

The Zoom Interface

The screenshot displays the Zoom Webinar interface with several key components and annotations:

- Header:** "Zoom Webinar" title bar, "You are viewing David Terry's screen", and "View Options" dropdown.
- Main Content:** TTC Technology Transfer Centers logo, "Thank you for joining us today!", and "You will not be on video during today's session".
- Q&A Window:** A "Question and Answer" window showing a test question: "This is a test question!". It includes tabs for "All questions (1)" and "My questions (1)", and a text input field "Type your question here...". Annotations explain that users can switch between questions and use the Q&A feature to ask questions of the host and presenters.
- Chat Window:** A "Zoom Webinar Chat" window on the right. Annotations explain that the chat feature allows users to talk with other people in the webinar. A message is shown with a "To: All panelists" field, and a note states "Your text can only be seen by panelists".
- Bottom Bar:** Contains "Audio Settings" (with a "Click Here to adjust your audio settings" callout), "Chat", "Raise Hand", "Q&A", and "Leave" (with a "Click here to leave the session" callout) buttons.
- Speaker Selection:** A "Select a Speaker" menu is visible, showing "Speakers (Realtek(R) Audio)" selected.

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

Flourishing Strategies: Outside of the Box

Michelle Zechner, PhD, LSW, CPRP
Rutgers, School of Health Professions

3/15/22



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 schoolteachers 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!



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

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.

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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

- **Discuss connections between creativity and flourishing**
- **Explore benefits of creative thinking**
- **Identify strategies for outside of the box flourishing**





Creativity & Flourishing



Creativity

“Creativity is the act of turning new and imaginative ideas into reality. Creativity is characterized by the ability to perceive the world in new ways, to find hidden patterns, to make connections between seemingly unrelated phenomena, and to generate solutions.

Creativity involves two processes: thinking, then producing.”

- *Linda Naiman*

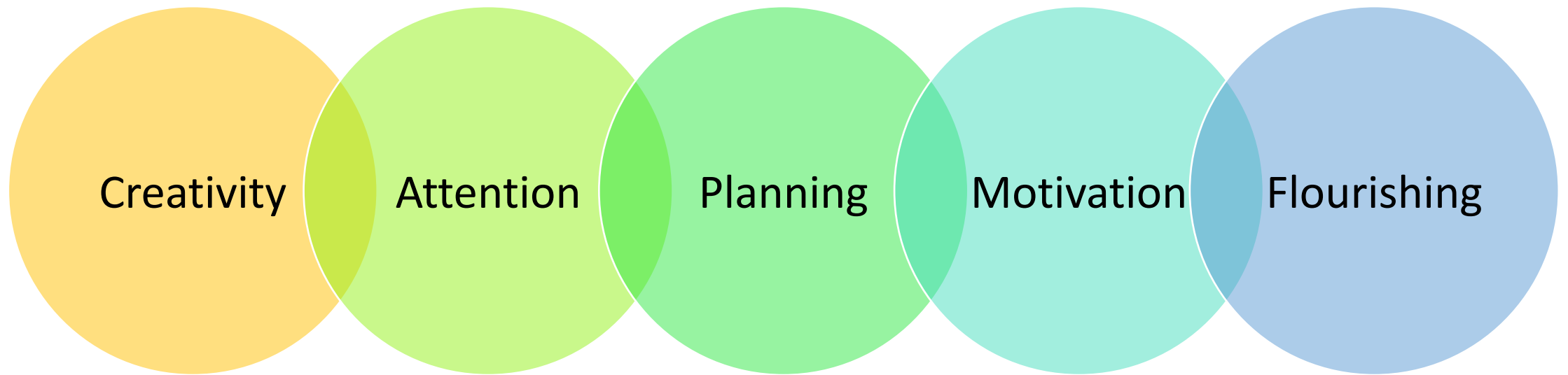




Everyday Creativity Helps

- Improves mood
- Improves problem-solving
- Supports resilience
- Immune function

Creativity ---> Flourishing





Benefits of Creativity

A hand holding a magnifying glass over a small green seedling growing from soil. The magnifying glass is positioned over the seedling, making it appear larger and more detailed. The background is a blurred green field.

