

HHC Well-Being Journal Club

When Support Finds You

How Proactive Digital Outreach Improves Healthcare Worker Mental Health

presented by

Javeed Sukhera, MD, PhD, FAPA, FRCPC

Associate Chief Academic Officer, Hartford HealthCare
Chair/Chief of Psychiatry, Institute of Living at Hartford Hospital

and

Marissa Sicley-Rogers, PsyD

Well-Being Manager
Well-Being Department, Hartford HealthCare

**Tuesday, May 12, 2026
1:00-2:00pm**

[Join the meeting now](#)

Teams Meeting ID: 226 293 921 401 6

Passcode: WJ6MA6Jj

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

- 1 Discuss the key elements of the research study or journal article.*
- 2 Describe how the information presented in the article can be applied to one's role.*
- 3 Review the limitations of the research study or journal article.*

Please see activity in CloudCME for complete credit information



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION