

Addressing the Psychological Hazards of Youth Work: Optimizing Your Self-Care

DATE & TIME: **May 7, 2024 & May 9, 2024** **9:00AM – 12:00PM**
Attendance is required both days

Sign-in begins 15 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.

PLACE: **Web Broadcast – Zoom**
Registrants are required to join through Zoom. Participants must have reliable internet access and audio/visual capability to participate in this training.

This workshop is designed to promote the overall well-being of clinical and non-clinical DMH and contracted mental health provider staff so that 1) staff increase their psychological resilience in light of the inherent demands associated with serving at-risk youth and their families; 2) staff are made aware of, and are equipped to adeptly address vicarious trauma processes that affect them and their organizational climate; and 3) overall work satisfaction is increased and burnout is decreased leading to greater effectiveness and career longevity of staff. Participants will also examine how cultural factors influence the trauma adaptations of youth and families. Addressing these areas will ensure that staff not only mitigate burnout and increase their therapeutic contribution to youth and families they serve, but also that staff increase their own overall well-being. When this is accomplished, more youth and families will be helped to a greater degree.

TARGET AUDIENCE: DMH staff and mental health contracted providers rendering specialty mental health services to children, youth and families throughout Los Angeles County.

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

1. Define burnout, compassion fatigue, and vicarious traumatization.
2. Describe how stress and trauma affect key brain structures and the body.
3. List 3 factors that are associated with psychological resilience and increased resistance to stress and trauma impact.
4. Describe how stress and trauma can factor into substance abuse potential for clinicians and staff who work with trauma-exposed youth.
5. List 5 domains associated with protective clinical practice against secondary traumatization and burnout in youth workers.
6. List 2 resources available to teams and service agencies that they can use to implement procedures that mitigate staff burnout.
7. List 3 cultural factors that can influence the impact of vicarious traumatization.

CONDUCTED BY: **Rick Williamson, Ph.D.**

COORDINATED BY: **Brian Yager, Mental Health Training Coordinator**
BYager@dmh.lacounty.gov

DEADLINE: **May 7, 2024 or when maximum capacity is reached.**

CONTINUING EDUCATION: **6 hours for BBS, BRN, CCAPP-EI CE for Psychologist**

COST: **NONE**

DMH Employees and contract provider staff complete online registration at:
<https://eventshub.dmh.lacounty.gov>