

# The Zoom Interface

The screenshot displays the Zoom Webinar interface. At the top, a status bar indicates "You are viewing David Terry's screen" and provides a "View Options" dropdown. A "Click here to maximize your session view" button and an "Enter Full Screen" button are also visible. The main content area shows the TTC (Technology Transfer Centers) logo and a message: "Thank you for joining us today! You will not be on video during today's session". A "Select a Speaker" menu is open, showing options for audio settings. A "Question and Answer" window is open, displaying a test question and a text input field for asking questions. A "Zoom Webinar Chat" window is also open, showing a "To: All panelists" field and a text input area. Annotations with arrows point to various elements: "Click here to adjust your audio settings" points to the audio settings icon; "Click here to leave the session" points to the "Leave" button; "You can switch between questions you've asked and those asked by others using these buttons." points to the "All questions (1)" and "My questions (1)" tabs; "You can use the Q&A feature to ask questions of the host and presenters. These questions can receive text or live responses. To begin asking a question use the field below. You can see a test question above." points to the "Type your question here..." input field; "The chat feature will allow you to talk with other people in today's webinar." points to the chat window; "The To field will tell you who will receive your message. Be mindful of who you are chatting to." points to the "To: All panelists" field; and "Your text can only be seen by panelists" points to the chat text input area.

**All attendees are muted. Today's session will be recorded.**

# How to Implement a Provider Wellness Program at Work

Peggy Swarbrick, PhD, FAOTA

Michelle Zechner, PhD

Rutgers University

June 24, 2021



Northeast and Caribbean (HHS Region 2)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# About Us ...

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

- 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:

- Support school teachers and staff to address student mental health
- Support healthcare providers in wellness and self-care activities



# Grow Your Knowledge and Skills

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**Subscribe** to receive our mailings.  
All activities are free!

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

# 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 future trainings that are relevant to your professional needs. Therefore, your feedback counts!

# 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.

# Disclaimer

This presentation was prepared for the Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC) under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC). This presentation will be recorded and posted on our website.

At the time of this presentation, Tom Coderre served as Acting Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, 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.

This work is supported by grant H79SM081783 from the DHHS, SAMHSA.

# 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).
- Note: 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.



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED AND  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS



# Our Presenters

**Peggy Swarbrick PhD, FAOTA**, Associate Director of the Center of Alcohol & Substance Use Studies and a Research Professor, Graduate School of Applied and Professional Psychology; Collaborative Support Programs of New Jersey

**Michelle Zechner**, PhD, MSW, LSW, CPRP, Assistant Professor at Rutgers, Department of Psychiatric Rehabilitation and Counseling Programs

