

The Zoom Interface

The screenshot shows a Zoom Webinar interface. At the top, it says "Zoom Webinar" and "You are viewing David Terry's screen". Below this is a navigation bar with "Click here to maximize your session view" and "Enter Full Screen". The main content area displays the TTC logo (Technology Transfer Centers) and a message: "Thank you for joining us today! You will not be on video during today's session". A "Question and Answer" window is open, showing a test question: "This is a test question!". Below the question is a text input field labeled "Type your question here...". The Q&A window has tabs for "All questions (1)" and "My questions (1)". A "Zoom Webinar Chat" window is also open, showing a "To: All panelists" field and a text input area. The bottom toolbar includes "Audio Settings", "Chat", "Raise Hand", "Q&A", and "Leave".

Annotations:

- Q&A Feature:** 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.
- Q&A Navigation:** You can switch between questions you've asked and those asked by others using these buttons.
- Chat Feature:** The chat feature will allow you to talk with other people in today's webinar.
- Chat Recipients:** The To field will tell you who will receive your message. Be mindful of who you are chatting to.

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

Making Myself a Priority

Michelle Zechner, PhD, LSW, CPRP

Rutgers, Dept. of Psychiatric Rehabilitation &
Counseling Professions

11/30/21

Flourishing at Work: A Plan for Helping Professionals



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 (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:

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



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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 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

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At the time of this presentation, Miriam Delphin-Rittmon served as 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 Presenter:

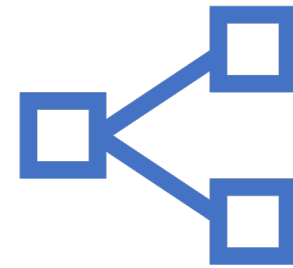


Michelle Zechner, PhD, LSW, CPRP

Objectives



Explore links between self-care, compassion fatigue and burnout



Explore attitudes and beliefs that promote resilience



Discuss developing a personal plan



What does "make yourself a priority" mean to you?

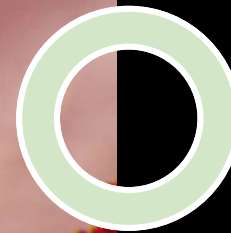
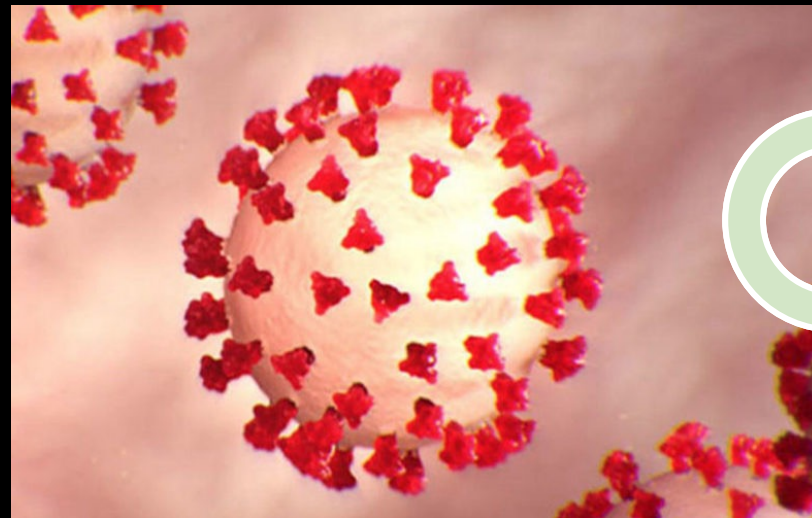
A tough year...
especially for
helpers

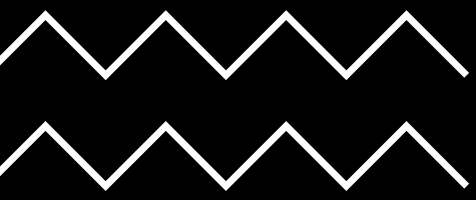




Helping Others

- Valuable role
- Creates stress
- High risk for compassion fatigue and burnout





What Impacts Helper Resilience?



Our
Priorities

Work
factors

Personal
factors

Recipient
Qualities





- Harder work
- Lower satisfaction
- Risk of burnout

What can we do?

