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FOR IMMEDIATE RELEASE

### **Conference for Northern Colorado Nurses provides tools and resources to assist with well-being and wellness.**

More than 150 nurses attended the first Nurse Well Being Conference presented by the Northern Colorado Health Sector Partnership on February 2, 2023. The conference inspired and supported current nurses, nurse aides, nursing students, and inactive nurses in Larimer and Weld Counties.

The Northern Colorado Health Sector Partnership brings together key stakeholders for collaboration across disciplines, organizations, and communities to seize opportunities, solve problems, and celebrate successes in the region. Through committee efforts and discussion, the Industry-Education Nursing Consortium was established to connect partners and address the nursing shortage. One of the priorities identified by the group was Nurse Well Being and Wellness. Nurse attendees listened to expert speakers, patient gratitude, and received self-care tools and items.

“The Nurse Well Being conference was an amazing experience. The nationally recognized speakers and breakout sessions provided real tools and resources to address the needs of nurses today. The goal was to energize, inspire and refresh the souls of care providers who have given so much to their patients, family members, coworkers, and community. One nurse commented that she was starting to feel burnt out but walked away feeling motivated and re-energized. This was the intention of the conference, and the Northern Colorado Health Sector Partnership is pleased to provide these resources.”

-Carol L Salter, MHA, Program Manager - Nursing Shortage, Larimer Economic and Workforce Development

“McKee Wellness Foundation recognizes what a critical moment we are in to address the wellbeing of our local nurses. The retention of these professionals – who routinely process trauma and experience a variety of other workplace pressures – is central to maintaining high-quality healthcare for our communities into the future.”

-Kara Pappas, DMgt, CFRE, Executive Director for the McKee Wellness Foundation and Emcee of the Nurse Well Being Conference

This year’s Conference Speakers were:

- Kathleen Flarity, DNP, PhD, CEN, CFRN, FAEN, FAAN, Research Nurse Scientist, UCHealth; Deputy Director, Center for COMBAT research – “Passion In Practice – Resiliency & Passion for Your Work”
- Deborah L. Center, PhD, MSN, RN, CNS, CTA-CC - "Creating a Ripple Effect: Knowing When to Take Action"
- Shelly A. Fischer, PhD, CNS, CNE. "Tools for Building Personal Capacity"
- Dr. Bryan Sexton, PhD, Associate Professor and Director, Duke University Center for Healthcare Safety & Quality – “Bite-sized well-being During Times of Uncertainty”
- Stephanie Seng, MS, LMFT, Director, Center for Couple and Family Therapy Colorado State University.  
Shawn Whitney, MS. LMFT, S-PSB, Instructor and Supervisor, Marriage and Family Therapy Program at Colorado State University – “Compassionate Community Care”

The 2023 Nurse Well Being Conference Sponsors included:

Presenting: McKee Wellness Foundation; Gold: University of Northern Colorado School of Nursing; Silver: Aims Community College, City of Fort Collins, City of Greeley, City of Johnstown, City of Loveland, Columbine Health Systems, Fort Collins Chamber of Commerce, Town of Windsor, University of Colorado College of Nursing, Larimer County, Weld County; Bronze: Banner Health, Colorado State University College of Health and Human Sciences, Loveland Chamber of Commerce, Northern Colorado Long Term Acute Hospital, Northern Colorado Rehab Hospital, UCHealth, The Weld Trust.

Photos from the event can be found at <https://nocohealthsector.org/nurse-well-being-conference-february-2-2023/> Highlight Video is located at: <https://bit.ly/NoCoNurseWellBeingConf2023>

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