



DREXEL UNIVERSITY  
College of  
Medicine



# WIMSC LEADERSHIP SUMMIT

Friday, April 5, 2024  
from 12:30 to 5 p.m.

Hosted by the Women in Medicine & Science Committee (WIMSC)  
in collaboration with the Offices of Faculty, and Diversity, Equity and Inclusion,  
and the Executive Leadership in Academic Medicine (ELAM) program.

## ABOUT THE EVENT

The WIMSC Leadership Summit is an immersive, interactive leadership development opportunity focused on gender equity in medicine, science and leadership. Attendees will hear from leaders and participate in discussions.

## 2024 THEME

Maximizing Your Resources: Working on Wellness on an Individual, Group and Organizational Level

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## AGENDA

12:30 p.m.	Welcome and Introduction
12:40 p.m.	Phyllis Marciano, MD, 2024 Woman in Medicine Award Presentation honoring Cheryl A. Hanau, MD
1:15 p.m.	<u>Presentation by Drexel Wellness Incentive Program</u> <ul style="list-style-type: none"> <li>Kaitlyn Bishop, Senior Wellness Program Consultant at Health Advocate</li> </ul>
1:45 p.m.	Break
2 p.m.	<u>Panel Discussion: Individual Wellness – Self-Care and Quality Time</u> <ul style="list-style-type: none"> <li>Donna Sudak, MD, Professor and Vice Chair for Education, Department of Psychiatry, Drexel University College of Medicine</li> <li>Consuelo C. Cagande, MD, Associate Professor of Psychiatry, Perelman School of Medicine, University of Pennsylvania</li> </ul>
2:50 p.m.	Break
3 p.m.	<u>Panel Discussion: Group Wellness – Wellness in One’s “Community”</u> <ul style="list-style-type: none"> <li>Jessica Gold, MD, MS, Associate Professor of Psychiatry, University of Tennessee Health Science Center</li> <li>Paul Gondek, PhD, Adjunct Teaching Professor of Psychology, Drexel University, Emeritus Member of the Drexel University Alumni Board of Governors</li> </ul>
3:50 p.m.	Break
4 p.m.	<u>Panel Discussion: Organizational Wellness – Fostering a Supportive Environment at Your Institution</u> <ul style="list-style-type: none"> <li>Seema Sidhu, MD, Assistant Professor of Obstetrics &amp; Gynecology, Regional Associate Dean, Kaiser Permanente, Bay Area Campus, Drexel University College of Medicine</li> <li>Leslie Ashburn-Nardo, PhD, Vice Provost for Diversity, Equity and Inclusion, Drexel University</li> </ul>
4:50 p.m.	Closing Remarks

## PHYLLIS MARCIANO, MD, 2024 WOMAN IN MEDICINE AWARD



### RECIPIENT:

*Cheryl A. Hanau, MD, Professor and Richard Shuman, MD, Chair of the Department of Pathology & Laboratory Medicine at Drexel University College of Medicine*

Cheryl A. Hanau, MD, was appointed chair of the Department of Pathology and Laboratory Medicine at Drexel University College of Medicine in 2009 and she became the inaugural Richard Shuman, MD, Chair in 2013. A professor in the department, she has served the College of Medicine in several key positions, including senior associate dean for admissions, program director of the Anatomic and Clinical Pathology Residency, and director of the Pathology Course, Pathology Thread and Pathology Pathway.

Dr. Hanau joined Drexel University College of Medicine in 1995 after completing fellowships in surgical pathology and cytopathology at Thomas Jefferson University Hospital, where she also completed her residency training in anatomic and clinical pathology. She earned her medical degree at Jefferson Medical College. Dr. Hanau is also a graduate of the Executive Leadership in Academic Medicine (ELAM) program for women at Drexel University College of Medicine.

In addition to her vast contributions in educational administration and membership on many faculty committees, Dr. Hanau has received numerous awards for distinguished teaching at Drexel including the Lindback Award, the June Klinghoffer Clinical Educator Award and more than 20 Golden Apple Awards from her students. She also received the Michele Raible, MD, Distinguished Achievement Award for Undergraduate Medical Education from the Association of Pathology Chairs.

### ABOUT THE MARCIANO AWARD

The Marciano Award is given annually to a female physician scientist or staff member in recognition of her leadership, teaching of students, care of patients and status as a role model for women in medicine. The award is named after Phyllis Marciano, MD, a noted pediatrician, ardent proponent of women in medicine, and a former WMC/MCP Trust Fund trustee. At the time of Marciano's death in 2003, she was intended to be the recipient of the Woman in Medicine Award. The award was presented to her posthumously and renamed in her memory.

