

Family Medicine Network Residency Retreats 2013

CWFMR retreats - Yakima

For	Who Attends	Structure/Location	Cost	Anything you'd like to add
All Residents	Residents only – no families	Team Building activity – location depends on activity; faculty cover services	\$300 - \$400	July – ½ day retreat
Faculty	Faculty & Prog Admin	Off site full day specific topic or planning retreat	\$600 + each	3 to 4 per year; usually quarterly
Mid-winter Retreat	Residents, Faculty and families of both	White Pass – full day; 1-2 faculty stay behind to cover services	\$800 - \$1000 depending on # of attendees	February - Inpatient Service teams round in the morning prior to heading up to White Pass

FMRI - Boise

For	Who Attends	Structure/Location	Cost	Anything you'd like to add
Friday noon – Sunday 5pm	Faculty, residents and families	Cabin (6 bedrooms) on Payette river. Most bring camping gear for sleeping but they can stay in the cabin if they have babies or otherwise cannot camp.	Budget ~10,000	All services are covered by community docs. Attendance is required unless excused by the PD. Everyone has tons of fun! Food is provided – they organize their own “adult beverages”.

Billings

For	Who Attends	Structure/Location	Cost	Anything you'd like to add
Faculty Retreat	Core Faculty	Conference room in clinic	Breakfast/lunch	We typically have 1 full day retreat in the fall and ½ day in the spring
Resident Retreat	All residents	Red Lodge (ski resort)	\$1,000	They usually have 1.5 days for this retreat. The faculty cover the hospital/OB services. They do a SWOT analysis and do a Wilderness Medicine rescue in the mountains.
Team Building	All residents, including new interns	Raft trip on the Yellowstone	\$1,000	This is a day event which is scheduled prior to the 3rd years graduating. The graduating 3rd years cover the hospital/OB services for the day.
1st year retreat	1st year residents	Resident home or restaurant	\$500	Residents and spouses are invited to attend
2nd year retreat	2nd year residents	Resident home or restaurant	\$500	Residents and spouses are invited to attend
3rd year retreat	3rd year residents	Resident home or restaurant	\$500	Residents and spouses are invited to attend

Family Medicine Spokane

For	Who Attends	Structure/Location	Cost	Anything you'd like to add
R/F Retreat	Residents & Faculty	Someplace Fun – Twice/Year	Approx. \$2700.00 each	We do ½ day work (rotation evals, program eval, call structure, etc.) Then we have lunch together & families can join for the last “fun” half of the day. For our winter retreat, we went to Bear Creek Lodge – Mt. Spokane and we paid to rent the tubing hill for 2 hours, which included families. Residents still do their rounds, just earlier in the morning, then join us. We try to get a part time faculty to cover for the event.
Faculty Retreat	All Faculty	Twice/Year	As inexpensive as possible. Approx. \$500.00 for food and then try to have it at someone's home to cut the cost.	Full day of work, we just do it off site so we don't have interruptions. We usually find one of the part time faculty to cover call, so everyone else can attend.
Resident Retreats by Class	All Residents in that class	Full day of fun	They each get \$500.00 to use wisely for their retreat ☺	Some have gone on a ski trip to Schweitzer Mountain and “borrowed” one of the faculty's condos. Some have gone on bike rides on the centennial trail or the Hiawatha Trail. Families are included.

Group Health

For	Who Attends	Structure/Location	Cost	Anything you'd like to add
Fall Retreat	Residents & Faculty	Overnight - start on Tues even and all day Wed. Location: Dumas Bay Centre in Federal Way	\$2,800	
Spring Retreat - half day	Residents, Faculty, Support and Admin staff	Afternoon retreat at Mercer Island Comm. Center - with lunch and dinner	Rental & food: \$1,000	

Valley Family Medicine

For	Who Attends	Structure/Location	Cost	Anything you'd like to add
Fall Retreat	Res/Fac/Res Admin	Some curricular elements, mostly "bonding/wellness". Local	Under \$1,000 (not including loss in production)	One day retreat – excluding curriculum review day, only res/fac combined activity for whole year
R1 Retreat	R1s & their families	Fri-Sat-Sun, somewhat local (within 2 hr drive)	\$1,200 - \$1,500	Family costs not covered unless included in basic fees for the residents (i.e. lodging)
R2 Retreat	R2s	Fri – activity, meal	Under \$300	In previous years, seniors had weekend retreats like the R1s, but with severe financial issues, Administration would no longer support resident retreats
R3 Retreat	R3s	Fri – activity, meal	Under \$300	As for R2s

Olympia

For	Who Attends	Structure/Location	Cost	Anything you'd like to add
Interns Pause	All RIs	Where ever they want to go.	Budget \$1167	This is for them to reconnect as a group and come back ready to be R2s and supervise R1s. This is Wednesday through Friday. The last week of June.
Resident Retreat	All Residents	See Above	However much they want to spend out of their wellness fund (\$5166)	Time for all residents to relax and reconnect. This is a Thursday, Friday and Saturday at the end of September.
Faculty Retreat	All Faculty and the chief residents	Whoever is willing to house it.	Usually a Friday and we talk about things important to the residency	We do not get any homework though. There is a period of bonding as well.
Spirituality Retreat	All Residents + the chaplain residency + behaviorist	One day at the The Priory	Generally the cost of speakers, lunch and hall rental	If you want more info on this, Rick Brandt-Kreutz would be the best person to talk to.

Multicare – Puyallup

For	Who Attends	Structure/Location	Cost	Anything you'd like to add
Friday evening and leave Sunday after breakfast	Faculty, Residents, and Coordinator	Alderbrook Resort on Hood Canal	Changes as we add more residents.	Food is provided. They have a few hours off on Saturday to explore the area. Community doc's cover the services.

Family Medicine of Southwest Washington

For	Who Attends	Structure/Location	Cost	Anything you'd like to add
New Resident Retreat	New Residents Behavioral Scientist Program Director Chief Residents	Anderson Lodge Woodland, WA	\$800.00	Orientation Retreat for our New Residents Includes Breakfast and Lunch
R1 Promotion Retreat	Current R1s Behavioral Scientist Program Director Chief Residents	Anderson Lodge Woodland, WA	\$800.00	Preparation for becoming Senior Residents Includes Breakfast and Lunch
R3 Retreat	R3 Residents Program Director Two FMSW Graduates PeaceHealth Recruiter Coordinator	Homewood Suites Vancouver, WA	700.00	Preparation for "The Real World" Creating CV's Interviewing Styles Practice Management Includes breakfast and lunch out
Faculty Retreats	Faculty	FMSW	\$350.00	Two afternoon sessions during the academic year. Includes lunch.