



Maximizing Opportunities to Build Resiliency

The Bernard Mehl Lecture

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System Director of Pharmacy - UHS Hospitals

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Objectives

At the completion of this activity, participants will be able to:

1. Describe the significance of the contributions that leaders like Bernie Mehl have made to the profession
2. Identify specific activities that can build resilience
3. Examine how failure can increase growth and capacity for resilience

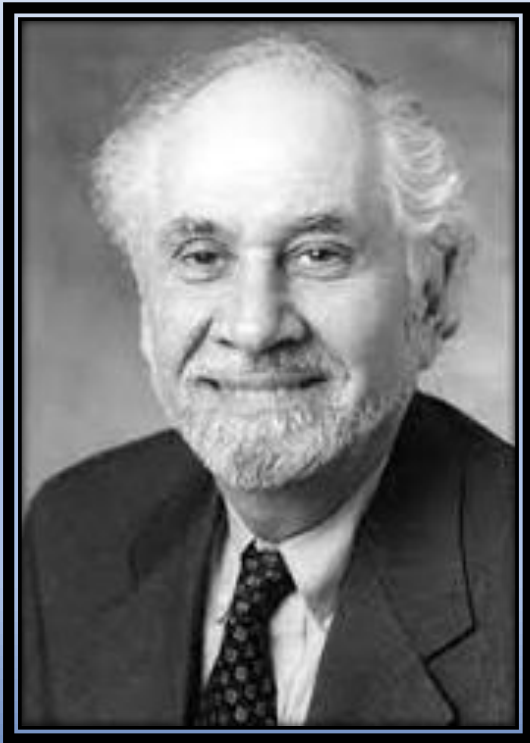


Disclosures

- I have nothing to disclose



Who Was Bernard Mehl?



RISK TAKER
FRIEND MENTOR
VISIONARY LEADER
HUSBAND
COLLEAGUE

Past Recipients

- Robert DiGregorio, PharmD, FNAP, BCACP
- Joanne Meyer, BS, MS, PharmD
- Kimberly Zammit, PharmD, MPH, BCPS, BCCCP, FASHP
- Vickie Powell, BS, PharmD, MS, FASHP
- Henry Cohen, BS, MS, PharmD, FCCM, BCPP, BCGP
- Leigh Briscoe-Dwyer PharmD, BCPS, FASHP

Resilience – What is it?





Resilience – What is it NOT?

- Not pushing yourself
- Not giving 100% every time
- Not trying new things
- Not doing things that scare you
- Not being afraid to fail


**SHE WAS
UNSTOPPABLE.
NOT BECAUSE
SHE DID NOT
HAVE FAILURES
OR DOUBTS,
BUT BECAUSE SHE
CONTINUED ON
DESPITE THEM.**



Pushing Your Limits

**“THE WORLD OFFERS
YOU COMFORT.
BUT YOU WERE NOT
MADE FOR COMFORT.
YOU WERE MADE
FOR GREATNESS”.**

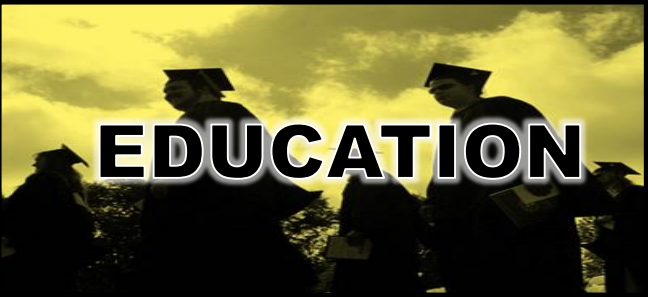
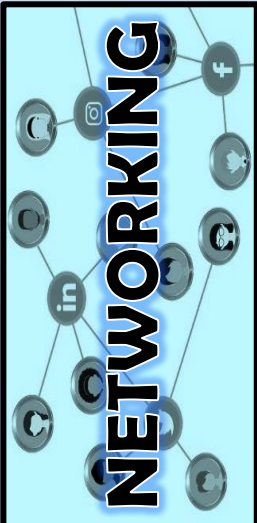
POPE BENEDICT XVI