Strategies to Flourish

- Make yourself a priority
- Practice self-care
- Use supports
- Consider your attitudes and beliefs
- Gather resources



Prioritize YOURSELF

- Help yourself first
- Establish boundaries
- Manage your energy

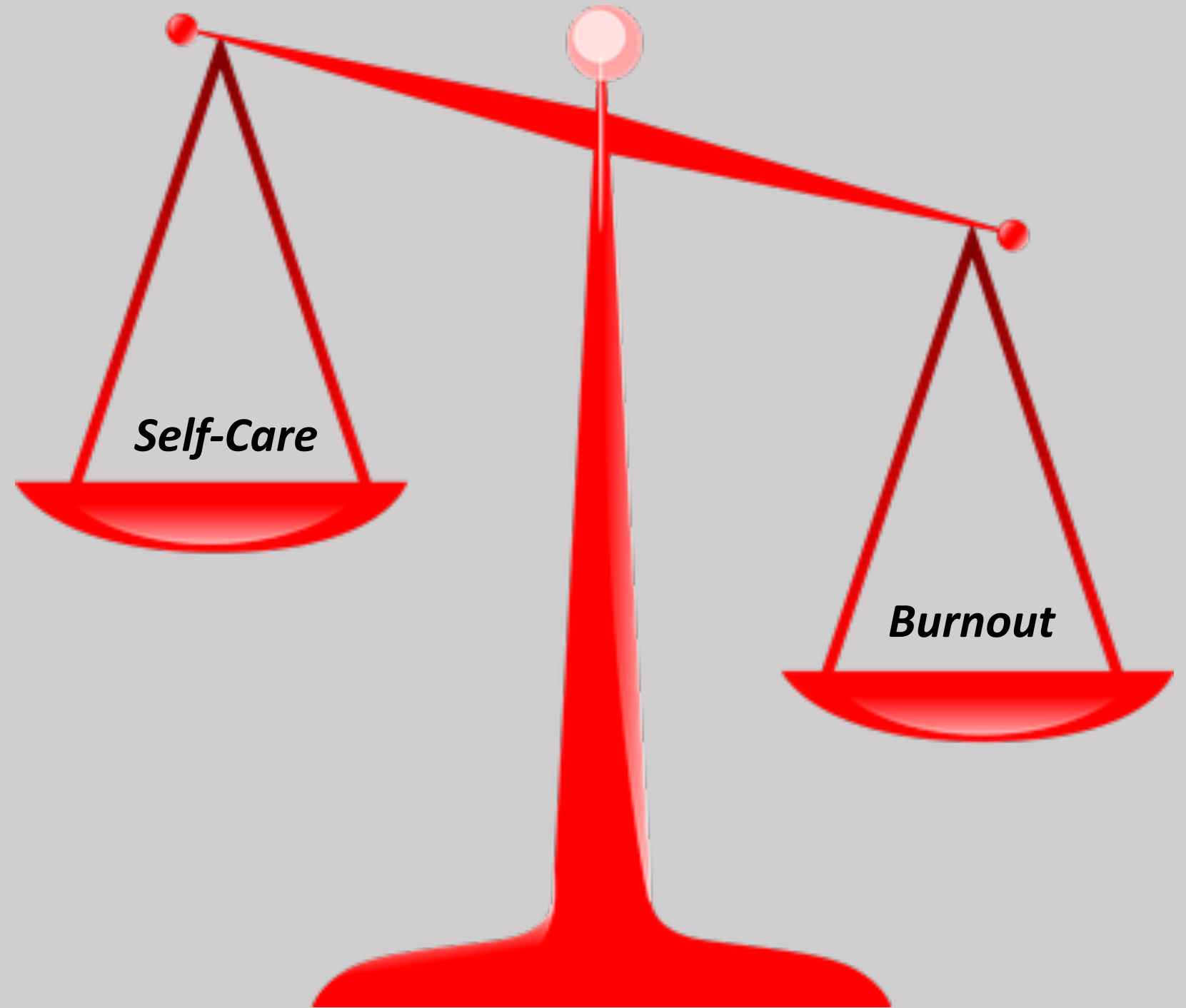




Self-Care



Start
with
Self-Care





Self-Care

- Awareness
- Variety
- Proactive



Getting Help



Supports

- Family
- Peer support
- Faith/Spiritual communities
- Counseling
- Employee Assistance Programs
- Professional Organizations

