

## MEET DR. LISA ELLIS



Dr. Ellis is a full-time faculty member at VCU Health where she is leading wellness efforts as the Executive Director of Provider and Trainee Wellness. She has led the VCU Health Wellness Taskforce since 2017 and spearheaded the development of a structured Organizational Wellness Program and countless wellness initiatives for the workforce. She has given numerous presentations and workshops, podcasts, and interviews to work with other healthcare systems, locally and nationally, on the development of wellness programs to decrease the bureaucratic barriers in medicine today. In 2020 she won a national award for a wellness retreat she developed and provided for faculty at VCU Health System. Dr Ellis is a trained “Wellness Champion” by the American College of Physicians, is a certified facilitator/trainer for Crucial Conversations and a recognized mentor and coach in her field. Most notably Dr Ellis is the Co-Investigator on an organizational wellness grant awarded \$1.5 million dollars from HRSA’s Health and Public Safety Workforce Resiliency Training Program. That work targets leadership training programs and performance improvement which directly affects professional satisfaction, psychological safety, and retention of faculty for organizations. Her focus is to provide creative solutions that decrease bureaucratic and administrative burdens which lead to burn-out of the healthcare workforce.

Dr. Ellis completed her medical degree and residency training in Internal Medicine-Women’s Health at the Medical College of Virginia-Virginia Commonwealth University (MCV-VCU). She has devoted the majority of the past two decades of her medical career as a physician leader providing advocacy and coaching for faculty/staff, executive leaders and medical trainees in academic medicine. She has been honored at the highest levels of designation by the American College of Physicians as both a Laureate for the state of Virginia and a Master level Clinician for her creative and intellectual leadership achievements. She has served in several senior level leadership roles including Chief Medical Officer for the Medical College of Virginia Physicians, (MCVP), various Executive Directorships and Vice President positions at MCVP, the VCU School of Medicine and VCU Healthcare System. She spent over two years of interim terms as the Vice President of Ambulatory Care Clinics and Operations for the Health System. At a regional and national level Dr Ellis served in a 4-yr. elected position as Governor of the American College of Physicians and subsequent national role on the Board of Governors and Board of Regents. She represents the faculty physicians on the VCU Health System Board of Directors with particular attention sitting on Quality, Audit and Compliance and Governance committees for the health system.



## MEET DR. LISA ELLIS

### **Bio Cont.**

Throughout her career she has been heavily engaged in formal, organizational, wellness training and education. She was an invited participant for specialized training in wellness through the efforts of the American Medical Association and the American College of Physicians and was deemed an inaugural *Wellness Champion* by these organizations. She has provided consultation to many healthcare systems for the development of structural organizational/systems level wellness programs and has presented numerous invited keynotes, seminars, workshops, podcasts and live interviews on wellness/burnout topics. In the past few years, focus of her work has been the integration of wellness and key performance indicators, metrics, financial stabilization, quality, and safety in healthcare. She sits on the Virginia Hospital and Healthcare Association Taskforce to facilitate the development of Organizational Wellness Programs across the Commonwealth of Virginia.

Dr Ellis has a solid involvement in research components of wellness and clinical excellence as she is the Co-Primary Investigator of a Health Resources and Services Administration (HRSA) grant for \$1.5 million to train leaders on the impact they have on the workforce and faculty for psychological safety inclusivity and retention. She also served as the Deputy Director of a clinical initiative for the National Center of Excellence (CoE) in Women's Health in collaboration with the Dept of Health and Human Resources. The national centers integrated women's health research, medical training, clinical care, public health education, community outreach, and the promotion of women in academic medicine toward a common mission – improving the mental and physical health of diverse women across the life span. As a full-time faculty member at VCU, and the executive Director of Wellness she oversees the Wellness Council, the structural development of programs at the organizational and departmental levels, including "Shark Tank" abstract competitions for Wellness initiatives across the organization. Dr. Ellis has been recognized with a vast number of awards and honors including the Joseph E. Johnson Leadership award, an international award which recognizes qualities that enhance the effectiveness of health care by fostering excellence and professionalism in the practice of medicine. At VCU, Dr Ellis was awarded the Arthur Klein Award for Humanism by her peers, an Award for Distinguished Leadership, the Foundations of Clinical Medicine Teaching Award and received the Dean's Award for Leadership. Recently she was awarded the Excellence in Professional Service award from the Dept of Internal Medicine, an Exceptional Mentor award from the American Medical Women's Association and was named a Master Clinician by the American College of Physicians. Most recently, she was awarded the esteemed Laureate award for the state of Virginia, for which she is in a small group other women awardees in Virginia. In 2021 she was awarded with the Inaugural Health of Women Leadership Award.

Of note in her own medical specialty, Dr Ellis was the Medical Director of a large Women's Health Multidisciplinary Clinic, for over a decade. She continues her care of patients in women's health at MCV-VCU campus.

Dr Ellis sits on a community board for "Health Brigade", a local free clinic for the Richmond region and the national Political Action Committee board for the American College of Physicians.



## MEET DR. LISA ELLIS

Personally, Dr. Ellis's husband is a dermatopathologist who practices in the Richmond community, and they have two adult sons. She is an avid archer, gardener, trained vocalist and can throw a "mean" horseshoe!

