

Finding Fulfillment in Life and Work

Evidence-based strategies for enhancing individual wellness

McKinley Withers, Ed.D.

3/14/22



Mountain Plains (HHS Region 8)

MHTTC

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

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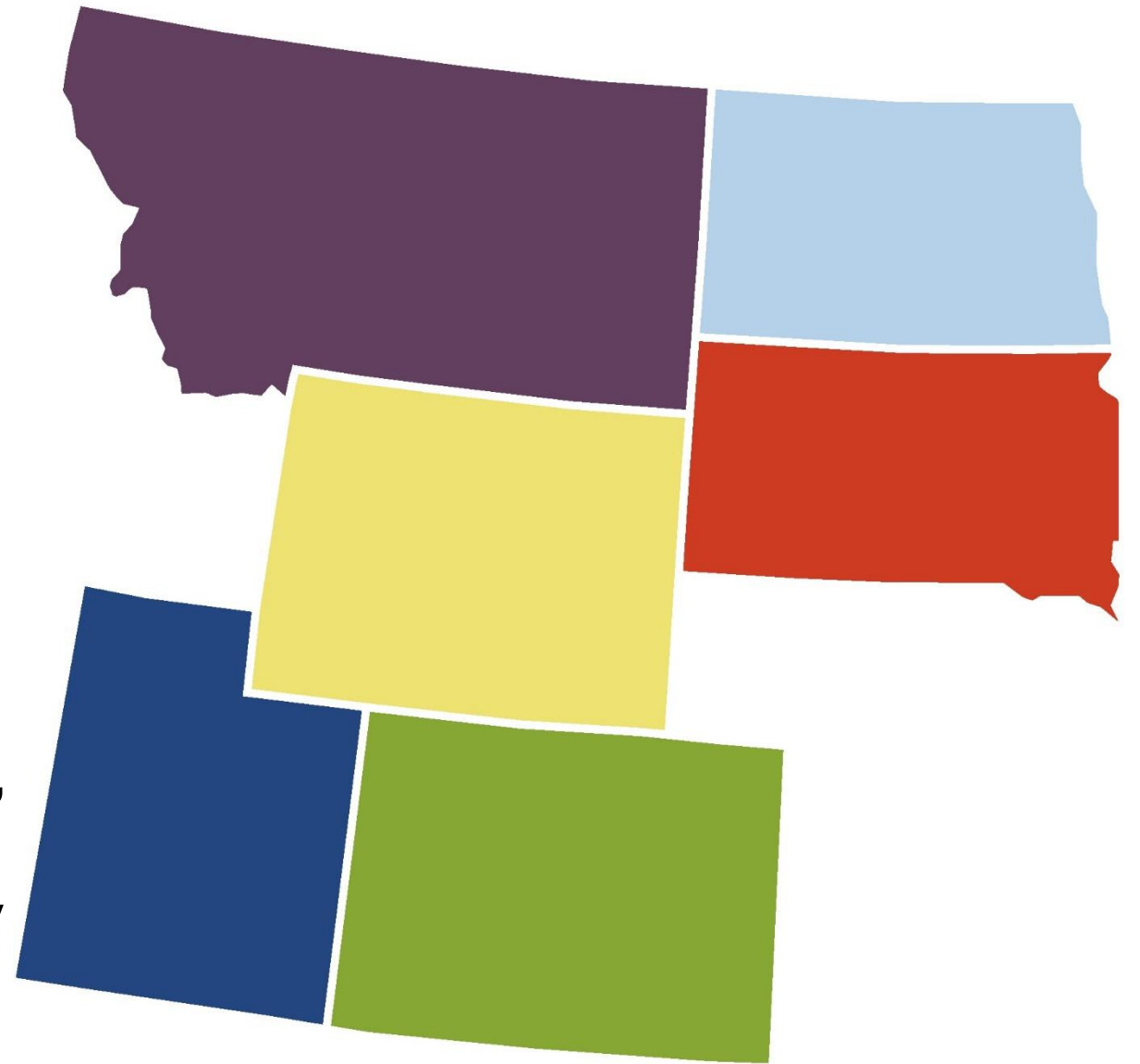
At the time of this presentation, Tom Coderre served as acting SAMHSA Assistant Secretary. The opinions expressed herein are the views of McKinley Withers and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).



Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.



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

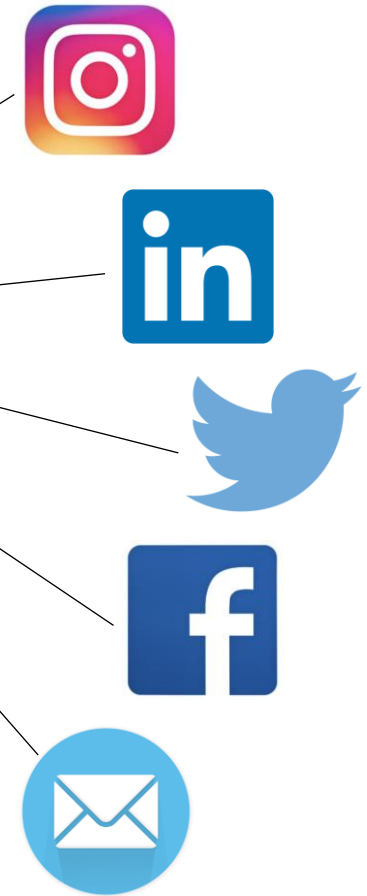
CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

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SCAN ME



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“If you stop working, then you die”

Fulfillment



engagement

mind

body

social health

self-care

rest

work



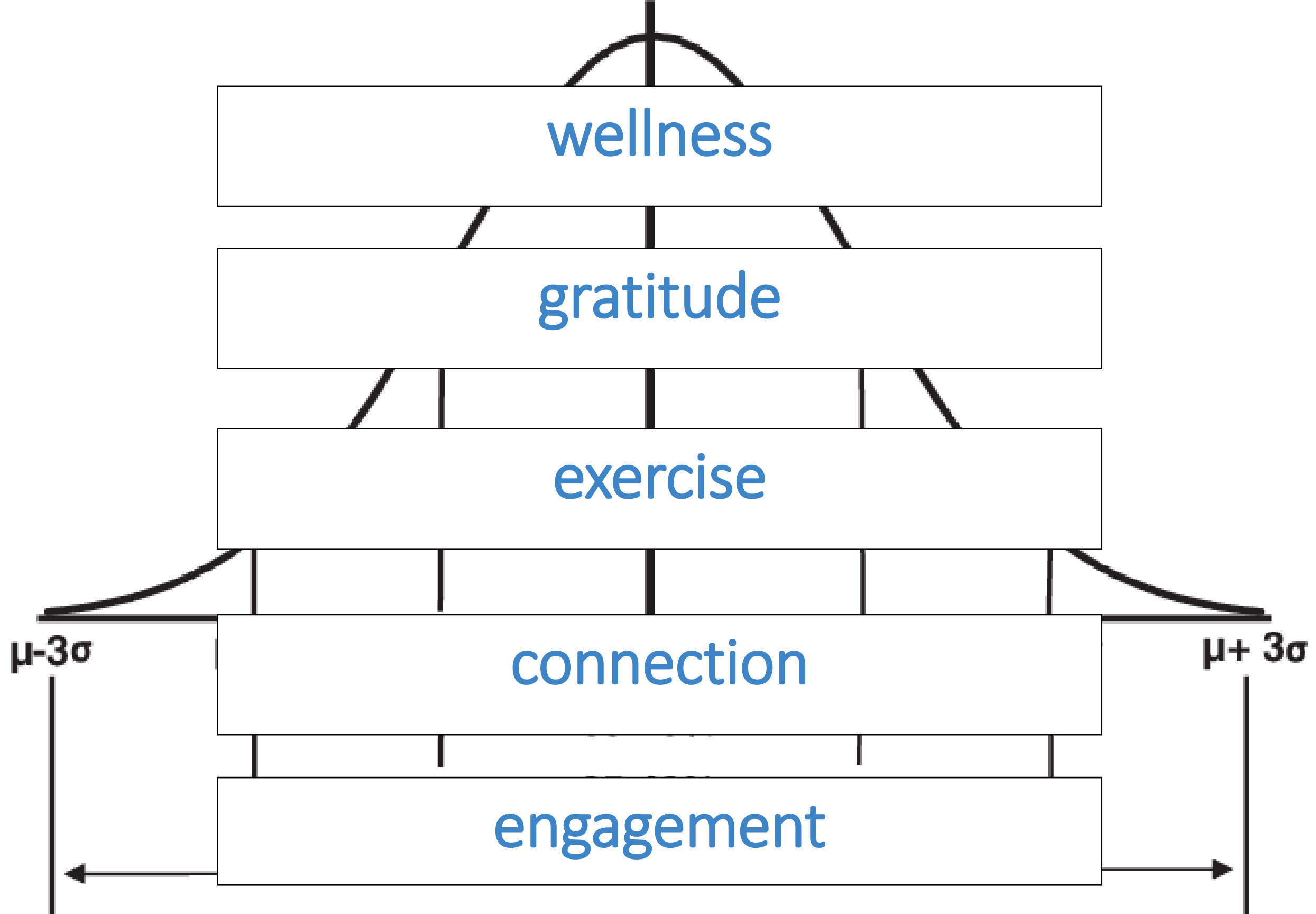
What strategies have worked for you in maintaining your emotional health?