**WHEN YOU THINK
YOU ARE DONE
YOU'RE ONLY 40%
OF WHAT YOUR
BODY IS CAPABLE
OF DOING. THAT'S
JUST THE LIMIT
THAT WE PUT ON
OURSELVES.**

– David Goggins

Building Resiliency

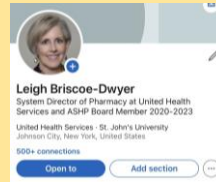




Networking “Assignment”

1. Join at least 1 ASHP Connect Community

2. Connect with me on Linked In

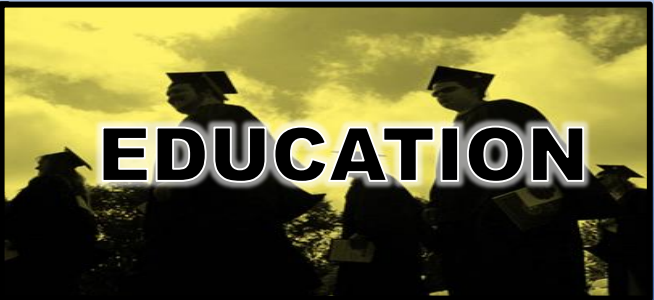
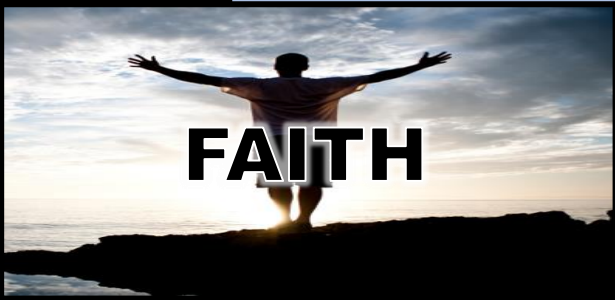
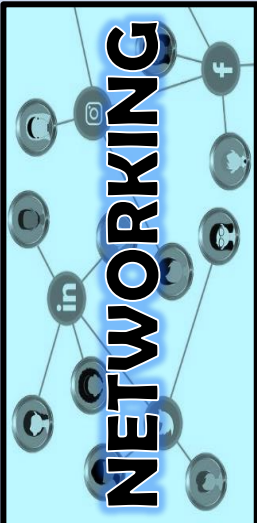


3. Connect with another leader

4. Lunchtime exercise

- Don't sit with your friends
- Ice Breaker Questions:
 - How crazy was that speaker anyway?
 - What are you doing after Residency?
 - What are you going to buy with your first real paycheck?
- Exchange contact information

Building Resiliency



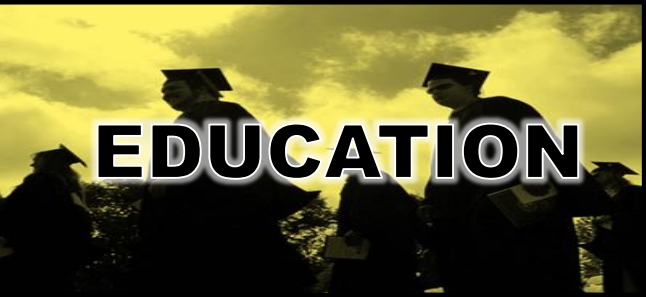
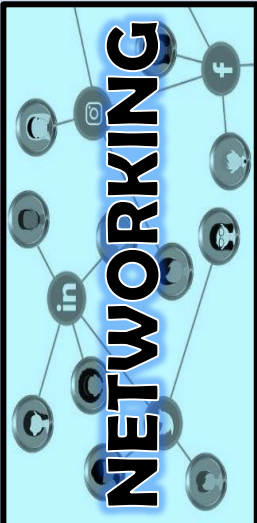


Advocacy

- You are the only people who can change the profession
- Advocacy happens every day
 - Different from Lobby Day
- Advocacy happens everywhere



