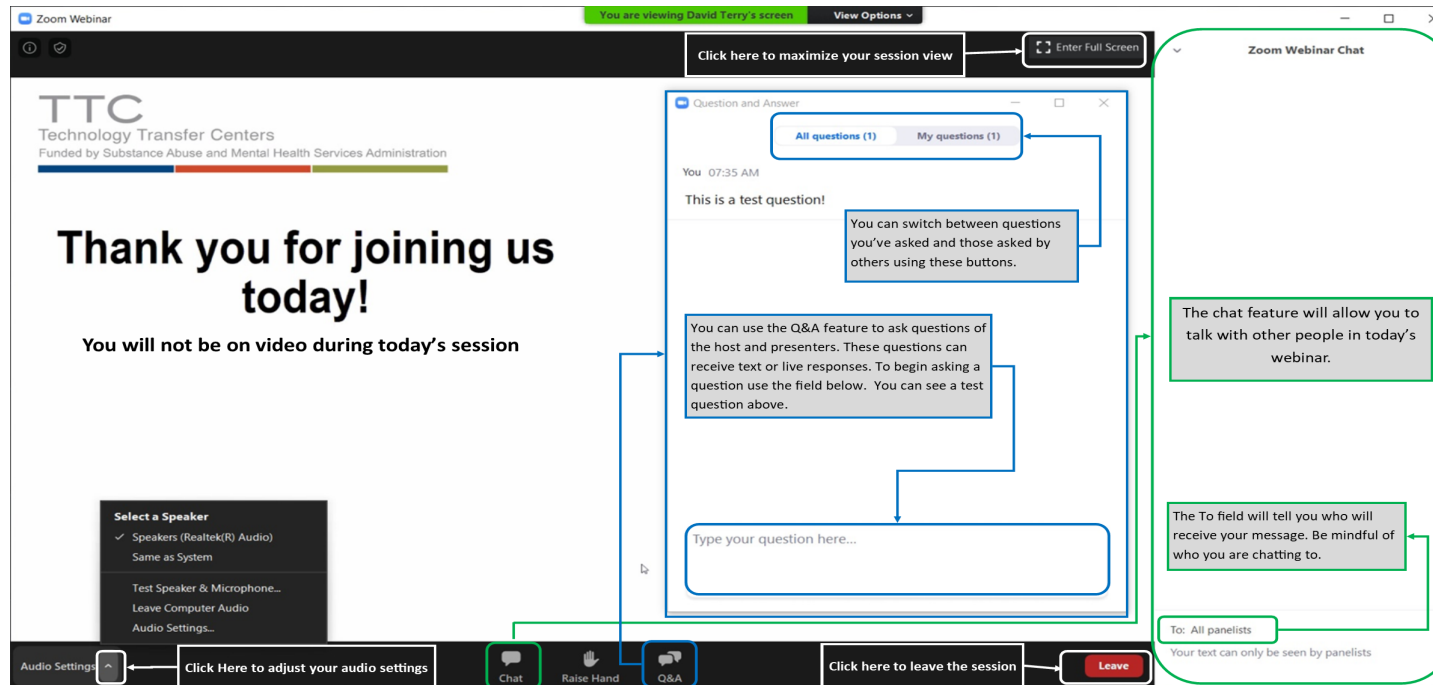


The Zoom Interface



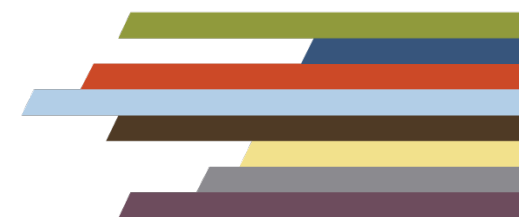
**All attendees are muted. Today's session will be recorded.
A link to the presentation slides and a recording of the webinar will be emailed.
Certificates of Attendance will be emailed.**



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From Surviving to Thriving: Resilience and Post-Traumatic Growth Among Mental Health Providers

Michelle Zechner, PhD, LSW, CPRP



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About Us ...

The Northeast and Caribbean MHTTC provides 5 years (2018 – 2023) of funding to:

- Enhance capacity of behavioral health workforce to deliver evidence-based and promising practices to individuals with mental illnesses.
- Address full continuum of services spanning mental illness prevention, treatment, and recovery supports.
- Train related workforces (police/first responders, primary care providers, vocational services, etc.) to provide effective services to people with mental illnesses.

