

☒ Cultural Competency

**Creating Occupational Resiliency: Implementing Self-Care Strategies Forensic Providers
(Line Staff)**

DATE & TIME: June 9, and June 10, 2025 **9:00AM - 12:00PM**

*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/13183>

DESCRIPTION: This training is targeted to line staff 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 be offered a review of recent literature and research on the field of burnout, vicarious trauma, secondary trauma, compassion fatigue and resiliency on all levels including individuals, systems, and cultures. Participants will also be offered basic skills to utilize in evaluating the presence of these risk factors in jobs, colleagues, and themselves. Participants will gain a deeper understanding of the concepts presented and their application. Participants will engage in didactic exercises to outline their own personal areas and need for growth, create wellness goals, and develop an action plan for change.

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.
2. Identify the specific risk factors associated with certain job conditions, duties, titles, cultures, and personalities, most specifically the forensic environments.
3. Develop clarity on how secondary traumatization impacts individuals, systems, and cultures.
4. Describe how Communication skills, Assertiveness skills, Mindfulness techniques, Compassion and Stress management strategies play a significant role in self-care practices.
5. List at least 2 ways of self-care and occupational resiliency with an emphasis placed on individualized and personalized plans of care that will create change and promote motivation.
6. Develop an obtainable action plan to address self-care, along with a maintenance and monitoring plan.
7. Describe how cultural, systemic, and environmental factors influence secondary traumatization in forensic behavioral health settings, reflect on their own experiences and identifies within these systems, and create a personalized wellness and action plan that supports culturally responsive, trauma-informed practices in their daily work.

CONDUCTED BY: Aron Steward, Ph.D.

COORDINATED BY: Adam Benson, MPA - Mental Health Training Coordinator
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DEADLINE: June 9, 2025, at 7:00AM 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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