This is what my mental health looks like right now




I don't know what this cat is going through but I can relate.









You are the artist

You hold the brush

Your personal
and professional fulfillment
is yours to create

What is your greatest asset in doing great work, your best work? What resources do you need most to create fulfillment?

You are your greatest asset in doing your most important work.

The work that only you can do.

It's time you treat yourself that way.

**Sleep well, eat better, drink water, breathe, exercise regularly, and
take care of your only irreplaceable asset—**

your mind and body.

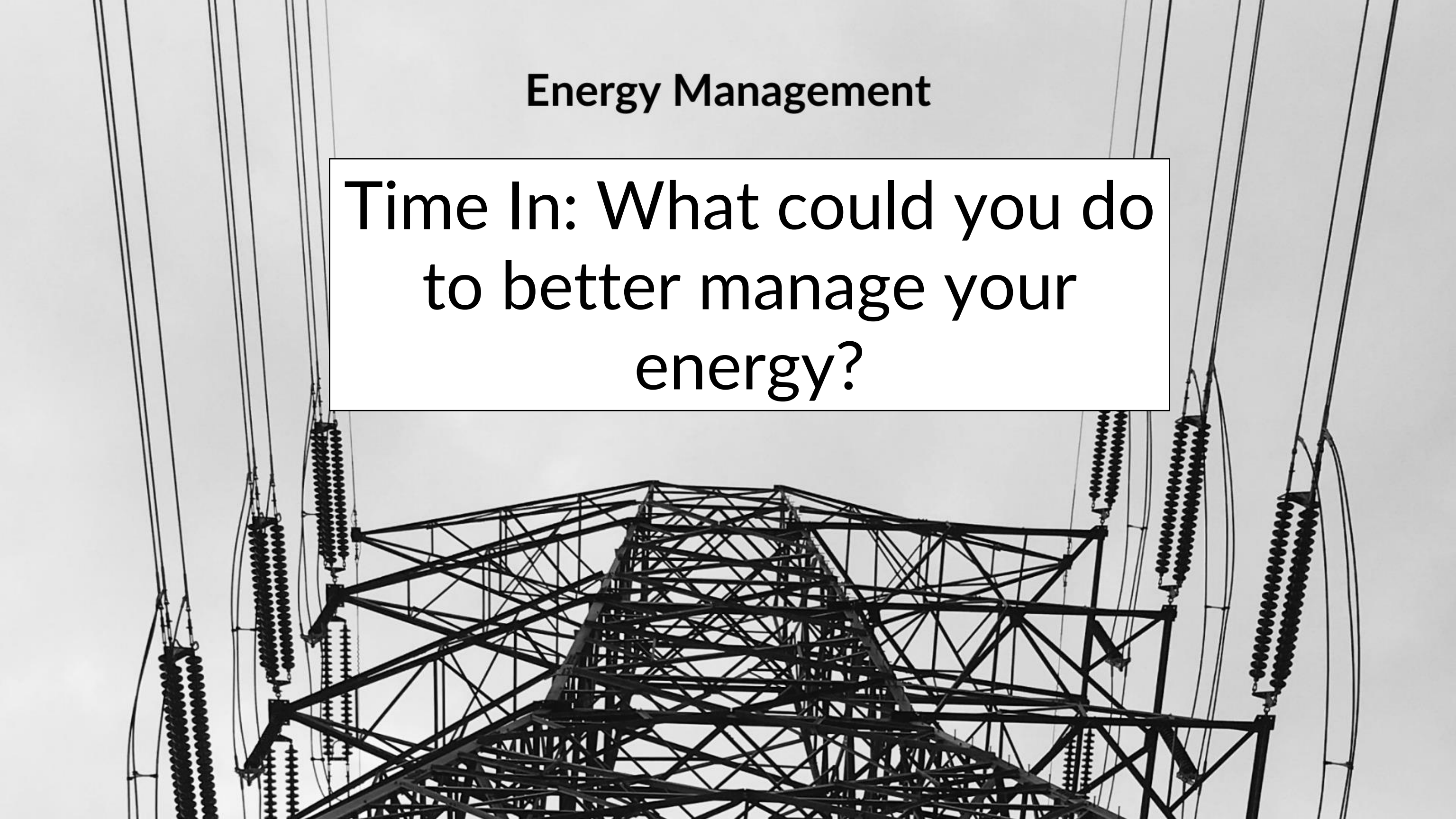


**willpower
won't work**



Energy Management

Time In: What could you do
to better manage your
energy?



BREAK TIME



**Strategies for keeping the lights on and managing
your energy**

ZAP IT!

SURGEry

**TURN IT OFF
AND BACK ON**

**RENEWABLE
ENERGY**

Time-In: Let's go Hunting



"Sorry. That's all I've got."

-Father Time

Prioritization, purpose, and being present is up to you!





