CREATING OCCUPATIONAL RESILIENCY:
IMPLEMENTING SELF-CARE STRATEGIES TO PREVENT SECONDARY TRAUMATIZATION
WHILE WORKING IN THE BEHAVIORAL HEALTH FIELD

DATE & TIME: December 5, 2017 9:00AM - 4:00PM

All registration is completed on the Learning Net prior to the training. Sign-in begins 30 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.

PLACE: San Fernando Valley Community Mental Health Center, Inc.
Conference Room A (Room 6)
16360 Roscoe Blvd.,
Van Nuys, CA 91406

PARKING: Free on site

This training will explore the context of working in large behavioral health system and the associated stressors. Participants will gain a deep understanding through literature review of the definitions of burnout, vicarious trauma, and compassion fatigue on all levels including individual, systems, and society. Participants will learn self-care strategies to prevent vicarious trauma and intervention strategies to alleviate the symptoms. Both the literature review and the skill based learning will be delivered through the lens of compassion fatigue. This perspective takes into special consideration the risk factors associated with working in public services settings including liability, workload and lack of resources, dangerousness, consumer self-harm/suicide, and colleague fatigue. Participants will be instructed on subcomponents of self-care. Participants will gain knowledge about the impact of working in behavioral health settings by reviewing case vignettes, journaling, and group discussion. Specifically, participants will engage in didactic exercise to outline their own personal areas in need of growth, create wellness goals, and develop an action plan for change.

TARGET AUDIENCE: DMH and Contractor Direct Service Staff

OBJECTIVES: As a result of attending this training, participants should be able to:
1) Define burnout, vicarious trauma, compassion fatigue and self-care.
2) Apply the recovery model concept of wellness not only to consumers, but also to oneself.
3) Identify the ways that our community and organizational workplace culture impact our abilities to care for ourselves and avoid burnout.
4) Describe how Communication skills, Assertiveness skills, Mindfulness techniques, Compassion and Stress management strategies play a significant role in self-care practice.
5) List at least 2 ways to create change and promote motivation.
6) Develop an obtainable action plan to address self-care, along with a maintenance and monitoring plan.

CONDUCTED BY: Aron Steward, Ph.D.
COORDINATED BY: Elmer Ornelas, ACSW, Training Coordinator
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DEADLINE: November 27, 2017
CONTINUING EDUCATION: 6 hours for BBS, BRN, CCAPP-EI
COST: NONE

DMH Employees register at: http://learningnet.lacounty.gov
Contract Providers Register at: https://tinyurl.com/CREATINGOCCUPATIONALRESILIENCY