

WELLNESS MATTERS 2 REGIONAL FORUM

Meaning, Mindfulness and Medicine – Building a Healthier Future



KGH MEDICAL STAFF
WELLNESS COMMITTEE



MEDICAL STAFF
ASSOCIATION

Central Okanagan

Division of Family Practice



An FPSC initiative



THE UNIVERSITY
OF BRITISH COLUMBIA
Southern Medical Program



**FACILITY
ENGAGEMENT**
Specialist Services Committee

Connect,
Collaborate,
Elevate

JCC
Joint
Collaborative
Committees

**doctors
of bc**

KGH UBC Clinical Academic
Lecture Theatre/Zoom
Friday, January 16, 2026
8:30am to 4:00pm

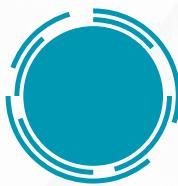
**This year's event aims to elevate
regional physician initiatives and
build community across the Interior**

FORUM OVERVIEW

Welcome to the Wellness Matters 2 Regional Forum 2026

The KGH Medical Staff Association – Wellness Committee is committed to supporting the well-being of medical staff through informed, meaningful initiatives. This forum serves as a platform to explore factors that influence occupational wellness and to highlight the work being done across our community to address these dimensions.

We gather to recognize, celebrate, and elevate the efforts of our colleagues, to learn from one another, and to inspire positive change. Our goal is to strengthen our sense of community and to foster a healthier, more connected workplace for all.



WELLNESS COMMITTEE MEMBERS



f.l.t.r. Dr. Ben Wierstra, Dr. Stephan Mostowy, Jennifer Bishop, NP, Dr. Deema Jassi, Dr. Ewelina Zaremba, Liechen Naude

Dr. Helen Bibby



Dr. Ainsley
McCaskill



KGH MEDICAL STAFF
WELLNESS COMMITTEE



KGH MEDICAL STAFF
WELLNESS COMMITTEE



doctors
of bc



LAND ACKNOWLEDGMENT

We respectfully acknowledge that we live and work on the traditional, ancestral and unceded territory of the Sylix/Okanagan People

WELLNESS MATTERS FORUM

KGH UBC Clinical Academic Centre - Lecture Theatre /Zoom

Friday, January 16, 2026 | 8:30am to 4:00pm PST

<https://ubc.zoom.us>

Meeting ID: 95476 500519

Passcode: 500519



Joint
Collaborative
Committees



THE UNIVERSITY
OF BRITISH COLUMBIA
Southern Medical Program



Central Okanagan
Division of Family Practice
An FPSC initiative

PROGRAM AGENDA

08:30am - 08:50am

Arrival and Registration

08:50am - 09:50am

CMPA Workshop – “Effective Team Interactions” Presented by Dr Lisa Thurgur & Erica Battram

09:50am - 10:10am

Light Refreshments, Videography, and Forum Registration

10:10am - 10:20am

Welcome and Introductions:

- Land Acknowledgement and Opening Remarks – Dr Deema Jassi
- Introduction to the JP Center – Deanne Taylor, PhD
- Introduction to Navig8 – Dr Cara Wall, Interior Health

10:20am - 11:20am

Dr. Cecile Andreas – “(Re)Imagining Possibility...Sustaining yourself in challenging times”

11:20am - 11:50am

Dr. Jared Baylis – “Same Team, Different Pressures. Civility Across Specialities”

11:50am - 12:20pm

Dr. Kyle Merritt – “Planetary Health – Anxiolysis through action”

12:20pm - 12:50pm

Lunch, Cupcakes and Coffee – Healthy Catered Lunch Provided

12:50pm - 1:50pm

Dr. Mark Sherman – “Medicine as an Act of Love – Mindfulness and meaning amidst the messiness”

1:50pm - 2:20pm

Dr. Tina Allibhai – “To live in your truth”

2:20pm - 2:50pm

Dr. Marianne Morgan/Jessica Barker – “Creating Team Joy and Wellbeing”

2:50pm - 3:20pm

Dr. Christian Wigmore – “Financial Wellness in Medicine”

3:20pm - 3:50pm

Dr. Aaron Stone – “Improving Wellness with AI scribes”

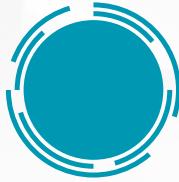
3:50pm - 4:00pm

Closing Remarks and Acknowledgements – Dr Deema Jassi

PHOTOGRAPHY DISCLAIMER

This event will be photographed and images may be posted on our website. If you would prefer not to be photographed, please inform the photographer. These images are collected under section 26 of the British Columbia Freedom of Information and Protection of Privacy Act.”

