Our 2025 Impact

DR. LORNA BREEN FOUNDATION

Saving Careers and Lives

Our caregivers pour their souls into us, silently struggling under the weight of burnout, trauma, and silent mental health battles. We owe our healthcare workforce systemic change. Change is possible.

CHAMPION OF CONFIDENTIALITY

2 million health workers can access mental health support without fear of professional repercussions

Health workers deserve the right to access mental health care without fear of losing their job. However, overly invasive mental health questions in licensing and credentialing applications prevent health workers from seeking support and is a primary driver of suicide in the healthcare workforce.

Through our Wellbeing First Champion Challenge program, we provide free educational resources and technical assistance to stop this stigma and ensure equal privacy in mental health for our healthcare workforce.

COLLABORATION SNAPSHOT

33

national healthcare organizations working together to transform our healthcare system

435

health workers, students, patients, family members, and healthcare leaders harnessing our collective strength

6M+

physicians, nurses, pharmacists, dentists, and other health workers represented through our collective work

Licensing Across Professions

Dental	5
Medical	40
Nursing	6
Pharmacy	9

60 licensure boards are Wellbeing First Champions - benefiting 1.85 million licensed health workers.

Medical Licensing

Since 2022, the number of medical licensure boards increased from 19 to 40, now benefiting more than 1 million physicians.

Credentialing

1,850

hospitals, medical centers, clinics, and other care facilities are Wellbeing First Champions - benefiting 357,000 health workers.

SYSTEM CHANGER

The workforce shortage strikes at the heart of our care, manifesting not just in longer waits but in the fear that the hands caring for us are too strained to offer the compassion we need. With more than half of U.S. health workers planning to leave in the next year—nearly half citing burnout—we face the chilling reality that the caregivers we rely on today are quickly disappearing, leaving our most vulnerable moments critically exposed.

Through our Caring for Caregivers program, we are equipping healthcare organizations to build a thriving, sustainable workforce where health workers have the support and structures they need to deliver exceptional care today and for generations to come.

"We had never provided health workers with the avenues, tools, and support that they needed to be able to speak up and say we need help. As we engaged in this journey, we started seeing really positive things like retention, engagement, better quality of work, and better patient experience scores. We even saw our traveling nurses wanting to stay in our rural Virginia community saying, 'this is the first place I've been where I feel healthy, where I feel like I can actually get the help that I need.'"

Tiffany Covarrubias-Lyttle, MSN, RN, NE-BC
Centra

"The weight of health worker burnout—the long hours, the documentation burden, the emotional toll—was real and relentless. Our partnership with the Foundation was the catalyst for systemic change. They challenged us to address that documentation burden directly, leading us to deploy ambient AI scribe technology. The impact is undeniable: 17 providers in a small, focused pilot saved 100 hours of documentation time in four months. This isn't just efficiency; this is reduced cognitive load and, as one physician put it, literally getting their life back so they can enjoy more time with their family."

Gregory Szlyk, MD, FACS
Mary Washington Health Care

"Administrative burden isn't just one contributor to burnout—it's the leading cause. When highly trained clinicians spend more time navigating technology and documenting care than delivering it, we erode the very core of patient safety and human connection. These inefficiencies rob our teams of focus, fulfillment, and presence at the bedside. Implementing solutions as we have with the Foundation has allowed us to reclaim that time and energy—restoring capacity, calm, and confidence where it matters most."

Leigh Williams, MHIIM, FHIMSS, FACHDM, CHCIO
Augusta Health

IMPACT SNAPSHOT IN VIRGINIA

500,000

licensed health workers across 62 professions are protected from disclosing their mental health care through first-of-its-kind state law

80%

of Virginia hospitals have ensured mental health care protections in their credentialing processes

100

healthcare leaders trained in the Wellbeing Systems Approach to implement a coordinated, proactive organizational strategy

WE COULDN'T HAVE DONE IT WITHOUT YOUR GENEROUS SUPPORT

THANK YOU TO ALL OUR DONORS, PARTNERS, AND AMBASSADORS

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