# Learning Objectives:

**Learn how to**

Facilitate self-care and simple daily practices to increase overall wellness

**Identify**

Strategies to prevent burnout and compassion fatigue

**Implement**

A self care program for yourself and your colleagues



# What is Self Care



*Self-Care In the  
Workplace:  
Facilitator  
Manual*

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Pause

---

Breathe

---

Nourish yourself

---

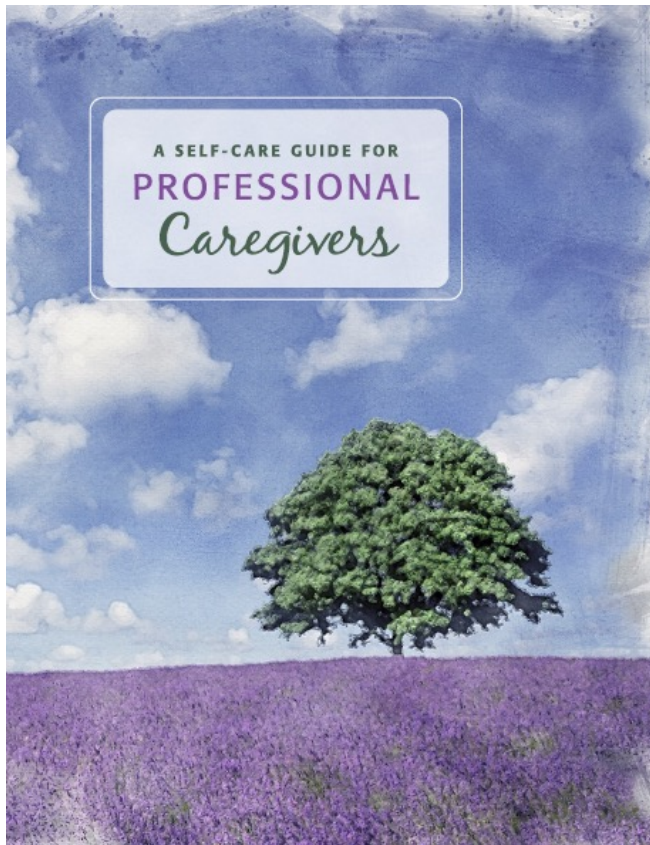
Move

---

Sleep

Pause | Breathe | Nourish Yourself | Move | Sleep





<https://www.care2caregivers.com/self-care/>





# Why is Self-Care important

# Who Can Benefit



# Self-Care in the Workplace Components

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Pause | Breathe | Nourish Yourself | Move | Sleep

