

## *Thriving in Transition: Building Adaptive Resilient Teams*

*presented by*

### *Kathryn Phillips, PhD*

**Dr. Katy Phillips** is a Professor of Nursing at Fairfield University, Egan School of Nursing and Health Studies. Across her roles as nurse, educator, and researcher, Dr. Phillips examines and promotes the role of resilience in supporting thriving and well-being. She is the author of over 30 journal articles and co-author of the book, *Re-imagining Mothering and Career: Insights from a Time of Crisis*. Her contributions to psychiatric nursing scholarship were recognized in 2025 by the American Psychiatric Nurses Association (APNA) Award for Excellence in Research and Scholarship.

As Project Director for Health Resources Services Administration (HRSA), Advanced Nursing Education Workforce (ANEW) grant entitled, *Nursing Education on Wellness and Telehealth (NEWT)*, Dr. Phillips spearheaded the development of innovative wellness modules integrated throughout the graduate nursing curriculum, directly enhancing the training of graduate nursing students to meet the evolving needs of the healthcare workforce.

Advancing the nursing profession through national leadership roles, Dr. Phillips serves as an Associate Editor for Archives of Psychiatric Nursing, Chair's the APNA Research and Scholarship Council Steering Committee, and contributes to the Editorial Board of the Journal of the American Psychiatric Nurses Association (JAPNA). She is also the President of the Mu Chi Chapter of Sigma Theta Tau International, the nursing honor society.

Guided by her passion for helping others flourish, Dr. Phillips is a committed educator whose pedagogical excellence and innovative instruction was acknowledged by the 2021 Alpha Sigma Nu Graduate Teacher of the Year award and the Ruth M. Olson Excellence in Nursing Education award from the Connecticut League for Nursing. To maintain her expertise, Dr. Phillips maintains certifications in Telebehavioral Health and as a Certified Healthcare Simulation Educator (CHSE). Five kids call her mom.

**5/7/2026 12:00:00 PM**

<https://hartfordhealthcare.zoom.us/j/96982358918>

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

- 1. Describe patient responsiveness dimensions that enhance treatment outcomes.*
- 2. Discuss trends and results of treatment to determine guidelines and protocols for behavioral health patients.*
- 3. Assess rapidly patients' stage of change for a particular disorder.*
- 4. Apply current guidelines to provide optimal care to admitted and clinic patients.*
- 5. Explain evidence-based strategies to manage change.*
- 6. Summarize the relationship between implementing change strategies and safety.*

**Accreditation:** In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

**Physicians:** Hartford HealthCare designates this Live Activity for a maximum of **1.25 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses:** This activity is designated for a maximum **1.25 ANCC** contact hours.

**Psychologists:** Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

**Social Workers:** As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive **1.25 general** continuing education credits.

**Other Learners:** All other learners will receive a Certificate of Participation for **1.25 hours** of education. Consult your professional licensing board regarding the applicability and acceptance of certificates of participation for educational activities certified for **AMA PRA Category 1 Credit™** from organizations accredited by Joint Accreditation for Interprofessional Continuing Education.

**Financial Disclosures:**

- Kathryn Phillips, PhD: Nothing to disclose - 03/16/2026