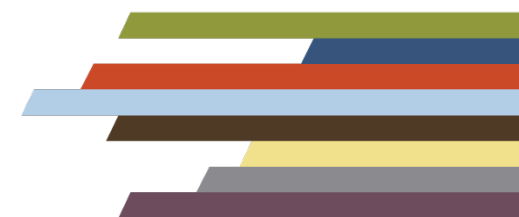
Supplemental funding to work with school teachers and staff to address student mental health.



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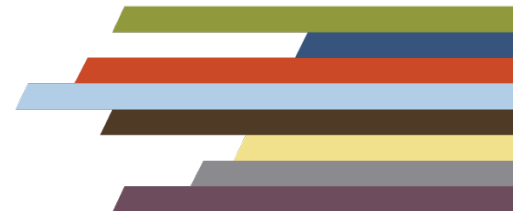
<https://bit.ly/2mpmpMb>



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We Want Your Feedback!

Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs.

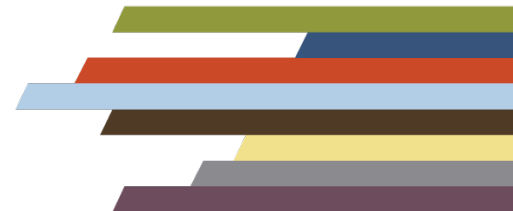
Feedback about this training will assist us in developing trainings that are relevant to your current professional needs. Therefore, your feedback counts!



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Video Recording Information

Please Note:

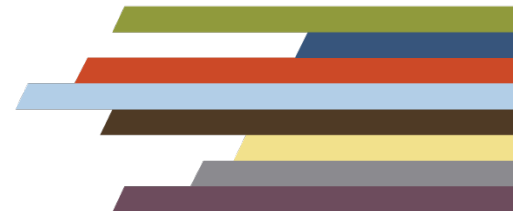
We will be recording this webinar and posting it to our website along with the presentation slides and any relevant resources.



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Your Interactions With Us

Question and Answers

- Q & A will occur at the end of the call.
- Type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Be aware: your question is visible to all participants.

Chat and Polls

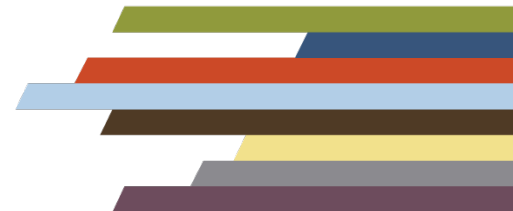
- Throughout the webinar, we will be asking for your input.
- Use the Chat or Poll features in Zoom located on the task bar.
- You can control who can see your chat comments.



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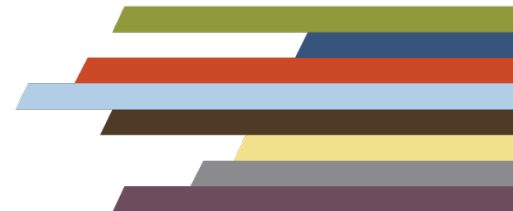
This presentation will be recorded and posted on our website. At the time of this presentation, Elinore F. McCance-Katz served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of the presenters, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.



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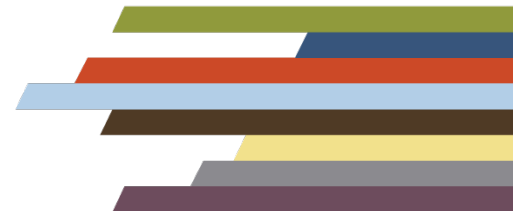
Our Presenter



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A Stormy Time



“Your story—and the stories of people you’re helping—can and should be about a traumatic past that leads to a better future”

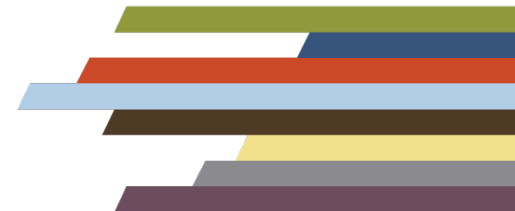
Tedeschi, 2020



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Mental Health Providers

Helping Stress Health
Resilience Challenges

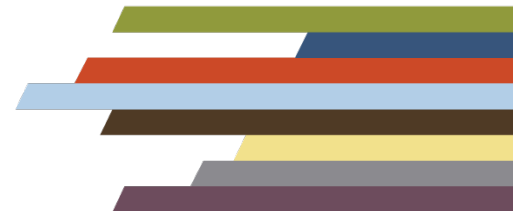


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What is Resilience?



