

☒ Cultural Competency

**Creating Occupational Resiliency: Implementing Self-Care Strategies Forensic Providers
(Supervisors and Managers)**

DATE & TIME: June 9, and June 10, 2025 1:00PM - 4:00PM

*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.
ONLINE ATTENDANCE & PARTICIPATION ARE MANDATORY ON BOTH DAYS.*

PLACE: Web Broadcast – MS Teams

REGISTRATION: <https://eventshub.dmh.lacounty.gov/Account/Events/Trainings/Detail/13184>

DESCRIPTION: This training is targeted to supervisors/managers and aims to provide a basic understanding of the secondary traumatization risk factors associated with working in large behavioral health delivery systems, in the forensic scope. Participants will commit to bringing this learning back to their immediate systems and will develop a plan for implementing change, utilizing the knowledge acquired in this introductory series. The sequence of trainings will engage in a review of literature, case vignettes, journaling, and group discussion. Participants will gain a deeper understanding of the concepts presented and their application.

TARGET AUDIENCE: Registration is limited to AB109 Program Staff, Men's and Women's Community Reintegration Program staff, Mental Health Court Linkage Program Staff, and contracted agencies working with these programs.

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

1. Define burnout, vicarious trauma, compassion fatigue and self-care for supervisees.
2. Describe the recovery model concept of wellness and how to apply it to direct services and individual wellness.
3. Identify the way that our community and organizational workplace culture impacts our abilities to care for ourselves, support wellness among our employees and avoid burnout most especially in forensic professional environments for ourselves and our employees.
4. Describe how Communication skills, Assertiveness skills, Mindfulness techniques, Compassion and Stress management strategies play a significant role in self-care practices for supervisees.
5. List at least 2 ways to create change and support motivation for themselves as supervisors and supervisees.
6. Develop obtainable action plans to address individual and organizational wellness that fosters self-care for supervisees, along with ways to promote maintenance and monitoring of the plans, respectively.
7. Identify cultural, organizational, and systemic factors that contribute to secondary traumatization among staff in forensic behavioral settings, and will apply this understanding to develop an actionable plan to foster a more trauma-informed and culturally responsive work environment within their supervisory scope.

CONDUCTED BY: Aron Steward, Ph.D.

COORDINATED BY: Adam Benson, MPA - Mental Health Training Coordinator
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DEADLINE: June 9, 2025, at 12:00PM or when maximum capacity is reached.

CONTINUING EDUCATION: 6.0 hours for BBS, BRN, CCAPP-EL
6.0 CEs for Psychologist

COST: None

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