

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

**DATE & TIME:**

**MAY 19 & 21, 2025**

**9:00AM - 12:00PM**

*All registration is completed on the EventsHub prior to the training. Check-in begins 15 minutes prior to the training time. All participants must arrive during the Check-in period. Late arrivals will not be admitted.*

**PLACE:**

**Web Broadcast – MS TEAMS**

This training will explore the context of working in large systems and the stressors associated such as competing priorities, resource depletion, staffing crisis, and workload. A historical overview relevant to understanding of vicarious and secondary trauma, compassion fatigue, and the latest research on burnout is discussed. This training will further address and apply the concepts of burnout through personal and group work activities. Literature review coupled with skill-based strategies are presented through the lens of resiliency and promote understanding and identify approaches for meeting the demands of work adversity. Subcomponents and strategies for self-care are presented and include building healthy occupational relationships, developing effective restoration/maintenance plans, acquiring adequate coping tools, and developing wellness individualized and unique plans. These plans afford an opportunity to outline personal areas of growth, identify wellness goals and develop action plans for change. Mindfulness and meditation practices are discussed and supplement participant's resiliency and wellness tools. Lastly, the training covers the tenets of organizational wellness and how to improve productivity and performance individually, unit-wide, and systems wide.

**TARGET AUDIENCE: DMH DIRECTLY OPERATED & CONTRACTED STAFF**

**OBJECTIVES:** As a result of attending this training, participants should be able to:

1. Define burnout, vicarious and secondary trauma, compassion fatigue, resiliency and self-care.
2. Describe the recovery model concept of wellness and how to apply it to direct services and individual wellness.
3. Identify ways that organizational workplace culture impacts one's abilities to care for themselves and identify organizational tools to support wellness (increase performance and productivity) and avoid burnout.
4. Describe how communication skills, assertiveness skills, mindfulness techniques, compassion, and stress management strategies play a significant role in self-care and resiliency practice to decrease work disengagement.
5. List at least two specific, individualized, and personal ways to create change and support motivation for oneself in work engagement and achievement.
6. Create obtainable action plans to address individual and organizational wellness that foster self-care and resiliency, along with ways to promote maintenance and monitoring of the plans, respectively.

**CONDUCTED**

**Aron Steward, Ph.D.**

**BY:**

**COORDINATED**

**Elmer Ornelas, LCSW, Training Coordinator**

**BY:**

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**DEADLINE:**

**May 12, 2025 or When Capacity is Reached**

**CONTINUING**

**EDUCATION:**

**COST**

**NONE**

**DMH Employees Register at:**

**<https://eventshub.dmh.lacounty.gov/Account/Events/Trainings/Detail/12986>**