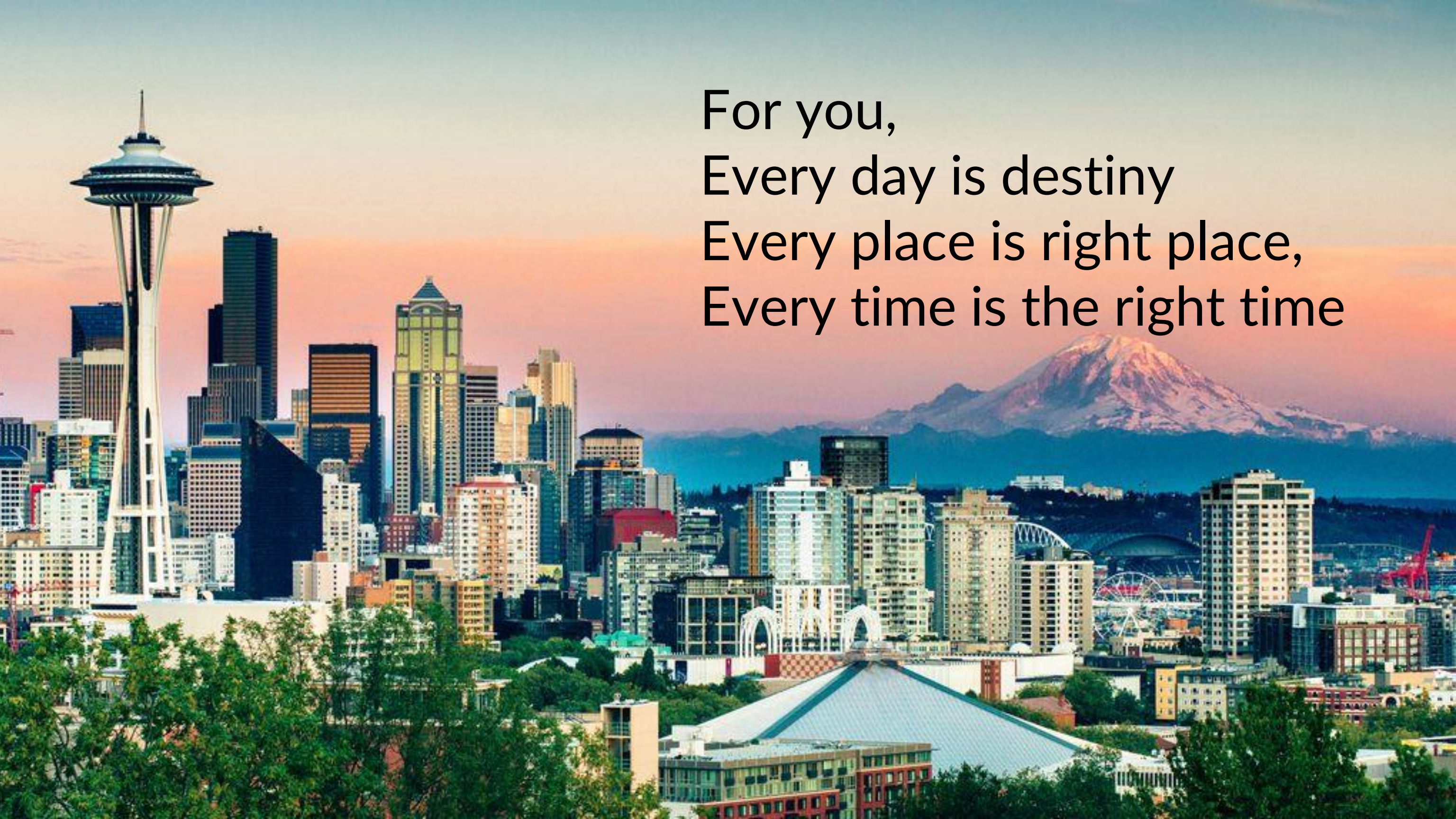
YES

NO

YES

NO



A panoramic view of the Seattle skyline at sunset. The Space Needle is prominent on the left. The city is filled with various skyscrapers and buildings. In the background, Mount Rainier is visible under a colorful sky. The text is overlaid on the right side of the image.

For you,
Every day is destiny
Every place is right place,
Every time is the right time



FULFILLMENT

An Educator's Guide to Fulfillment



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Upcoming Trainings

<https://mhttcnetwork.org/centers/global-mhttc/training-and-events-calendar>

1. Trauma Responsive Practices in Education Training of Trainers.

- 4/25-4/27/22: In-person training in Rapid City @Holiday Inn Rapid City-Rushmore Plaza
- 3-day (20 hour) training facilitated by Resilient Futures and grounded in the evidence-informed Health Environments and Response to Trauma (HEARTS) framework developed in 2008 at UCSF. The HEARTS framework is grounded in neuroscience, resilience, and attachment theory focusing on the protective factors that build resilience.
- Hotel rooms have been reserved there at a reduced rate at the trainee's expense.

2. Social Emotional Learning Series – SEL Intermediate Tier 2 (Baunach, NCSP, & Effinger, NCSP)

- 3/16/22: 11-12:30p MST

3. Sexual and Gender Minority (Lesbian, Gay, Bisexual, Non-binary, and Queer) Youth (Frantell & Holtz)

- 3/24/22: 1-2p MST

4. Tier 1 Behavior Management (Baunach & Effinger, NCSP)

- 4/12: 12:30-2p MST

5. Response to Suicide in Rural Communities: A Panel Discussion

- 4/13/22: 1-2:30p MST

6. Threat Assessment Protocol (Banauch & Effinger, NCSP)

- 4/21/22: 12:30-2:00p MST

Acknowledgements

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