

## **Special Event: the OMA Physician Health Program presents as part of the Caring For Self While Caring For Others series**

On **Tuesday, May 10, 2016** please welcome OMA PHP guest speakers Ted Bober & Lisa Lefebvre.

**Location:** OMA offices, 150 Bloor St. West; there is no charge to attend.

**Time:** 7:30pm – 9:30pm

### **Title: Too Hot to Handle: Physician burnout & resilience**

Come explore the complex interplay between stress, burnout and resilience as it is experienced by physicians. This session will seek to open a dialogue on questions such as: Is working in the “yellow zone” a reality that physicians must accept? How can we support each other to increase resilience?

### **Objectives:**

1. Review the common reasons physicians called the PHP in the past year
2. Describe the “Continuum of Mental Health” from the Canadian Armed Forces’ Road to Mental Readiness (R2MR) program
3. Discuss strategies to improve physician wellness from both individual and systemic perspectives

### **Lisa G. Lefebvre, MDCM, MPH, CCFP, DABAM, FASAM**

Dr. Lefebvre is an Associate Medical Director at the Physician Health Program of the Ontario Medical Association. She is an Assistant Professor at the University of Toronto, a Diplomate of the American Board of Addiction Medicine and a Fellow of the American Society of Addiction Medicine. Dr. Lefebvre graduated from McGill University Medical School. She completed her Family Medicine Residency, Addiction Medicine Fellowship and Master of Public Health degree at the University of Toronto. Dr. Lefebvre also serves as the Medical Lead for Continuing Professional Development in the Education Department at the Centre for Addiction and Mental Health in Toronto.

### **Ted Bober, MSW, RSW**

Ted Bober is a case manager at the Ontario Medical Association’s Physician Health Program and on a part time basis, he is a crisis and wellness advisor to management teams at Pearson International Airport and Health Canada’s National Emergency Response Team. Ted has presented at scientific conferences in Canada and the United States. He is a co-author of peer-reviewed articles on trauma and disaster stress and the book *In the Line of Fire: Trauma in the Emergency Services* published by Oxford University Press.

**Please RSVP by phone: 416-229-2399, ext 125 (Ada or Anna), or via e-mail to: [michaelpare@rogers.com](mailto:michaelpare@rogers.com) (Dr. Zeit can be reached for inquiries only at [harryzeit@sympatico.ca](mailto:harryzeit@sympatico.ca)).**

For more information, please visit: <https://omamentalhealth.wordpress.com/>.

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