

David C. Leach Award



Named to honor the ACGME's former Executive Director, Dr. David C. Leach (1997 – 2007), and his commitment to resident education and physician well-being, this award recognizes resident/fellow-led projects and innovations.



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About the project:

“PEERS (Practice Enhancement, Engagement, Resilience and Support) is a trainee-led, structured longitudinal program aimed at cultivating well-being, resilience and community among medical trainees in the Icahn School of Medicine at Mount Sinai (ISMMS). The curriculum is comprised of mindfulness, guided discussion and evidence-based techniques from therapeutic modalities including positive psychology and cognitive behavioral therapy, among others. Over the course of ten modules, the curriculum targets challenges specific to each progressing stage of medical education to equip trainees with the relevant skills to face adversity and thrive during training.”

“The curriculum is manualized in the form of a handbook with details about objectives, discussion questions, exercises and examples provided for group facilitators. Further, the manual is easily adapted to different populations, among medical students and residents in different programs. We envision this program to be disseminated in a train the trainer model, such that group facilitators can be trained at other institutions and can then disseminate the curriculum to their unique population.”