MEET OUR SPEAKERS

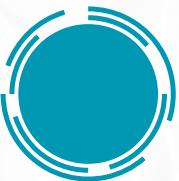


Erica Battram - "Effective Team Interactions" - presented by CMPA

Erica Battram is a Registered Nurse with a diverse background including emergency medicine, primary care, quality improvement, risk management and patient safety. She obtained her Master of Health Service Management and specialized in quality, change management and process change. Erica has been involved in clinical research and has worked in healthcare for over 3 decades. At the CMPA, she contributes to leading edge education and coaching for physicians and other members of medical teams across Canada to promote the provision of safe medical care. She is dedicated to assisting healthcare providers in designing, developing, implementing, and managing change initiatives with the goal of empowering impacted users and facilitating a successful transition from their current state to a more advanced future state.



Erica Battram, RN, BA, MHSM, LSSBB,
CCL IMPROVEMENT SPECIALIST, SAFE
MEDICAL CARE LEARNING, CMPA



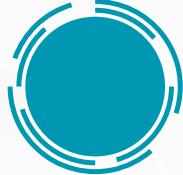
Dr. Lisa Thurgur - "Effective Team Interactions" - presented by CMPA

Dr. Lisa Thurgur completed her medical degree at the University of Calgary and her Master of Science at the University of British Columbia. She completed Royal College fellowships in both emergency medicine and clinical pharmacology and toxicology at the University of Toronto. She is an award-winning educator who practiced emergency medicine at Sunnybrook Health Sciences Centre in Toronto, followed by the Ottawa Hospital. At the University of Ottawa, she served as the program director for the FRCPC emergency medicine residency program and is currently an assistant professor at the University of Ottawa. Dr. Thurgur was a medical toxicologist and educator at both the Ontario Poison Information Centre and the Poison and Drug Information Centre of Alberta. THE CANADIAN MEDICAL PROTECTIVE ASSOCIATION Prior to joining the CMPA, Dr. Thurgur designed and delivered curriculum at hundreds of educational settings with a passion for engaging learners. Past academic interests include the areas of education, emergency medicine, and toxicology. With her experience in medical education, Dr. Thurgur is passionate about supporting trainees and physicians to develop the medico-legal knowledge and skills they need to thrive in today's healthcare system. Her educational philosophy involves providing information, understanding, resources, and confidence to healthcare providers caring for patients across Canada



Dr. Lisa Thurgur, MSc, MD, FRCPC
PHYSICIAN ADVISOR, SAFE MEDICAL
CARE, LEARNING, CMPA

MEET OUR SPEAKERS



Dr. Cecile Andreas – “(Re)imagining Possibility... Sustaining yourself in challenging times”

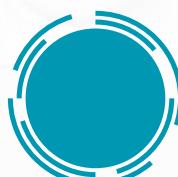
Cecile is a passionate learner, coach, and family physician. Her passion is working with individuals and teams as they unlock the potential in themselves and the teams, organizations and systems they are part of.

Cecile serves as a faculty member at Royal Roads University, teaching graduate courses in executive coaching and team coaching.

Cecile's academic journey includes a medical degree from the University of Stellenbosch and a Masters Degree in Executive and Organizational Coaching from Royal Roads University. She is a Master Certified Coach and holds an Advanced Certification in Team Coaching from the International Coaching Federation.



Dr. Cecile Andreas, MD, MAEOC, MCC, ACTC, Certified Executive Coach



Dr. Jared Baylis – “Same Team, Different Pressures, Civility Across Specialities”

Jared Baylis is an emergency physician at Kelowna General Hospital and the Medical Director of both the Emergency Department and the Interior Health/UBC Simulation Program. He has completed the PQI and NAVIG8 programs in recent years and has professional interests in leadership, medical education, and communication. Outside of work, he can most often be found outdoors with his family – hiking, running, climbing, skiing, and enjoying the Okanagan's natural spaces.



Dr. Jared Baylis

MEET OUR SPEAKERS



Dr. Mark Sherman – “Medicine as an Act of Love – Mindfulness and Meaning amidst the Messiness”

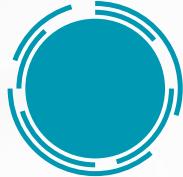
Mark Sherman is a proud father and husband who lives in Saanichton, BC on the traditional, unceded territory of the Tsartlip First Nation. He is a Family Physician, clinical instructor at UBC, co-chair of the South Island Division of Family Practice, and a meditation teacher. He is the former Executive Director, and founder, of the BC Association for Living Mindfully (BCALM), and the current Executive Director of Living This Moment.

Mark has been facilitating Mindfulness Based Stress Management workshops, courses and retreats for patients, physicians, health care professionals, educators, and community groups for over 15 years throughout Canada, and is currently working on his first book on Mindfulness in Medicine. Mark believes that mindfulness and meditation offer powerful tools in healing our minds and bodies, and are necessary human skills in fully living our potential and in engaging in healthy relationship with ourselves, each other and with the land upon which we depend.



