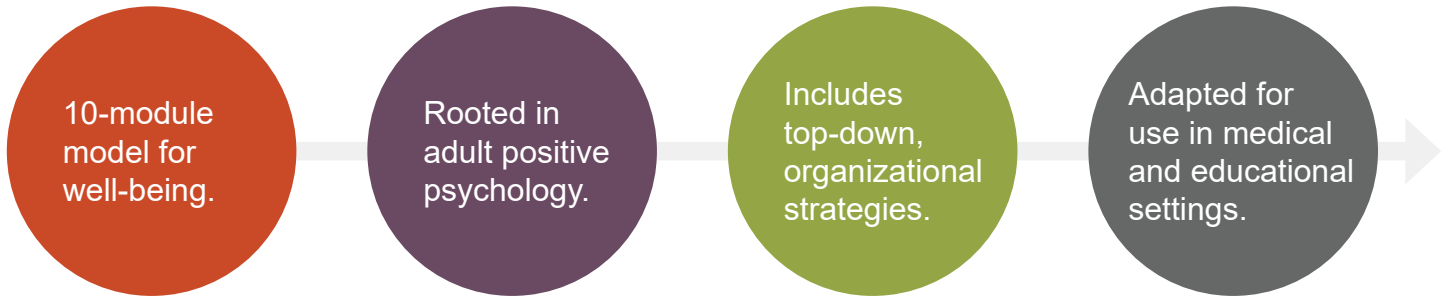




Adult Resilience Curriculum (ARC) for Health Professionals



Health care workers — including but not limited to physicians, nurse practitioners, physician assistants, nurses, behavioral health providers, and administrators — experience exceptional levels of burnout and compassion fatigue as the result of packed schedules, emotional demand, and moral injury. The COVID-19 pandemic has exacerbated the issue, adding high mortality, rationing of health supplies, and socio-political tensions to the mix.

While many health care workers are likely familiar with self-care strategies, these strategies are often misunderstood or underutilized.

The Adult Resilience Curriculum (ARC) for Health Professionals

can help these individuals and their organizations navigate these unprecedented times and overcome barriers to well-being that persist even in non-pandemic years.

Through self-paced learning or institutional efforts, ARC provides the structure that is often missing from meaningful well-being programming.

Curriculum Overview



Questions? Email midamerica@mhttcnetwork.org



Mid-America (HHS Region 7)

MHTTC

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



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