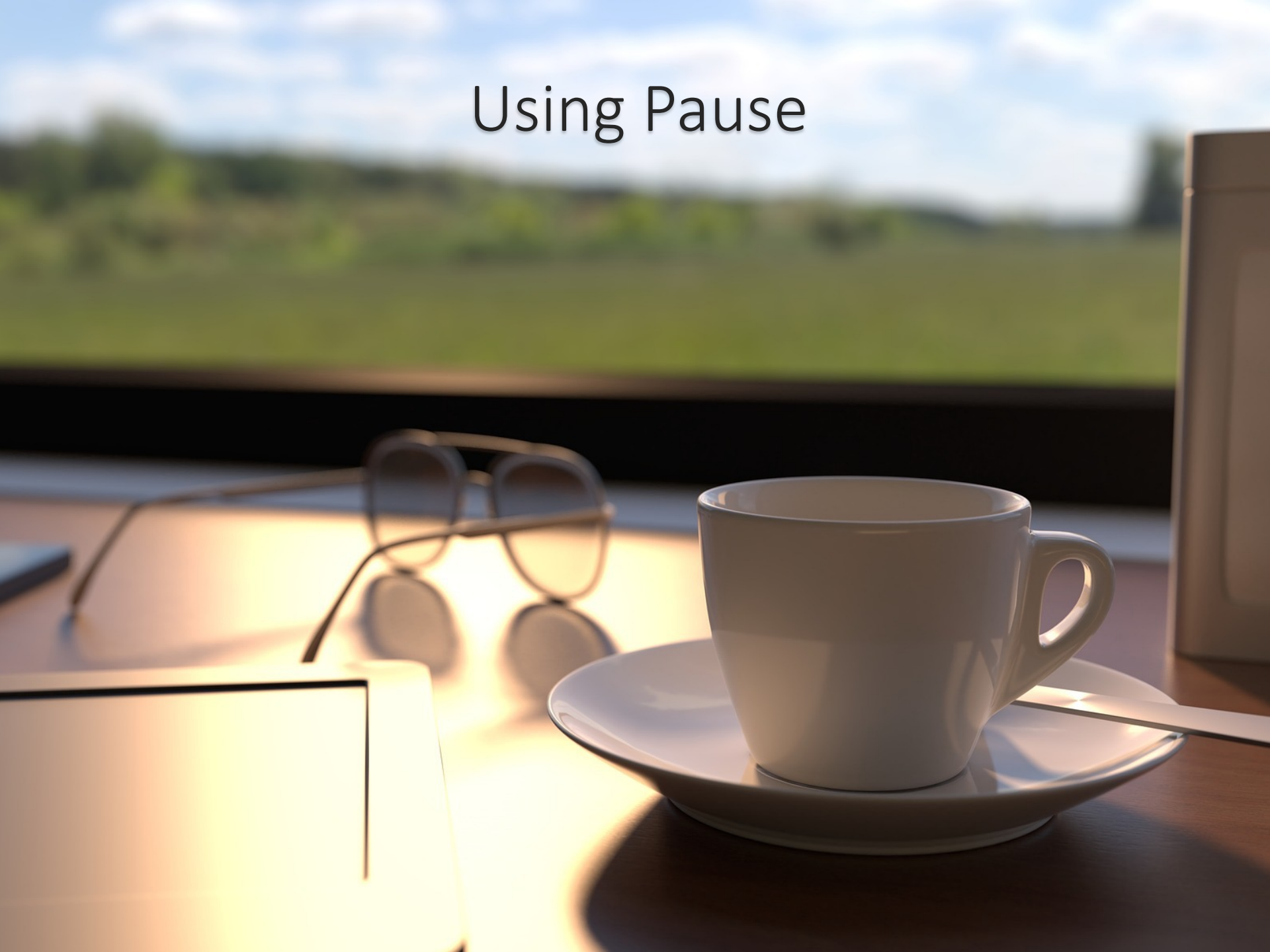


Pause

*just be*



# Using Pause





Try pausing right before and right after undertaking a new action, even something simple like putting a key in a lock to open a door. Such pauses take a brief moment, yet they have the effect of decompressing time and centering you.

—*Brother David Steindl-Rast*





Breathing with awareness



Breathe





# Nourish Yourself

- Good Food
- Good Thoughts



Get Ready to  
Nourish Your Body

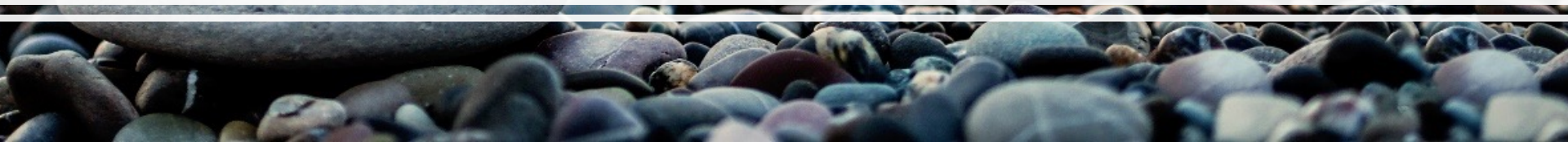
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Nourish Your Mind



Pause, Breathe, Move, and Nourish for Sleep



“HOW TO”

# SELF-CARE PROGRAM OVERVIEW

## IMPLEMENTATION MANUAL SECTIONS

- How to Use This Manual
- Program Implementation Manual Content
- Session format
- Guidelines for Session Facilitation
- Involving Participants

- 
- Tasks
  - Room Preparation
  - Tailoring the Program
  - Facilitator Checklist

## PREPARING FOR THE SESSION

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## SESSION TOPICS

### Session 1 Topic: Pause

Outline for Session 1: Pause

### Session 2 Topic: Breathe

Outline for Session 2: Breathe

### Session 3 Topic: Nourish Yourself

Outline for Session 3: Nourish Yourself

### Session 4 Topic: Move

Outline for Session 4: Move

### Session 5 Topic: Sleep

Outline for Session 5: Sleep



# Example Outline

- **Overview**
- **Learning Objectives**
- **Materials Needed**
- **Tips for Facilitating Session**



# *Session Format*

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Introduction (10 minutes)

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Activity (10-20 minutes)

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Discussion and Summary (10 minutes)

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*Video option*

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To watch the video, go to <http://care2caregivers.com/>.



