



**Michelle Arnett, MHS**

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Michelle Arnett is a manager in the Employee Wellbeing Center of Excellence at St. Luke's Health System. Through workshops and presentations, she works to support and foster a culture of psychological and emotional safety and well-being. She leads the Critical Incident Response Team (CIRT) to support staff after critical/clinical events, including suicide or the death of a colleague. Her role also includes teaching Assisting Individuals in Crisis and De-Escalation Techniques for Frontline Workers courses. Michelle is a certified instructor with the International Critical Incident Stress Foundation (ICISF) for Critical Incident Stress Management and De-Escalation Techniques for the Frontline. She is also trained in Suicide Awareness and Prevention through the ICISF, and she is a Compassion Fatigue Educator through the Green Cross Academy. Michelle is a WellCoaches® Certified Lifestyle Medicine and Health and Well-being Coach. She obtained her master of health science degree through Boise State where she also worked as a research associate in the Center for the Study of Aging. When she is not working, you can find her hiking in the hills and mountains, cycling, skiing, or participating in other fun outdoor adventures.