Bouncing back after challenges



Exploring and using new coping strategies



Seeing ourselves as capable of meeting new situations



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Resilience for MH Staff

Overcoming difficulties with service recipients

Focus on personal mission

Manage stress and emotions

Address secondary trauma

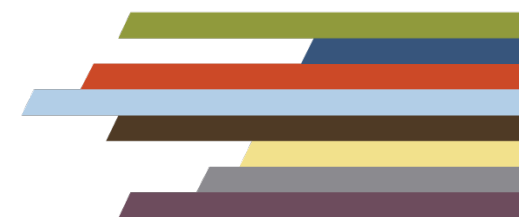
Prevent burnout



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Let's hear from you



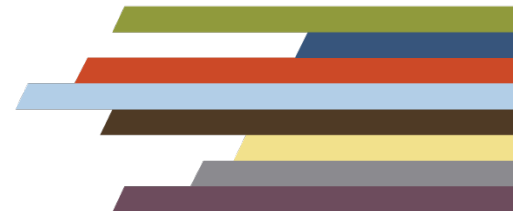
Why is resilience important for you?



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Attitudes helpful for Resilience



Hope and
optimism



Self-confidence



Perspective



Reflection



Purpose and
meaning



Wellness

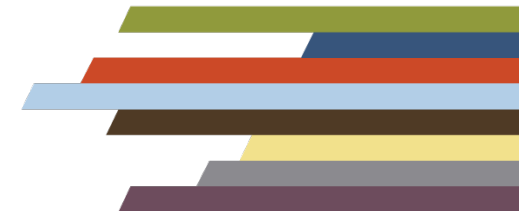


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Building Resilience

- Surround yourself with good
- Connect to your supports
- Pause
- Problem-solve

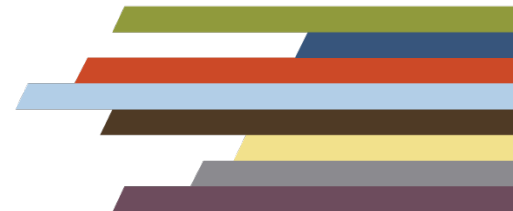


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Resilience at Work

Colleagues

Mentors

Supervisors

Self-care breaks

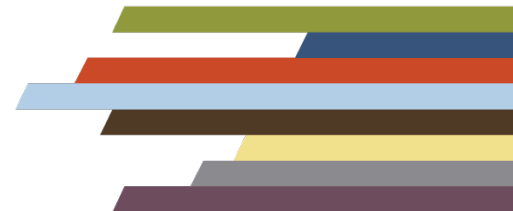
Employee Assistance



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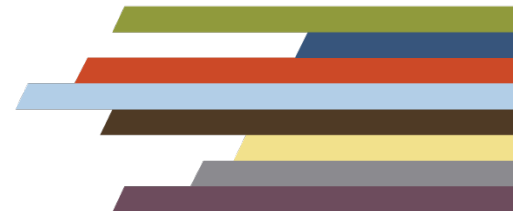
What actions build your resilience?



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Growing from Adverse Events

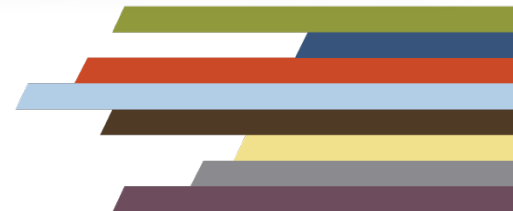


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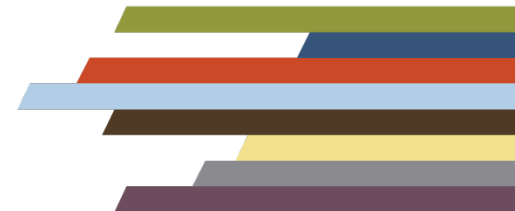
Post-Traumatic Growth



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What is Posttraumatic Growth (PTG)?