Magnified Moments

- Helping colleagues
- Birthday parades
- Zoom celebrations



Creativity Myths



Science Supports Creative Actions & Flourishing

- Baking Bread
- Making Music
- Journaling
- Drawing

Creativity Starts with Your Thoughts

- Welcome challenges
- Normalize the struggle
- Take breaks
- Become an outsider
- Revisit childhood





Being More Creative

- Awareness/noticing
- Surprise yourself (try something new)
- Daydream
- Reflection

Outside of the Box Flourishing at Work



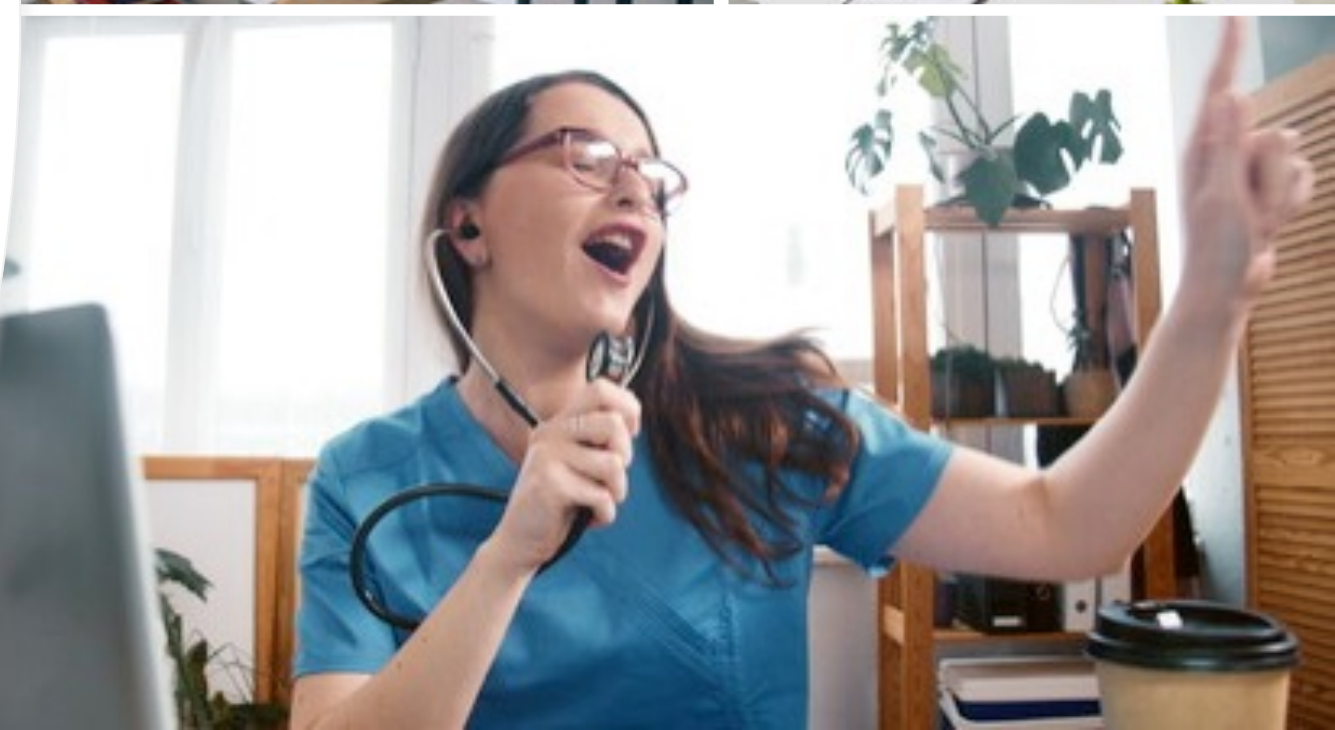


Creativity at Work

- Connect and combine ideas
- Challenge assumptions
- Go beyond the first right answer
- Open to ambiguity

