

PROVIDER WELL-BEING INITIATIVE YEAR END HIGHLIGHTS

2020-2021



MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

ABOUT THE PROVIDER WELL-BEING INITIATIVE

The COVID-19 pandemic has had a significant impact on the well-being of the health and mental health workforces. The MHTTC Provider Well-Being Initiative was established in 2020 with two foci:

- Build strategies for individual self-care, such as through evidence-based training on adult resiliency, teaching self-care practices like mindfulness and yoga, and holding mutual support sessions to facilitate support and sharing personal wellness strategies.
- Assist health and behavioral healthcare agencies to implement organizational-level well-being interventions, such as through effective clinical supervision, team-building, and addressing the organizational well-being components of leadership, climate, and culture.

205
events



13,305
attendees



162
products



416
course completions



PROVIDER WELL-BEING IS...

The mental, physical, social, and spiritual quality of life across personal and work-life domains. Wellness includes the absence of distress and the presence of positive conditions, including fulfillment, resilience, and thriving states that extend beyond job satisfaction and allow providers to develop their full potentials.

ORGANIZATIONAL WELL-BEING IN HEALTH CARE: A NATIONAL SYMPOSIUM

Health care professionals have long experienced high levels of burnout, and the COVID-19 pandemic has exacerbated the issue. Several MHTTCs collaborated to provide this national two-day symposium that addressed why it is essential for health care organizations to evaluate and address conditions influencing their employees' well-being. Attendees reported high satisfaction with the symposium, and took away practical measures their organizations can implement at various levels, especially with administrative buy-in.

Session topics included:

- Systems Solutions for Enhancing Professional Well-Being
- Taking an Equity First Framework: Sustainability in Diversity and Inclusion Efforts
- Physician Well-Being: From Burnout to Thriving in Modern Medicine
- Creating Organizational Culture Change to Promote Well-Being and Engagement
- National Perspectives for Improving Organizational Responses to Health Professionals' Well-Being
- Considerations, Moments of Pause and Reflections in Addressing DEI in Your Organization

Access the recordings and resources from this symposium [here](#).

PROVIDER WELL-BEING RESOURCES FROM ACROSS OUR NETWORK

NEW ENGLAND MHTTC

[Beyond Self-Care: Organizational Strategies and Practices for Supporting Employee Well-Being - A List of Practical Resources](#) this collection of resources offers information, strategies, and practices to help behavioral health employers take steps to “fix the workplace” rather than “fixing the worker.”

SOUTHEAST MHTTC

[Mental Health Provider Burnout and Clinical Supervision](#) Burnout is a major issue facing mental health providers; however, research suggests there are ways organizations can support the well-being of their workforce. This infographic explores the signs of provider burnout as well as discusses the role of supervision in minimizing its impact.

MID-AMERICA MHTTC

[Adult Resilience Curriculum \(ARC\) for Health Professionals](#)
While many health care workers are familiar with self-care strategies, they are often misunderstood or underutilized. Through self-paced learning or institutional efforts, the evidence-based Adult Resilience Curriculum (ARC) for Health Professionals can help health care workers and organizations overcome barriers to well-being even in non-pandemic years.

NORTHWEST MHTTC

[We Make The Path By Walking' Webinar and Podcast Series](#) is an eight-part series designed to help us reckon with our turbulent world, offering support and direction for a clearer path forward. Sessions bring focus and connection, opening opportunities for personal exploration, insight and the discovery of new ways to navigate life with resilience and hope.

NORTHEAST & CARIBBEAN MHTTC

[Wellness Matters: Self-Care for Mental Health Providers](#) This online course offers self-care strategies and wellness frameworks, along with practices to increase resilience and flourish in one's personal and professional life.

GREAT LAKES MHTTC

[Teambuilding for Organizational Health and Wellness: A Presentation for Behavioral and Medical Health Leaders](#)
This virtual training discusses the leader's role in increasing team cohesion and practical strategies for facilitating a results-oriented teambuilding retreat, virtual activities that promote teambuilding during the era of COVID 19, and how to help employees see their value and feel safe during challenging times.

MOUNTAIN PLAINS MHTTC

[Voices from the Field](#) is a seven-part blog series that focuses the reader on the spiritual, physical, and mental wellness of providers responding to the global health pandemic. In this series you will learn techniques that leaders and behavioral health providers have incorporated to address the needs of the people they serve.

NATIONAL HISPANIC AND LATINO MHTTC

[Fatiga por Compasión](#) is a virtual training provided in Spanish to educate Spanish-speaking service providers and organizations on the need for care and education to avoid compassion fatigue.

CENTRAL EAST MHTTC

[Health and Professional Well-Being: Understanding and Combating Compassion Fatigue](#) is a 4-part virtual series targeting contributors and symptoms of compassion fatigue, burnout, and secondary traumatic stress.

SOUTH SOUTHWEST MHTTC

[Working with Others Who Are Overwhelmed](#) provides guidance for protecting your well-being while working with and caring for overwhelmed colleagues and clients. In this virtual training, understand how to create, maintain, and strengthen your self-care plan while examining the uniquely taxing effects of the pandemic and what self-care skills help most.

PACIFIC SOUTHWEST MHTTC

[Compassion Fatigue Resilience Series: Self-Regulation](#) This 3-part learning series is designed to decrease burnout and compassion fatigue, as well as increase satisfaction and resilience. Topics covered are: self regulation, reframing, and self-care.

NATIONAL AMERICAN INDIAN AND ALASKA NATIVE MHTTC

[Self-Help and Self-Care Resources for Native Americans and Alaska Natives](#) This document provides information on training and resources related to self-help and self-care resources for Native American and Alaska Native populations.

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Thanks everyone for an awesome presentation and Q&A!

Thank you! This was very informative and helpful! I'm looking forward to reviewing these resources and taking action in my organization!

Great presentation, thank you! I have taken a lot from it!

This has been an amazing symposium! Great presenters and information. Thank you!

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VOICES FROM THE FIELD

QUESTIONS?

Contact your Regional Center or National Focus Area Center
Visit www.MHTTCnetwork.org and click on 'Your MHTTC'

You may also contact the MHTTC Network Coordinating Office
at networkoffice@mhttcnetwork.org

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