## SESSION OBJECTIVES & CONTENT

### INDIVIDUAL WELLNESS – SELF-CARE AND QUALITY TIME

**Moderators:** Dr. Stephanie Matt and Dr. Kathryn Veazey

**Objective:** The objective of this panel is to highlight the value of self-care and quality for individual wellness. We identify obstacles to practicing and achieving self-care, discuss practical tips for incorporating self-care into a busy schedule, and discuss the role of quality time in maintaining a healthy work-life balance and how to prioritize it. Lastly, we discuss the structure of a productive workday that allows for the best productive outcome.

**Content:** This panel features a question-and-answer session with experts in self-care and quality time in the context of individual wellness.

### GROUP WELLNESS – WELLNESS IN ONE'S "COMMUNITY"

**Moderators:** Dr. Hannah Mishkin and Christina Curran-Alfaro

**Objective:** The objective of this panel is to discuss how wellness of a group affects the productivity and well-being of the members of the group, and how to foster a culture that values mutual support and collaboration.

**Content:** This panel features a question-and-answer session with experts in group wellness (Lab/research team, medical care team, department, family, etc.).

### ORGANIZATIONAL WELLNESS – FOSTERING A SUPPORTIVE ENVIRONMENT AT YOUR INSTITUTION

**Moderators:** Dr. Cecilia Smith and Dr. Hwyla Arafat

**Objective:** The objective of this panel is to discuss the research on the role of (student, faculty, and staff) wellness in relation to retention and productivity, and to discuss how institutions can demonstrate a commitment to a healthy culture and promote wellness. Lastly, we discuss factors that can help institutions to promote and engage their students, faculty, and staff.

**Content:** This panel features a question-and-answer session with experts in organizational wellness.

## SPEAKER BIOS

### DREXEL WELLNESS INCENTIVE PROGRAM PRESENTATION



#### ***Kaitlyn Bishop***

Kaitlyn Bishop is a senior Wellness Program Consultant at Health Advocate with over 17 years of experience in the exercise science and corporate wellness industry. She graduated from Penn State University with a bachelors in Kinesiology, Applied Fitness and has been practicing what she preaches ever since. Outside of work, Kaitlyn lives with her husband and two little girls who keep her very busy and active.

### INDIVIDUAL WELLNESS – SELF-CARE AND QUALITY TIME



#### ***Donna Sudak, MD***

Donna Sudak is Professor and Vice Chair for Education in the Department of Psychiatry at Drexel University, and Director of Residency and Psychotherapy Training at Tower Health - Phoenixville Hospital. She is a clinician-educator with a wealth of experience in teaching and patient care. She has made a number of significant contributions to the literature in CBT education and has played a major role in developing suggested curricula and guidelines for supervision and resident competency in Cognitive Behavior Therapy. She has multiple publications regarding combining treatment with medication and CBT. Her most recent book, "The Handbook of Psychiatric

Education," written with a group of noted experts, provides multiple resources for educators.

In addition to her teaching responsibilities at Drexel and Tower Health, Dr. Sudak is an adjunct faculty member at the Beck Institute. She is the past President of The Academy of Cognitive Therapy, the former Editor of the PIPE examination, and she has served on the Board of Regents of the American College of Psychiatrists. Dr. Sudak is the chair of the Review Committee for Psychiatry at the ACGME, and has held multiple leadership roles in the American Association of Directors of Psychiatric Residency Training, including as its President.



#### ***Consuelo C. Cagande, MD***

Dr. Cagande earned her degree in Bachelor of Arts from Rutgers's University, in New Brunswick, NJ, and her medical degree from Cebu Institute of Medicine, in Cebu, Philippines. She trained in General Psychiatry at the Robert Wood Johnson Medical School/Cooper University Hospital in Camden, NJ, and Child and Adolescent Psychiatry Fellowship at Johns Hopkins University Hospital. She was a Residency Training Director for 12 years, and a Psychiatry Medical School Course and Clerkship Director at Cooper Medical School of Rowan University (CMSRU). She has presented nationally and internationally, published articles, authored book chapters, and was editor of a textbook on Positive Psychiatry, Psychology and Psychotherapy focusing on wellness and resiliency. She is currently Chief of the Division of Community Care and

Wellness and Senior Associate Program Director and Fellowship Advisor in the Department of Child and Adolescent Psychiatry and Behavioral Sciences (DCAPBS) at Children’s Hospital of Philadelphia (CHOP.) She is also an Associate Professor of Psychiatry at the Perelman School of Medicine at the University of Pennsylvania. Her areas of interest are wellness, resilience, anxiety, depression, trauma, school mental health, integrated/ collaborative care as well as educating, training, and mentoring future psychiatrists and physicians.