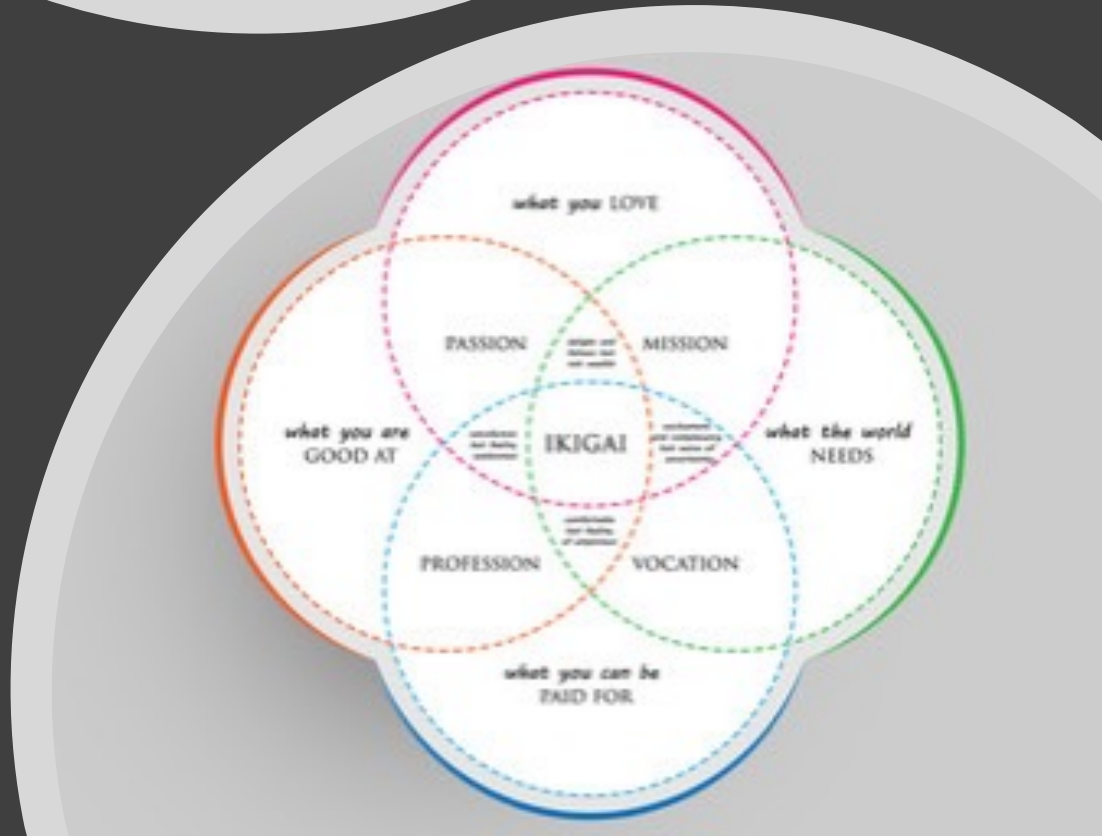
Flourishing Movements

- Stretching
- Walking
- Dancing
- Shaking
- Humming
- Other ideas?



Purpose & Meaning

- Reflection
- Self-compassion
- Intentional reminders



Play





Challenges to Creative Thought & Actions

- Burnout
- Exhaustion
- Grief

Sometimes 'outside the box' means rest, replenishment and self-compassion



External Supports

- Change up your routine
- Use a funky pen
- Music
- Desk toys



Doing something creative today helps you flourish tomorrow

Tamlin Conner



Summary

Creative thinking and actions support health and flourishing

We can all be creative in our thoughts and actions

Using creativity at work can support problem-solving and increase our work satisfaction

Strategies to increase creativity for flourishing include movement, purpose and meaning, play and reminders



Practice Opportunity

How can you build one everyday
creative action into your work-life?

Question and Answer



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.



Toward Wellness and Recovery

Our Podcast Channel



Check out our latest podcast series!

Flourishing at Work: A Plan for Helping Professionals

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Resources

- Doing Something Creative Can Boost Your Well-Being

https://greatergood.berkeley.edu/article/item/doing_something_creative_can_boost_your_well_being

- A Crash Course in Creativity: Tina Seelig at TEXxStanford

<https://www.youtube.com/watch?v=gyM6rx69iqg&t=460s>

- Why Play Should be a Part of Every Adult's Life

https://www.creativitypost.com/article/why_play_should_be_a_priority_for_every_adults_life

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