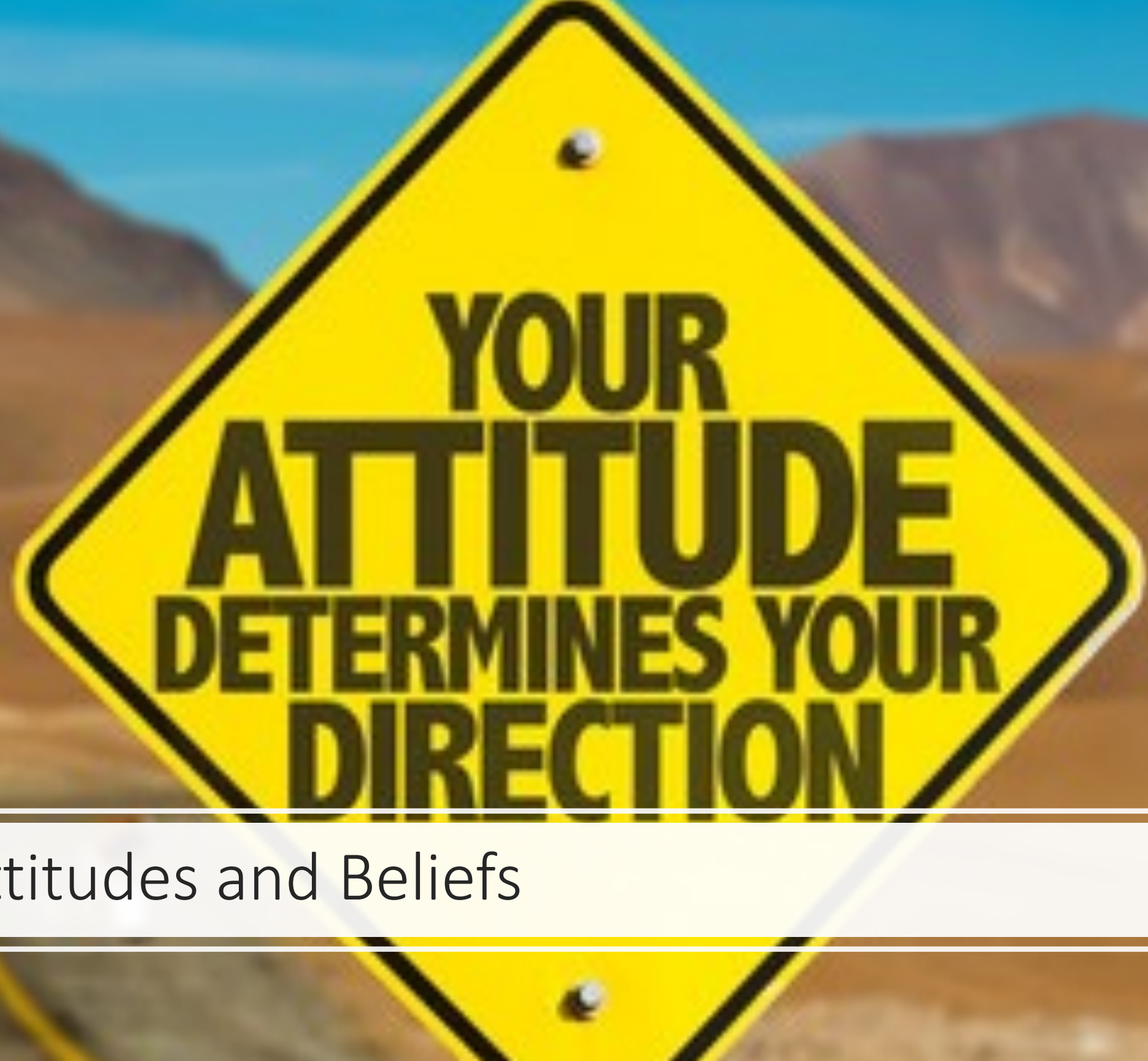
Who or what is the biggest support for you?

Using Your Supports

- Ask SMART-ly
- Ask for help when needed

What gets in the way of asking for help?





**YOUR
ATTITUDE
DETERMINES YOUR
DIRECTION**

Attitudes and Beliefs



- Attentiveness to self
- Actively engaged in life
- Hopeful that some change is possible
- Motivated & Optimistic
- Positive
- Thoughtful
- Willingness

Attitudes

What attitudes or beliefs support making yourself a priority?



Beliefs

- Self-care is important and necessary
- I am as worthy of support as those I help
- A work/life balance is important
- I can take small steps to improve my resilience
- Having self-compassion improves resilience

What beliefs do you need?