#### GROUP WELLNESS – WELLNESS IN ONE’S “COMMUNITY



**Jessica Gold, MD, MS**

Jessi Gold, MD, MS, is the Chief Wellness Officer of the University of Tennessee System and an Associate Professor in the Department of Psychiatry at the University of Tennessee Health and Science Center. She works clinically as an

outpatient psychiatrist at university health services, and also writes and is a regular expert in the media on mental health. She has been featured in, among others, *The New York Times*, *The Atlantic*, *NPR*, *PBS NewsHour*, *The Washington Post*, and *SELF*. Her first book, “How Do You Feel?: One Doctor’s Search for Humanity in Medicine,” will be out in October 2024 from Simon Element. Dr. Gold is a graduate of the University of Pennsylvania with a BA and MS in Anthropology, the Yale School of Medicine, and Stanford University Department of Psychiatry, where she served as chief resident.



**Paul Gondek, PhD**

Paul Gondek is an Adjunct Teaching Professor in the Department of Psychological and Brain Sciences at Drexel University. He was previously Visiting Research Professor in the Department of Chemistry, and taught consulting courses in LeBow College of Business. He has also conducted projects with the Drexel Solutions Institute. He was co-PI on the NSF grant, “Creative Disciplinary Research in Graduate Education” in which he served as the team dynamics expert, and is co-PI of the NSF Proposal “Training in Artificial Intelligence for Creative, Interdisciplinary Teams”. Dr. Gondek has a prior affiliation with Drexel, as he was an undergraduate from 1970 to 1974, graduating with a BS in Psych/Soc/ Anthro. He holds an MA and PhD in Social Psychology from the University of Connecticut and did post-doctoral work in Psychiatric Epidemiology at Western Psychiatric Institute of the University of Pittsburgh.

Prior to coming to Drexel as adjunct faculty, Dr. Gondek had a 35-year career in business. During those years he worked in market research, marketing, and new product development on a global scale. For 12 of those years, he worked in manufacturing businesses; for 15, he was owner of the boutique consulting firm, Gondek & Associates; for the remaining years, he held senior positions in companies that consulted to the life sciences industries. His areas of expertise included consumer foods and other consumer products, pharmaceuticals, medical devices, medical diagnostics, and

more. He has conducted business research and consulting in many countries on four continents.

Professor Paul's teaching and scholarly interests are in all areas of Social Psychology, especially group and team dynamics, caregiver relationships, and the social psychology of social issues. His teaching focuses on the everyday impact of the social environment on the individual; whether that environment be small (family, roommates, close friends) or large (cultures, racial/ethnic groups, patient groups). He works to enable students to understand social psychology not only as an academic subject, but as describing the sea of social interaction in which we swim, and the techniques for successfully navigating that sea. Dr. Gondek also pursues this work as a Liberty Scholar Mentor.

Finally, Dr. Gondek is an Emeritus member of the Drexel University Alumni Board of Governors.

## ORGANIZATIONAL WELLNESS – FOSTERING A SUPPORTIVE ENVIRONMENT AT YOUR INSTITUTION



***Seema Sidhu, MD***

Dr. Seema Sidhu is the Regional Associate Dean of Drexel University College of Medicine's Kaiser Permanente Bay Area Campus. She is an accomplished medical professional who supports physicians and organizations to make sustainable changes towards achieving wellness and growth.

Over her career in The Permanente Medical Group (TPMG), she has held several leadership positions and is

currently serving as the Assistant Physician-in-Chief in Kaiser Permanente, Greater Southern Alameda Area. In this role she leads physician development, wellness, mentoring, peer-support, recruitment, research, undergraduate, graduate and continuing medical education. Her diverse leadership experience allows her to understand the intricate narratives of the physicians and staff as she actively engages them in achieving growth in their unique career paths. Additionally, she is the Regional Associate Dean for Drexel University College of Medicine, Bay Area Campus and Director of Medical Education overseeing medical education for over 500 faculty physicians, medical students, residents and fellows.

In addition to interacting with TPMG peers and organizational partners, she is also actively involved as a community leader in organized medicine. In her current role as a trustee, seated on the California Medical Association's (CMA) board of trustees, and as an active member of the CMA and American Medical Association's (AMA) delegations, she interacts with policymakers to influence and establish policies that directly impact physicians and patient care.