“positive change experienced as a result of the struggle with a major life crisis or a traumatic event”

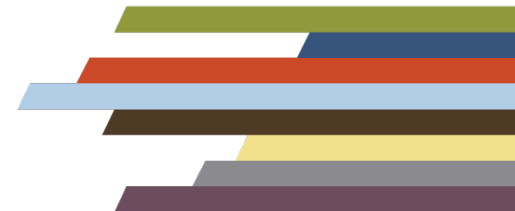
Posttraumatic Growth Research Center, 2014



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PTG Examples



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Developing PTG

Appreciation of life

Personal strength

Spiritual change

Being open to new
ways of thinking

Connection with others



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From: Post Traumatic Growth Inventory, Tedeschi & Calhoun, 1996

Value of Witnessing PTG

- Builds empathy
- Broadens spiritual perspective
- Improves self-confidence & professional identity

Tedeschi et al., 2018; Brockhouse et al., 2011



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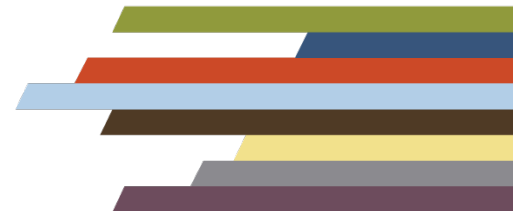
Blooming During Upheaval



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Build Resilience & Encourage Growth

PERMA

- **P**ositive emotions
- **E**ngagement
- **R**elationships
- **M**eaning
- **A**ccomplishment

Seligman, 2011; 2018





- Focus on good events and emotions
- Choose a situation to infuse positivity
- Pause at work

Positive Emotions

CHAT QUESTION:
What helps your positivity?

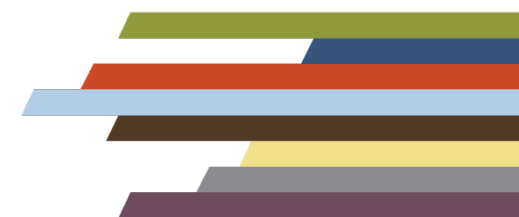
Robinson & Smith, 2020;GGSC, nd



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Engagement

- Meaningful activities that use your strengths for challenges
- Situations when you are very focused & forget your surroundings

When are you completely engaged in the work that you do?



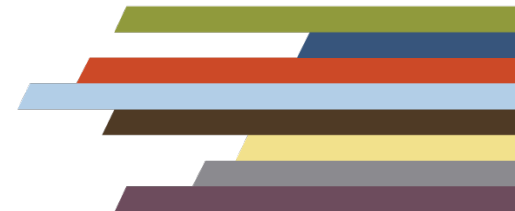
Lifelong Learning Program (2014)



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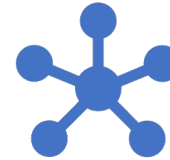
Relationships



Positive
interactions



Reaching out



Focus on good
connections

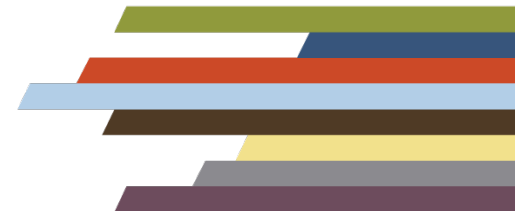
Robinson & Smith, 2020; SAMHRI,nd



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Meaning

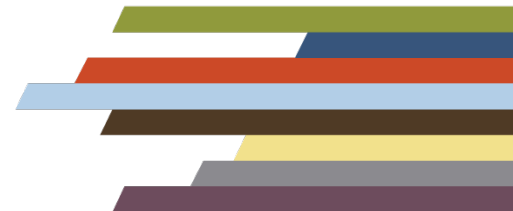
- **Sense of higher purpose and connection**
- **What is meaningful for you?**
- **Spiritual or religious activities**
- **Help others**



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Accomplishment

- Achieving goals
- Focus on recent success
- List your strengths
- Celebrate small wins



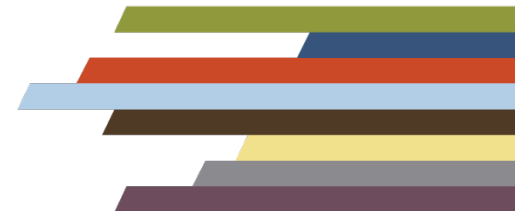
Robinson & Smith, 2020



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Let's hear from you



What is something you've done this week
that was an accomplishment?

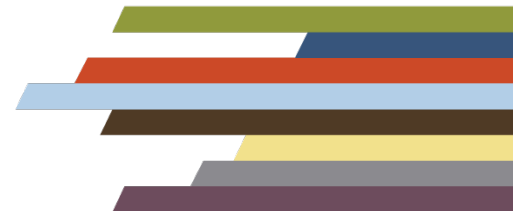


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How to use PERMA?