A circular corkboard with a red pushpin holding a white note with the text "What Do You Need To Succeed?". The note is pinned to the corkboard. The background of the slide features a large, stylized speech bubble shape on the left side, composed of overlapping white and grey curved lines. The overall design is clean and modern, with a focus on the central question.

What Do You Need
To
Succeed?

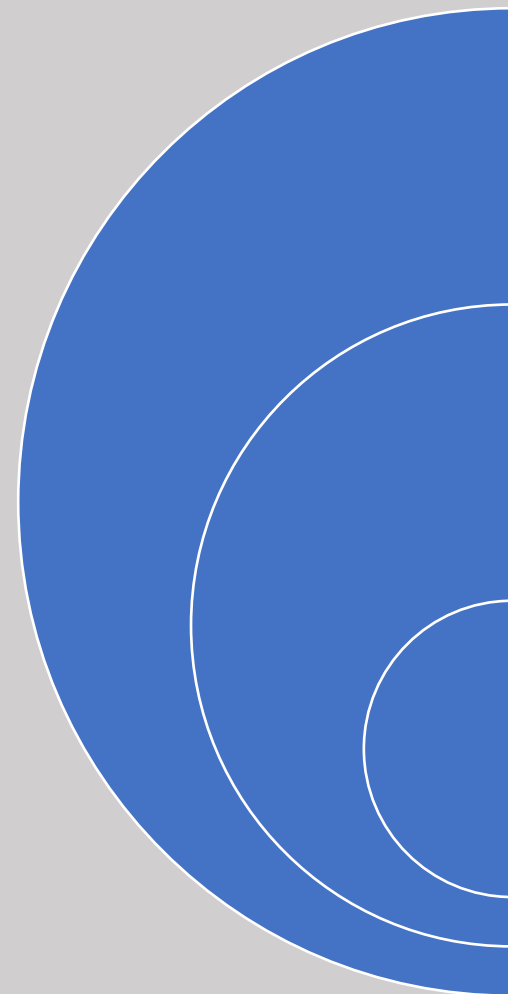
Gather Resources



Resources for Resilience

- Prioritizing your well-being
- Using strengths
- Skillsets
- Coping strategies
- Supervision or feedback

My Resources for Flourishing



Work	<ul style="list-style-type: none">• Supportive coworkers• Values driven work
Home	<ul style="list-style-type: none">• Comfy chair• Pets
Attitudes	<ul style="list-style-type: none">• Curiosity• Creativity

What resources do you have for flourishing?