Dr. Mark Sherman

MEET OUR SPEAKERS



Dr. Tina Allibhai – “To live in your truth”

Dr. Tina Allibhai is the Department Head of Psychiatry and Vice-President of the Medical Staff Association at Royal Inland Hospital in Kamloops, BC. She is originally born and raised in North Vancouver, BC, having moved to the Interior after completion of her UBC Psychiatry Residency program in 2018. She is a water lover and skinny skis enthusiast and enjoys spending her free-time with her family by the ocean, with her partner and 15 pound dog named Wednesday out at Kamloops Lake, or having a quiet weekend up in Sun Peaks.



Dr. Tina Allibhai



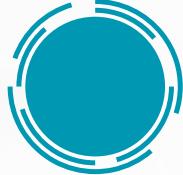
Dr. Kyle Merritt – “Planetary Health – Anxiolysis through Action”

Kyle Merritt is a family physician from Nelson, BC where he provides longitudinal, inpatient and emergency care since 2014. He has special interests in medical education, medical assistance in dying, palliative care and planetary health. His partner is also a family physician and they have 3 school aged children. In his free time he likes to sleep.



Dr. Kyle Merritt

MEET OUR SPEAKERS



Dr. Marianne Morgan/Jessica Barker – “Creating Team Joy and Wellbeing”

Dr. Morgan has been a full service family physician in Kelowna until 2022. Now Marianne focusses on practicing and promoting obstetrics and palliative care. Marianne is happy to be part of the interdisciplinary team at Perinatal Services BC. She brings a clinical perspective to the provincial initiatives. Marianne has had various leadership roles within the Central Okanagan. She has led a successful PQI and Spread quality improvement project “Creating Team Joy and Wellbeing”. Outside of work she likes to paddle outrigger canoes, cross country ski, and spend time with her family.



Dr. Marianne Morgan

Jessica Barker is the Clinical Operations Manager for the West Kelowna and Rutland Urgent Primary Care Centres with Interior Health. She began her career as a Registered Nurse in 2007, with a strong foundation in palliative care before moving into health system leadership.

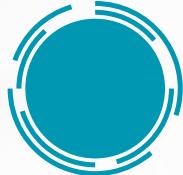
Jessica has led a range of clinical and operational portfolios, including Palliative Care Services, Transitions, Indigenous Patient Navigators, and the Short Stay Unit. In these roles, she has partnered closely with physicians, nurse practitioners, interdisciplinary teams, and community partners to advance person-centred care, quality improvement, and team well-being. She is the co-developer, alongside Dr. Marianne Morgan, of the Guide to Creating Team Joy and Well-Being, a practical resource designed to support resilience and meaning in healthcare teams.

A CNA-certified palliative care nurse, Jessica holds a Master of Public Health in Health Systems from the University of Cape Town and brings international public health experience from work in Zambia, South Africa, and India. She is also an Adjunct Professor at UBC Okanagan and a co-founder of the Okanagan Zambia Health Initiative.



Jessica Barker

MEET OUR SPEAKERS



Dr. Christian Wigmore – “Financial Wellness in Medicine”

Dr. Christian Wigmore is a UBC Family Medicine resident with a background in finance, having worked in wealth management before medical school. He founded *Budget Your MD* to help physicians make informed and confident financial decisions. Drawing on both medical and financial expertise, he empowers doctors to build lasting financial security and design the career and life they envision.



Dr. Christian Wigmore



Dr. Aaron Stone – “Improving Wellness with AI scribes”

Aaron is an Emergency and Trauma Physician at KGH. He is the HART medical director for Kelowna and Penticton. He recently completed the Navig8 program where his project was the implementation of AI scribes across Interior Health. If he looks more sleep deprived than normal it's because he has a new baby girl at home keeping him up.



Dr. Aaron Stone

KGH PEER SUPPORT

Did you know?

- 36 Physicians requested official help in the past 12 months at KGH.
- An additional 56 Physicians were supported by the team.
- Burnout and moral injury were the number one reason.

Who are my peer supporters?

- Ainsley Mackaskill
- Alysha Mackenzie-Feder
- Deema Jassi
- Helen Bibby
- James Reid
- Kate Collins
- Marci Smit
- Mark Hickman
- Neil Long
- Rebecca Munk
- Stephan Mostowy



PHP is not just for a crisis

- BIPOC Peer Support Group
- CBT for insomnia
- CBT skills group
- Executive Functioning workshop
- Raising Resilient Kids



**PHP is always available for confidential support:
24-hour helpline +1 800 663-6729**

JOIN US

We are seeking more peer supporters. Training is provided + support tools and a friendly team. Or nominate someone who is always there for the team?

Email: neil.long@interiorhealth.ca



WHAT IS THE

Central Okanagan Division of Family Practice?