Building Resiliency





Fear

- Resilience doesn't come from what you CAN do. It comes from overcoming the things you once thought you couldn't.
- The greatest mistake a man can make is to be afraid of making one
- If your goals don't scare you then they aren't big enough
- DO IT SCARED





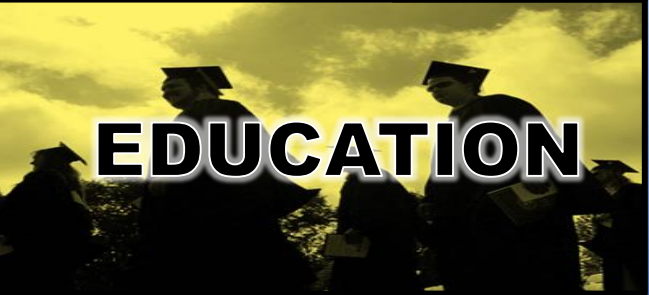
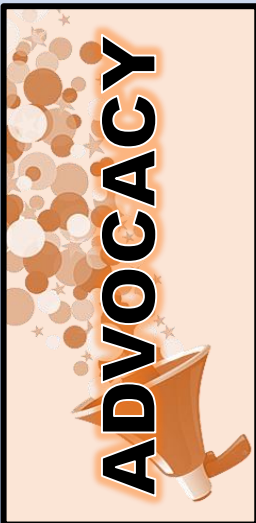
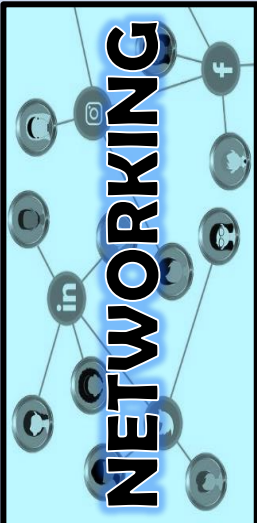
Beware of the “Imaginary Horrible”

Anonymous

Your worst enemy isn't a
person, situation, or thing.
It's the story in your mind
based on assumptions and
projected fears or insecurities.

Quotes Cafe

Building Resiliency



Failure

- Failure is not the enemy
- Exercising to failure can fully activate your muscles and lead to more muscle growth
- It works by maximizing the stress and tension on the muscle fibers, which prompts them to adapt as the body builds them back stronger and larger.



