

Vol. 13, Issue 20

Wednesday, December 3, 2025

Wisconsin Rural Health and Substance Use Clinical Support (RHeSUS) Lunch and Learn Series

Dec 15, 2025 – Breaking the Silence: Using Story to Confront Stigma and Foster Well-being – Kristin Waite-Labott

The next Wisconsin Rural Health and Substance Use Clinical Support (RHeSUS) Lunch and Learn Series will feature Kristin Waite-Labott, Founder and President of the Wisconsin Peer Alliance for Nurses (WisPAN), who will share her personal journey through addiction, recovery and well-being. Ms. Waite-Labott will tell her story to help address stigma, promote healing, and support well-being in health care and offer insights for health care professionals seeking to build more compassionate, supportive environments.

The RHeSUS Lunch and Learn Series is offered in partnership between the Program for Research, Outreach, Therapeutics, and Education in the Addictions (PROTEA) and the Wisconsin Hospital Association (WHA) with funding provided in part by the UW School of Medicine and Public Health from the Wisconsin Partnership Program (WPP).



Kristin Waite Labott, BSN, RN, CARN, CPRC
Founder & President, Wisconsin Peer Alliance for Nurses (WisPAN)

Kristin Waite Labott has been a dedicated nurse since 1991 and is a board-certified addiction registered nurse and peer recovery coach. In recovery from alcohol and opioid use disorders since 2005, Kristin's deeply personal journey through addiction, loss of licensure and eventual transformation fuels her mission. As founder and president of WisPAN—Wisconsin's only peer-led support network for nurses—she provides compassionate, lived-experience-based mentoring, group support and education to help nurses thrive in recovery and maintain well-being.

Beyond WisPAN, Kristin continues her hands-on work as an emergency department nurse and contributes as a speaker, author, and advocate. Her book *An Unlikely Addict* and podcast *Healing Tapestry* further her mission to confront stigma and foster a culture of wellness in health care.

Monday, Dec. 15, 2025

12:15 - 1:15 p.m.

Join from the meeting link:

<https://uwmadison.webex.com/uwmadison/j.php?MTID=m0ac2e5a7e524aefc04fdd2f3a5378269>

Note: No registration is required. Simply click the link at the scheduled time to join the webinar—you'll be admitted directly into the session.

IN THIS ISSUE

- Featured Speakers Announced for 2026 Physician Leadership Development Conference
- WHA President and CEO Kyle O'Brien Outlines Key Pressures Facing Wisconsin Hospitals on WPR's Wisconsin Today
- Caring for Wisconsin's Caregivers – Health Workforce Well-Being Initiative Webinar Recap
- GRASSROOTS SPOTLIGHT: WHA Meets Congressman Wied at DePere District Office; Congressman Steil at Aurora Lakeland Medical Center November 25
- WHA Shares Behavioral Health Challenges, Opportunities and Data at State Capitol
- Relationship Management: Communication & Influence Across a Matrix Module

- Wisconsin Rural Health and Substance Use Clinical Support (RHeSUS) Lunch and Learn Series

EDUCATION EVENTS

Dec. 16, 2025

Common Hospital Deficiencies

Jan. 14, 2026

Caring for Wisconsin's Caregivers Well-Being First Champion Challenge for Credentialing Kickoff

Jan. 28, 2026

2026 WHA Health Care Leadership Academy