

**DIVING DEEPER: APPLYING THE BASIC CONCEPTS OF OCCUPATIONAL RESILIENCY  
TRAINING TEAMS AND SYSTEMS TO CREATE A STRONGER MORE PRODUCTIVE  
ORGANIZATION**

**DATE & TIME:**

**March 24 & 26, 2026**

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

*All registration is completed on the EventsHub prior to the training. Sign-in begins 30 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.*

**PLACE:**

**Web Broadcast – MS TEAMS**

**REGISTRATION:** <https://eventshub.dmh.lacounty.gov/Account/Events/Trainings/Detail/13429>

**DESCRIPTION:** This training is a deeper look into how vicarious trauma, secondary trauma, compassion fatigue and burnout have impacted participants and the systems they work in. The training will review aspects of occupational challenges that are diminishing productivity and decreasing individual and organizational effectiveness. Participants will be expected to apply concepts provided in the introductory series of this training to their immediate work environment. Opportunities for “hands on,” real time, self-care activities including emphasis on mindfulness and philosophies of wellness are included. Participants will complete individual, system and cultural plans for increasing wellness that are specific, measurable, attainable, realistic and timely. Each of those plans will incorporate resiliency strategies with the intention of enhancing direct services expectations. Likewise, participants will commit to identifying strategies to incorporate and implement at a work environment (system) level.

Pre-requisite: Must have participated in Creating Occupational Resiliency Training for Line Staff or Supervisors.

**TARGET AUDIENCE: DMH Directly Operated and DMH Contracted staff**

**OBJECTIVES:**

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

1. Describe how secondary traumatization has impacted individual and immediate working environment.
2. Define where individual and system effectiveness and productivity has been challenged by secondary traumatization.
3. Prepare self-care activities from sand trays to mindfulness activities to guided imagery and positive affirmations/mantras.
4. Design a SMART action plan to increase the likelihood of achievement.
5. Summarize a plan for implementing change within themselves and their immediate work environment to increase resiliency, wellness and productivity.
6. Identify strategies to increase motivation, dedication and hope toward personal and organizational wellness.

**CONDUCTED BY: Aron Steward, Ph.D.**

**COORDINATED BY: Elmer Ornelas, LCSW, Training Coordinator**  
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**DEADLINE:**

**March 24, 2026, or until max capacity is reached**

**CONTINUING  
EDUCATION:**

**COST:                   NONE**