At the heart of Seema's approach to attaining work-life balance lies her philosophy of making a meaningful impact in life by leading an authentic and value-driven life. "My children remind me often that our biggest impact starts within the spaces we create and are a part of in our lives." She enjoys traveling across the world out of a backpack and hiking with her husband and three children.



### **Leslie Ashburn-Nardo, PhD**

Leslie Ashburn-Nardo, PhD, is Drexel University's inaugural Vice Provost for Diversity, Equity and Inclusion. An internationally recognized social psychologist with expertise in diversity science, Dr.

Ashburn-Nardo collaboratively leads DEI work

across the Office of the Provost and academic and research operations. Prior to this appointment, Dr. Ashburn-Nardo served for 19 years as a faculty member in the Department of Psychology at Indiana University – Purdue University Indianapolis (IUPUI), where she was also Founding Director of the IUPUI Applied Social and Organizational Psychology doctoral program and Director of the IUPUI Industrial/Organizational Psychology master's program. Her scholarship focuses on documenting racial and gender disparities in academia, healthcare, and other organizations; as well as individual and organizational strategies to reduce prejudice and foster inclusivity. Dr. Ashburn-Nardo's research has been funded by a variety of sources, including the National Science Foundation and the National Institutes of Health. She is a Fellow of the Society of Experimental Social Psychology, the Midwestern Psychological Association, the Society for the Psychological Study of Social Issues, and the Society for Personality and Social Psychology.

## **WOMEN IN MEDICINE & SCIENCE COMMITTEE (WIMSC)**

The mission of the Women in Medicine and Science Committee (WIMSC) is to support and promote the professional development, career advancement and leadership of women in medicine and science at Drexel University College of Medicine.

The WIMSC supports the mission by providing resources in professional career development and leadership skills to all faculty and trainees in medical and scientific disciplines through seminars, networking events and related informative links on their website. The WIMSC is led by a multidisciplinary group of faculty with expertise and interest in faculty development, clinical medicine, education and research with the goal of aiding in the success of other faculty and trainees at Drexel University College of Medicine.

The WIMSC serves to facilitate communication and networking through special events and to provide support to all women faculty and trainees in order to build a supportive community of women physicians and scientists that will nurture the professional development of current and future women in academic medicine. WIMSC programs are open to all genders with the belief that all faculty benefit from career development training and enhanced mentoring and networking.



## 2023-2024 COMMITTEE MEMBERSHIP

### FACULTY MEMBERSHIP

Jessica Barson, PhD | Neurobiology & Anatomy  
Andréia Mortensen, PhD | Pharmacology & Physiology  
Kelly Brenan, MD | Neurobiology & Anatomy  
Hannah Mishkin, MD | Emergency Medicine  
Jyoti Pillai, MD | Neurology  
Aysha Hasan, MD | Anesthesiology and Perioperative Medicine  
Elise Mosser, PhD | Microbiology & Immunology  
Jennifer Chen, MD | Surgery  
Margaret Larkins-Pettigrew, MD, MEd, MPPM | Obstetrics & Gynecology  
Hwyda Arafat, MD PhD | Medicine  
Karen Avgush, MD | Medicine  
Vilmaris Quinones Cardona, MD | Pediatrics  
Kathryn Veazey, PhD | Neurobiology and Anatomy

### AD HOC

Cecilia Smith, DO | Medicine  
Debra Powell, MD | Medicine  
Krysta Brown, DO | Medicine  
Mitzie Grant, PhD | Psychiatry

### EX-OFFICIO

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Michele Kutzler, PhD | Office of Faculty  
Donna McNelis, PhD | Office of Faculty  
Mary Anne Delaney, MD | ELAM Office

### RESEARCH ASSOCIATE & STUDENT MEMBERSHIP

Stephanie Matt, PhD | Pharmacology & Physiology  
Jill Lawrence | GSA representative  
Christina Curran-Alfaro | GSA representative  
Hadia Saroya | AMWA representative  
Devina Persaud | AMWA representative

## SPECIAL THANKS

- Dean Charles B. Cairns, MD
- Nancy Spector, MD
- Michele Kutzler, PhD
- Wei Du, MD, MS
- Susan Hingle, MD (President Elect of American Medical Woman Association)
- Arlene Padolina
- Janine Barber
- Vanessa Pirrone, PhD
- Jacqueline Barker, PhD
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- Marketing & Communications Department – Danielle Zimmerman and Adrienne Hovey
- The 2024 Women’s Leadership Summit presenters and facilitators
- Women in Medicine & Science Committee (WIMSC) members, past and present

