success Manager

*The Governance Institute*

Governing a healthcare organization in 2021 will require a nimbleness unlike anything required in the past. Boards must change in order to keep up with the changing times. But change in what way?

This session will study trends in how healthcare boards are evolving and identify areas where boards need to evolve more rapidly. Find out how your board compares with others and use the ideas here to govern more intentionally.

### Learning Objectives

At the conclusion of this session, attendees will be able to:

- Identify characteristics of boards that are well-prepared for major changes in healthcare
- Evaluate the effectiveness of their governance structure and processes
- Prioritize actions that can be taken to prepare for governing in a new era

**2:45 PM**

**Adjourn**

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