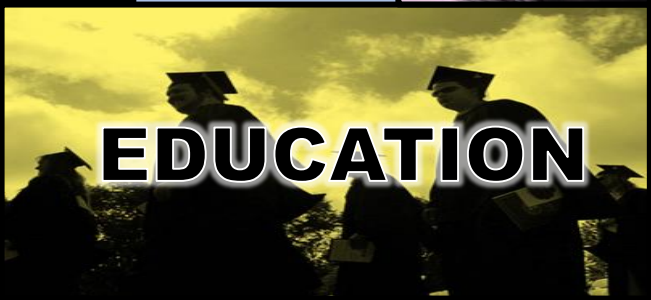
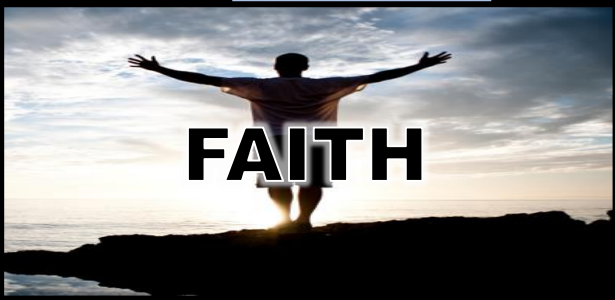
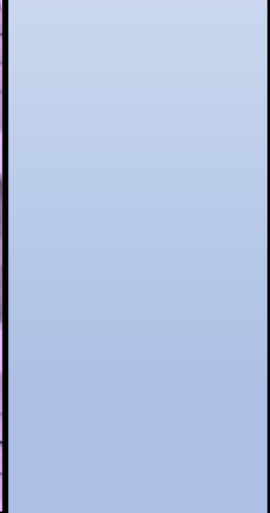
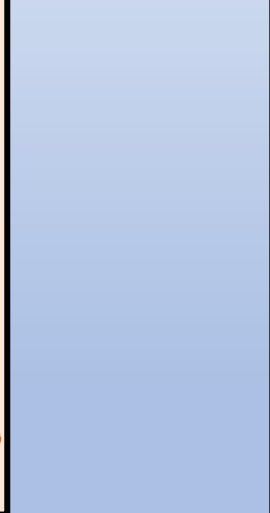
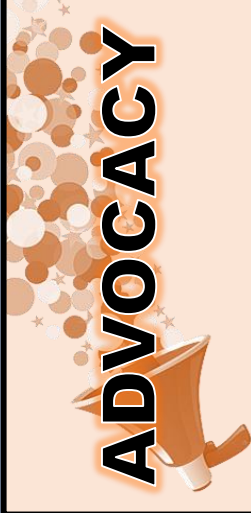
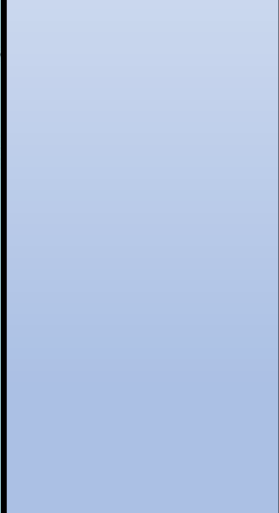
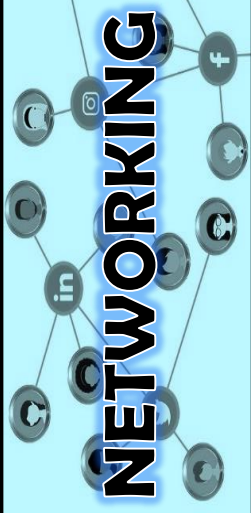


“I Wish You Bad Luck”

- You will be treated unfairly
- You will suffer betrayal
- You will be lonely
- Bad luck will make you aware of the role of chance in your life
- You will be ignored
- You will be in pain

Justice John Roberts, Wall Street Journal December, 28, 2017

Building Resiliency



Continuous Professional Development

- Goes beyond education
- Takes planning
 - Be one step ahead



FASHP
DPL
CPEL





Community Service

STEP BACK IN TIME

Step Back in Time features news items from The Daily Star 25 and 50 years ago.

MARCH 23, 1998

The order can be placed soon.

New banners to hang on the gymnasium walls at Oneonta High School and Sidney Central School.

New York State championship banners.

Oneonta and Sidney both won their second high school basketball championships over the weekend.

Oneonta's girls team won its second consecutive Class B state title, clobbering Pittsford-Mendon 54-26 in the final Sunday afternoon at Hudson Valley Community College in Troy.

Meanwhile, Sidney's boys team defeated Watervliet 63-47 in the Class C title game Saturday night at the Glens Falls Civic Center.

MARCH 23, 1973

LAURENS — Alton Briscoe has been elected Captain

of the newly-formed Laurens Emergency Squad as the infant organization maps plans for a fund drive aimed at the eventual purchase of an ambulance and emergency equipment.

Briscoe was picked to head the new squad at an organizational meeting March 20 at the Fire Hall. He heads a slate of officers that includes Frank Basile, 1st Lieutenant; Peg Marsh, 2nd Lieutenant; Joyce Laing, secretary, and Mary Jane Briscoe, treasurer.

Briscoe and Lois Kilpatrick were elected to be delegates to the Otsego County Emergency Squads Association.

In explaining what lies ahead, officials said plans are to make the fund drives a community affair. Mary Jane Briscoe will serve as Fund Captain for the squad; Supervising Principal James Monk from Laurens Central School will have a part as will fund raisers from the community.

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Joining a Professional Organization

- Educational resource
- Gives you a network
- Advocates for you
- Gives you a voice
- A voice is a powerful thing
- It can shine a light on something that is hiding in the dark
- It can change the way people think which can change the way people act
- But it can't do anything if you keep your mouth shut





Thank You !

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