



BREATHE: Provider Well-Being

3-module webinar series

[March 23, 2021 | 12:00 PM \(ET\)](#)

[March 30, 2021 | 12:00 PM \(ET\)](#)

[April 6, 2021 | 12:00 PM \(ET\)](#)

Description:

Mental health care providers currently face a variety of challenges in their work-place setting and are at a high risk for experiencing burnout – negatively impacting professional and personal outcomes. Interventions to reduce burnout in mental health care professionals are needed. One promising intervention, entitled **Burnout Reduction: Enhanced Awareness, Tools, Handouts, and Education (BREATHE)**, supports individual providers by focusing on building individual resilience and skills.

March 23, 2021 | Module 1: Reminding ourselves to BREATHE in our work

Focus on understanding the concept of burnout and well-being at work while offering practices to reduce burnout and enhance well-being.

March 30, 2021 Module 2: Managing our workloads

Focus on approaches to reclaim time and better manage time-pressures.

April 6, 2021 | Module 3: Connecting with colleagues

Focus on building social support and integrating wellness practices in daily life.

Presenter:



Michelle P. Salyers, Ph.D., is Professor of Psychology at Indiana University Purdue University Indianapolis (IUPUI) and director of the ACT Center of Indiana. The overarching goal of her work is to help adults with severe mental illness live meaningful lives in the community. Her research addresses both consumers of mental health services and the providers of those services. She is increasingly targeting the interaction of consumers and providers, looking for the best ways to support relationships that promote recovery and well-being. Her current work involves developing effective ways to reduce staff burnout and to increase shared decision-making in mental health care.

