

## Report of Dental Wellness Work Group

To: House of Delegates

September 2025

In September 2024, WSDA established the Dental Wellness Work Group to strengthen support for members' mental and physical health. The Work Group is currently researching options to provide members with access to mental health support and is continuing efforts to reduce stigma around seeking help through education and outreach. Members also participated in *Hope for the Day's* peer-to-peer training alongside District 11 Wellness Ambassadors, further strengthening peer support within the profession.

In addition, the Work Group is creating a centralized online Wellness Resource Hub to give members easier access to tools and information. To broaden perspectives, the group is also looking into recruiting dental students and dentists within their first five years of practice to share early-career insights and experiences.

The members of the Work Group are:

Dr. Emily Hobart, Chair

Dr. John Gibbons

Dr. Aimi Mizutani

Dr. Cameron Randall

Dr. Stephen Rupert

Dr. Daniel Wilson

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