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

DATE & TIME: May 22, 2018 9:00AM - 4:00PM

PLACE: Japanese American Community and Cultural Center
       Garden Room A
       244 S. San Pedro
       Los Angeles, CA 90012

PARKING: $10 All day in Parking Garage: 350 E. 2nd St. Los Angeles, CA 90012

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. Also included in the discussion is self-care strategies to prevent vicarious trauma and intervention strategies to which alleviate the symptoms. Both literature review and 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 and 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 exercises 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.
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DEADLINE: May 15, 2018
CONTINUING EDUCATION: 6 hours for BBS, BRN, CCAPP-EI
EDUCATION: CE for Psychologist
COST: NONE