



# ARC for Health Professionals: A Training of Trainers Symposium

Thursday, Jan. 27 - Friday, Jan. 28

Health care workers have long experienced 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. The Adult Resilience Curriculum (ARC) for Health Professionals can help 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.

In **ARC for Health Professionals: A Training of Trainers Symposium**, to be held Jan. 27-28, 2022, the Mid-America MHTTC will provide a walkthrough of the Adult Resilience Curriculum (ARC) for Health Professionals, introduce trainers to ARC materials for both the core and supplemental modules, and provide time for implementation planning. On Day 1 of the symposium, we will introduce professional well-being and the ARC as well as delivery considerations across all modules. We will also introduce delivery of the core modules and provide time to prepare and practice delivering the didactic or activity for one core module. Day 2 will focus on preparation, delivery of one supplemental module, and time to plan for implementation.

*Who should attend?* This training is ideal for individuals who will play a role in ARC implementation as well as other leaders or decision-makers, even those who might not be leading curriculum delivery.

In the event of space limitations, preference will be given to participants in HHS Region 7 (Nebraska, Iowa, Kansas, and Missouri).

[Click here to register!](#)

Questions? Reach out to [midamerica@mhttcnetwork.org](mailto:midamerica@mhttcnetwork.org)