To help reframe your thinking



Make resilience a priority



Support your supervisees and clients



A reminder to dance in the rain

LIFE ISN'T ABOUT HOW
TO SURVIVE THE STORM
BUT HOW TO
DANCE IN THE RAIN

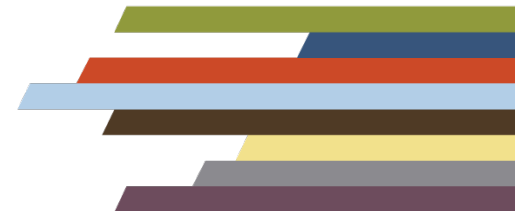
- Take breaks
- Talk to people
- Enjoy
- Find meaning
- Limit work
- Supervision
- Laugh
- Move



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Summary

Resilience is the ability to recover from challenges



Post Traumatic Growth is the life-changing process of personal growth following trauma or a very difficult event



The PERMA model of flourishing can expand our strategies and thinking about being resilient and contribute to post-traumatic growth

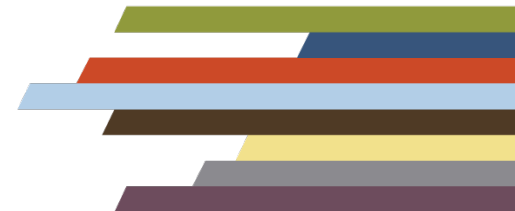
Q and A



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Resources

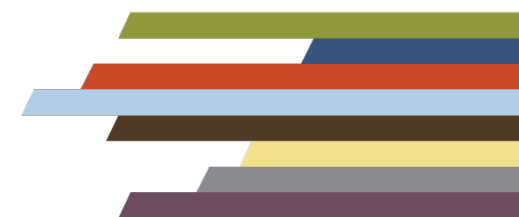
- Resilience self-evaluation
http://www.resilience-project.eu/uploads/media/self_evaluation_en.pdf
- Greater Good Science Center (nd). *Resilience to Stress Activities*.
https://ggia.berkeley.edu/#filters=resilience_to_stress
- Posttraumatic growth <https://ptgi.uncc.edu/>
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https://www.youtube.com/watch?v=q9OTnObqFSQ&feature=emb_logo
- Richard Tedeshi Video: What is PTG and how to facilitate it
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- The PERMA Model: Your Scientific Theory of Happiness
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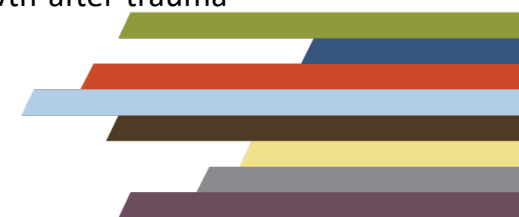
Tedeschi, R. (2020). Growth after Trauma. Retrieved from: <https://hbr.org/2020/07/growth-after-trauma>



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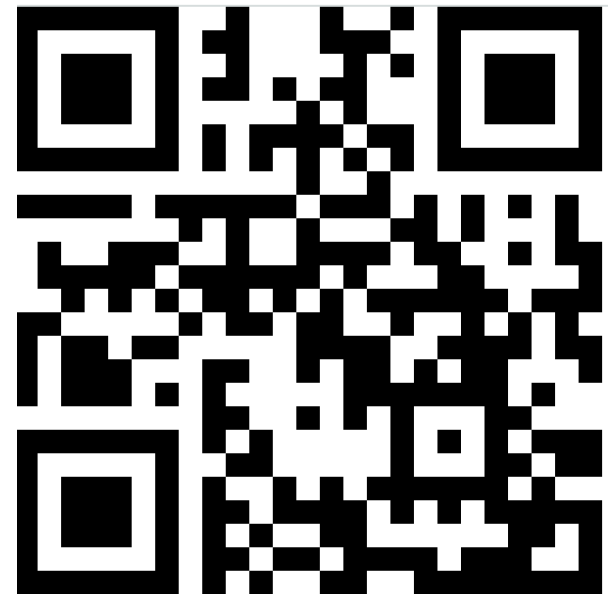
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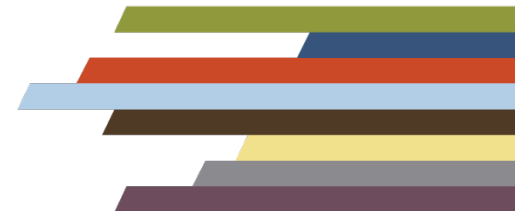
At the end of today's training please take a moment to complete a **brief** survey about today's training.



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