## Involving Participants

# Preparing for the Session

**Tasks**

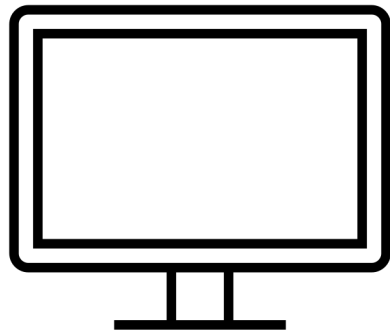
**Remote Delivery Preparation**

**Room Preparation**

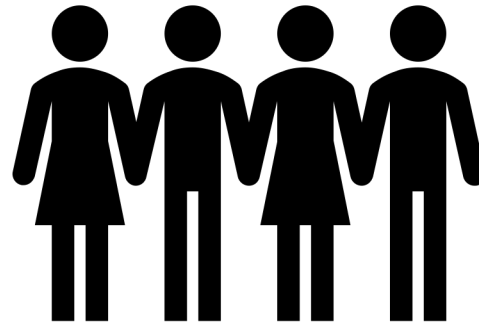
**Tailoring the Program**

# Checklists

Online



In Person



# Checklist

## Online Delivery Facilitator Checklist

### Before each session

- Create and schedule on-line meeting or webinar (if applicable).
- Recruit and send registration link to participants (if applicable).
- Send confirmation and reminders detailing time and how to log on.
- Review the session outline.
- Review the estimated timing of session and add clock times to your schedule.
- Download pdf of *Guides*, handouts and (if relevant) evaluation form.
- Identify any supplemental strategies for the webinar such as polls or word clouds.
- Test out on your webinar platform with your camera, microphone and sharing videos.
- Arrive early to set up the webinar to facilitate participation.

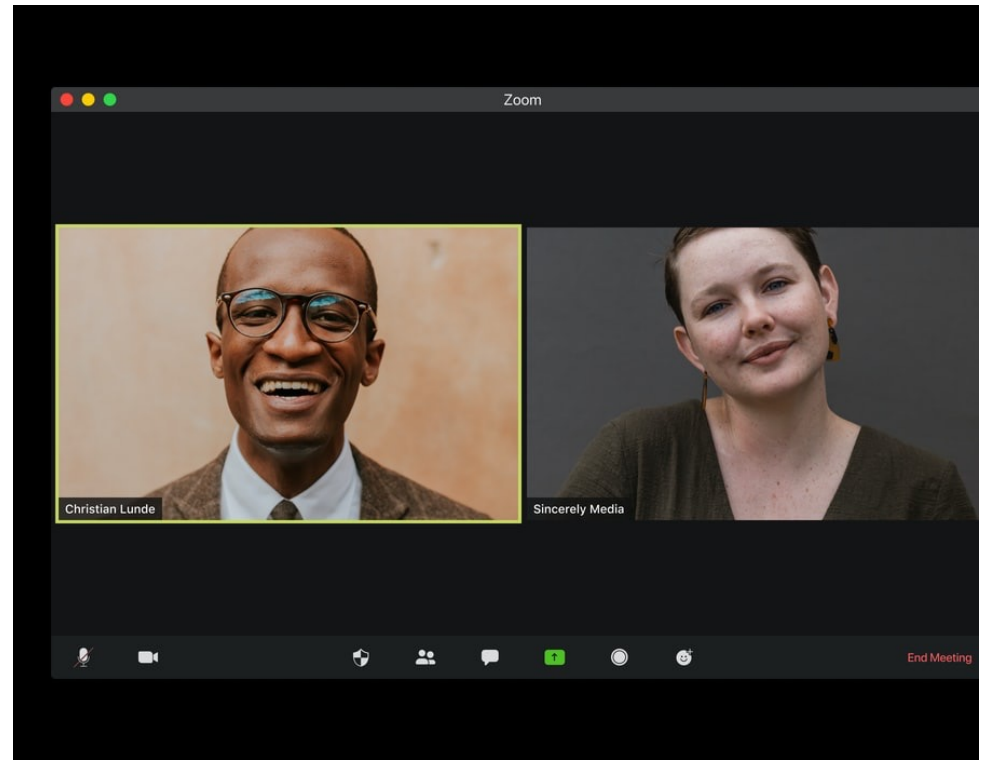
### During each session

- Support participant needs, such as using close captioning and description of slides.
- Allow time during the first and last sessions for program evaluation surveys.
- At first session, have participants introduce themselves by first name in the chat.
- Review previous session, if any, at the start of each session.
- Discuss participant experiences with practice between sessions, if relevant.
- Involve participants actively throughout the session using chat, polls or unmuting.
- Adjust the process and content to meet participant needs.

### After each session

- Add comments to your session outline about what worked and what didn't.
- Plan for next session and/or future sessions, including future links.