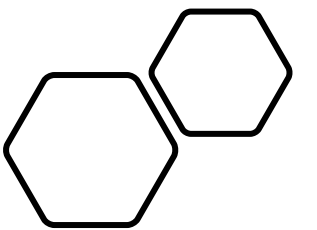
Flourishing: Looking Ahead

- Set intentions
- Build a plan
- Start small
- Take actions every day



DO
Some
-THING-
TODAY-
-THAT you'
FUTURE
SELF
WILL THANK
you
FOR

Empower yourself - Take a Step





Practice Opportunities

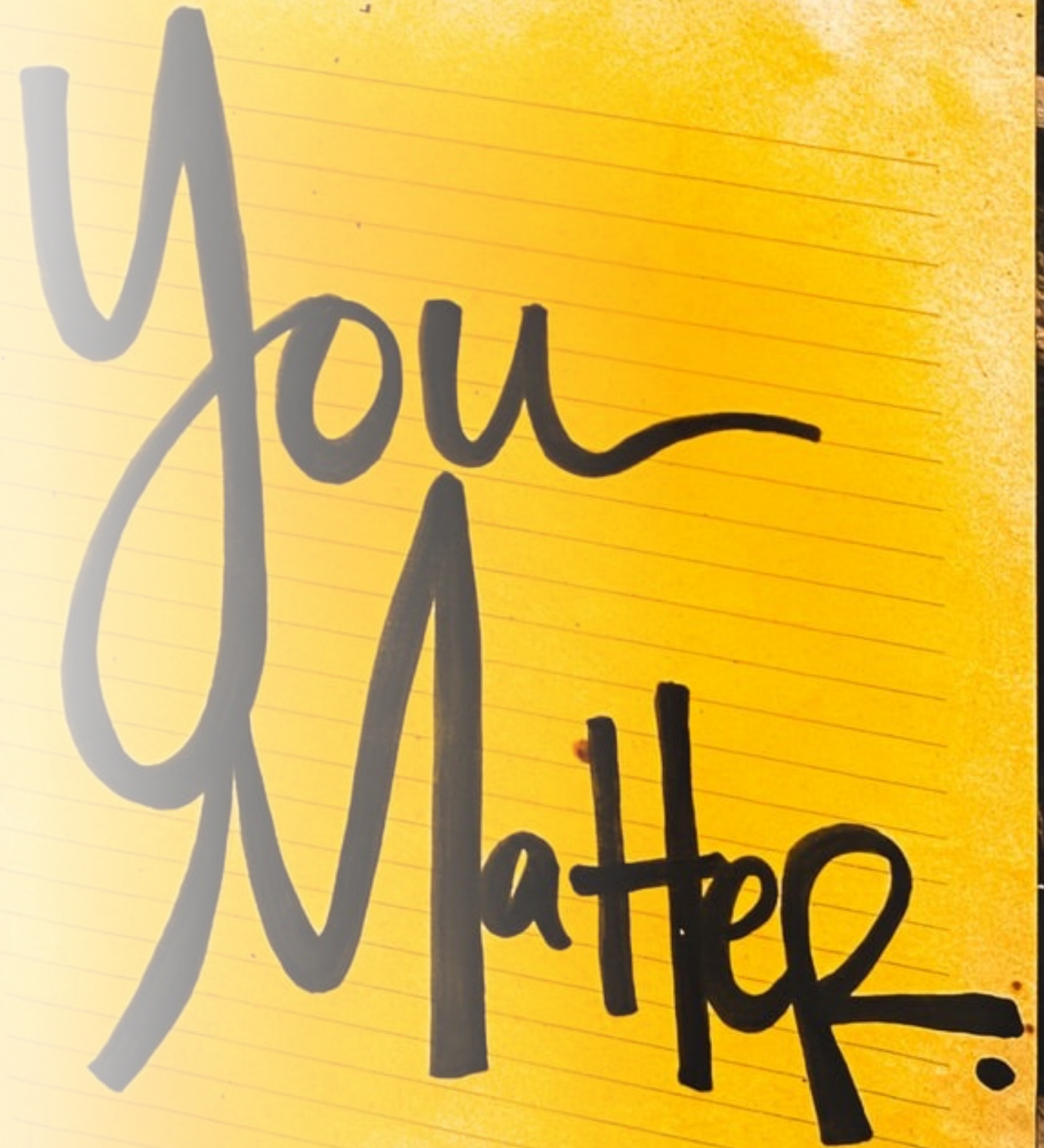
- How do you make yourself a priority?
- What gets in the way of making yourself a priority?
- What helps to overcome those challenges?
- What is 1 action you will try to make yourself a priority?

Check in with yourself once a week – write your thoughts down



Summary

- Helps face stress from work, clients, and life
- Making ourselves a priority can improve resilience
- Self-care builds resilience and reduces burnout
- Supports provide the drive and motivation for resilience
- Resources keep us going



You Matter.

Flourishing
at Work: A
Plan for
Helping
Professionals

Session 2: Why Am I Doing This Work?

Remembering Your Purpose

Tuesday, December 14 | 2:00-3:00 pm ET

Session 3: Learning to Let Go

Tuesday, January 11 | 2:00-3:00 pm ET

Session 4: Healthy Positivity

Tuesday, February 8 | 2:00-3:00 pm ET

Session 5: Flourishing Strategies - Outside the Box

Tuesday, March 15 | 2:00-3:00 pm ET

Session 6: Build Your Resilience Plan One Day at a Time

Tuesday, April 19 | 2:00-3:00 pm ET

Question and Answer



Resources

- Coronavirus Pandemic Wellness Resources
<https://ppc.sas.upenn.edu/resources/coronavirus-pandemic-resources>
- Self-Care Planning: Working Towards Wellbeing
<https://www.youtube.com/watch?v=-oJawXgAhng>
- VIA Character Survey
<https://www.viacharacter.org/survey/account/register>
- Creating a Life Resource List to Help You Achieve a Goal
<https://blog.iqmatrix.com/life-resource-list>
- How to Cultivate the Resources for Resilience
<https://www.mindful.org/how-to-cultivate-the-resources-for-resilience/>

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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.



Connect With Us

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