Annot-for-profit cooperative, governed by family doctors who live and work in the Central Okanagan. Together with partners, the Division identifies ways to support physicians in their practices and improve care for patients across the community.

***Family medicine thrives,
healthy communities flourish.***

Physician Health Program

Supporting your well-being.

Confidential, personalized support for BC physicians, medical learners and their families with issues such as mental health, relationship stress, career and life transitions and concern for colleagues.



Our Services

- 24/7 confidential helpline*
- Short-term counselling*
- Referrals to specialized coaches and therapists*
- Help supporting a colleague
- Connection to a Primary Care Provider
- Peer support
- Return to work support
- Occupational health consultations
- Psychiatric consultations
- Wellness Workshops

*Only these services are available to family members of physicians, residents and medical learners

CONTACT US:

24-hour helpline: 800 663-6729

Office line: 604 398-4300

Email: info@physicianhealth.com

Website: physicianhealth.com

“I was immediately relieved by the response I got after having taken the largest obstacle of making contact with PHP. The response was not only confidential, but also personal, human, and reassuring. It felt like speaking to a close friend, especially when speaking to the Program Physician.”

— Mid Career Physician

WHO WE HELP:

- All BC Physicians
- Medical students, residents and fellows
- Physicians' families, including spouses, partners and dependent children (25 years old and younger)

Physician Health Program 2026 Groups

Physician Only Cognitive Behavioural Therapy (CBT) Skills Group (through Mindspace)

- 8-week series (Thursdays)
- Facilitator: Dr. Jennifer Barley
- Dates/time: January 8-29; February 5-26 (730am-930amPT)
- Registration Deadline: December 22, 2025.



CBT for Insomnia Group

- 4-week series (Wednesdays)
- Facilitators: Dr. Karen Palmer, Dalal Badawi
- Dates/time: February 4-25, 2026 (7PM-830PM PT)
- Registration Deadline: January 22, 2026.



BIPOC (Black, Indigenous and People of Colour) Peer Support Group

- 4-week series (Wednesdays)
- Facilitator: Dr. Rahul Gupta
- Dates/time: Feb 11, 18, 25, March 4 (4:30PM-6PM PT)
- Registration Deadline: February 10, 2026



Register using this QR code





WHAT BOOSTS YOUR WELLNESS?

*What matters
to you?*

Potential Resources and Supports for Physicians

Physician Quality Improvement (PQI)



Works to enhance physician capacity in QI by providing training and hands-on experience through action learning projects, ultimately promoting a culture of learning, openness, and dedication to improving the health-care system. Contact PQI@interiorhealth.ca.

“

PQI is an antidote to burnout. I fell in love with my job again. – Cohort 2 graduate

”

Health System Redesign (HSR) for Physician Engagement



Facilitates physician engagement and collaboration in the redesign and/or quality improvement of health services provided by Interior Health. HSR has supported many wellness-related projects - e.g., enhancing team dynamics and well-being, regional safety and wellness work, etc. Contact SSCLeader@interiorhealth.ca.

Need assistance navigating resources or making connections?

Contact Atsuko Tanahara, SSC/Shared Care Leader
at SSCLeader@interiorhealth.ca or 250-469-7070 ext.12173



Jim Pattison
Centre for Health Systems
Learning + Innovation

Contact

For general inquiries or
partnership opportunities:

info@jpcentre.ca

www.jpcentre.ca

Closing Information

Sessional Information

Instructions for Claiming Physician Sessional Compensation

For in-person attendees: Please sign in at the front desk. Physicians will receive a notification once claim submission is available. This notification will include a *link to the Physician Invoice Portal (PIP)* along with brief instructions on how to access it. Notifications will be sent to the preferred email address listed in your Credentialing and Privileging database profile.

For online attendees: All IH virtual physician attendees will be required to identify themselves to be eligible to claim sessional payments. We need to record your full name, profession and time attended to verify your attendance for sessional claims.

Please use the Zoom chat box to add this info.

Physicians residing and working within the Interior can claim their sessional time in FEMS (Facility Engagement Management System). <https://fems.facilityengagement.ca/Account/Login>

Feedback Survey Link

Your feedback is **IMPORTANT** to us. We would like to know about your experience today. Please complete our 7 minute feedback survey to allow our planning committee to understand what worked well and how we can grow for next year. Scan the QR code to access the Survey:



**Next Event:
February 25
“Sign Out Social”**

You are invited! *Come Dine, Drink & Decompress*
When: Wednesday, February 25/6-9pm
Where: REVELRY Food & Music Hub
Tickets: \$50 pp (incl. dinner, dessert, DJ, photo-booth & cash bar)
RSVP: liechennaude@gmail.com

www.medicalstaffmatter.ca

Thank you and see you next year!