2026 Healthcare Summit

From burnout to thriving: Rebuilding Systems to Enhance Belonging and Improve Mental Health Across Healthcare Teams

November 10, 2026 from 8:30 AM EST to 3:00 PM EDT
Center for Health & Wellbeing, Winter Park, FL

With support from:

WebMD Health Services

8:00 am Check-in

8:30 am **Welcome & Opening Remarks**
Ryan Sledge, MBA, MPH, DrPH (c), *Vice President, Occupational Medicine and Workforce Health and Safety, HCA Healthcare*

8:40 am **Experiential Wellness Activity / Interactive Icebreaker**
Diana Bishop, MA NBC-HWC, CWP, *Design and Delivery Consultant IV at the Regional Center for Healthy Living for Kaiser Permanente*

9:20 am Debrief & Connection to Healthcare Outcomes

9:30 am Break

9:40 am **The Journey from Surviving to Thriving**
Tom Jenike, MD, *Physician Executive, Leadership Coach, and Wellbeing Strategist*

10:40 am **Networking Break**

10:55 am **Healthcare Leadership Panel Discussion #1**

- Jennifer Duncan, MD, *Professor, Pediatric Critical Care Medicine, Washington University School of Medicine*
- Erin Litton, MA, NCHWC, MCHES, *Senior Director, Well-Being Services, University of Iowa*
- Jennifer Musick, PharmD, *Vice President Clinical Strategy, Navigate Wellbeing Solutions*
- Kim Fisher, CCWS, *Client Success Team Lead, Healthcare Navigate Wellbeing Solution*

11:45 am Audience Q&A and Open Discussion

11:55 am Break

12:05 pm **Healthcare Leadership Panel Discussion #2**

- Dr. Mereya Quintana, DHA, MPH, PMP, CIC, LSSBB, CSM, FACHDM, *Healthcare Operations & Quality Leader*
- Kristi Jenkins, PhD, MPH, *Research Program Manager, MHealthy*
- Judd Allen, PhD, *President, Human Resources Institute, LLC*
- Erin Seaverson, MPH, *Senior Director for the Center for Research at WebMD Health Services*
- Judy Lee, PhD, *Center for Research at WebMD Health Services*

12:55 pm Audience Q&A and Open Discussion

1:05 pm **Call to Action**
Dr. Mereya Quintana, DHA, MPH, PMP, CIC, LSSBB, CSM, FACHDM, *Healthcare Operations & Quality Leader*

1:20 pm **Closing Remarks**
Ryan Sledge, MBA, MPH, DrPH (c), *Vice President, Occupational Medicine and Workforce Health and Safety, HCA Healthcare*

1:30 pm Networking Lunch

The 2026 HERO Healthcare Summit will explore how healthcare organizations can move from burnout to belonging by equipping leaders, strengthening psychological safety, supporting mental health, and fostering the conditions that allow care teams to thrive.

This year's Summit will focus on practical, real-world approaches that help leaders support their teams while also recognizing that leaders themselves need time, tools, peer support, and organizational backing to lead effectively under pressure.

Participants will leave with:

- Practical approaches to demonstrate the institutional value of well-being.
- Tools to align well-being with executive priorities and KPIs.
- Strategies to sustain and advance well-being through ongoing institutional change.