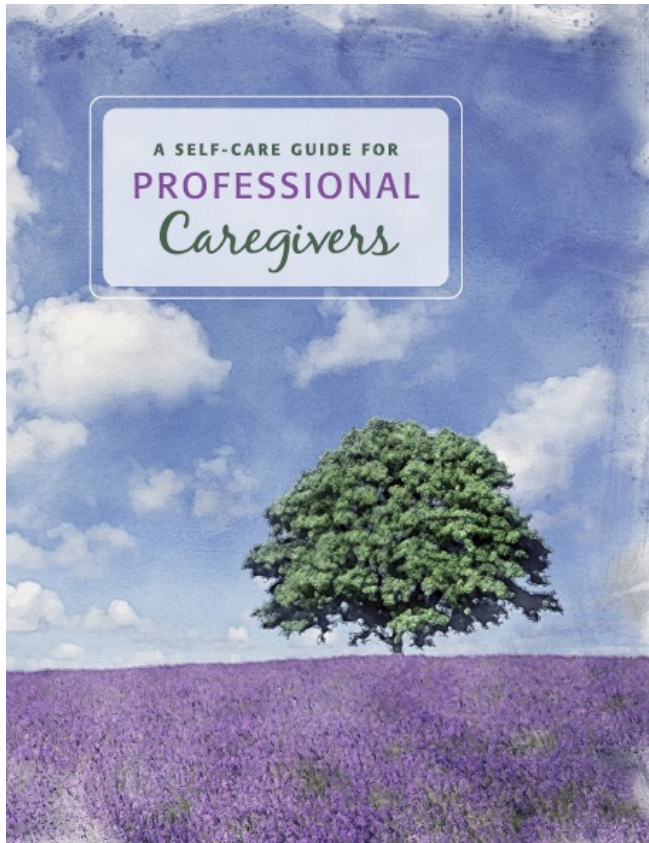
# Where & When to Offer





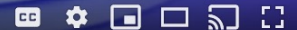
For more information:  
<https://www.care2caregivers.com/self-care/>

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## A Self Care Guide: Pause, Breathe and Move

0:16 / 20:40



# Pause, Breathe, Nourish, Move, Sleep

## Self-Care in the Workplace Program Implementation

***Join us:***

***Technical Assistance/Coaching meetings to help you plan and implement a program at your worksite***



July 8, July 22, Aug 5  
12-1pm

Poll:

Please rate your interest in participating in a 3-session implementation support and coaching program.





Pause

# Question and Answer



Thank You!



# References

[www.care2caregivers.com/self-care](http://www.care2caregivers.com/self-care)

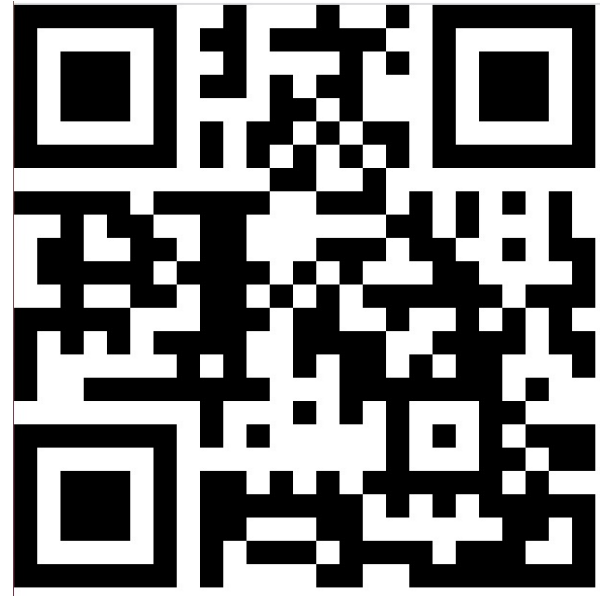
Swarbrick, M., Lundquist, M. C., Nemec, P., Gould Fogerite, S., & Zechner, M. Pilch, E, Tonwsend, M. (2020). *Self-Care Program Implementation Manual*. Piscataway, NJ: Rutgers University Behavioral Health Care.

Lundquist, M. C., Swarbrick, M., Gould Fogerite, S., Nemec, P., & Pilch, Ed. (2019). *A Self-Care Guide for Professional Caregivers*. Piscataway, NJ: Rutgers University Behavioral Health Care.

# Evaluation Information

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

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



<https://bit.ly/35xaeQQ>

# Connect With Us!

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<https://mhttcnetwork.org/centers/northeast-caribbean-mhttc/home>

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**SAMHSA**  
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Services Administration