

A scenic landscape featuring a paved road that curves through golden fields. The sky is a deep blue with scattered white clouds. The overall mood is bright and welcoming.

WELCOME!

We are so glad you're here.



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Taking Care of Healthcare Providers: An Introduction to the Adult Resilience Curriculum

Jessica Christensen, M.Ed
Regional Trainer
Mid-America MHTTC



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/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

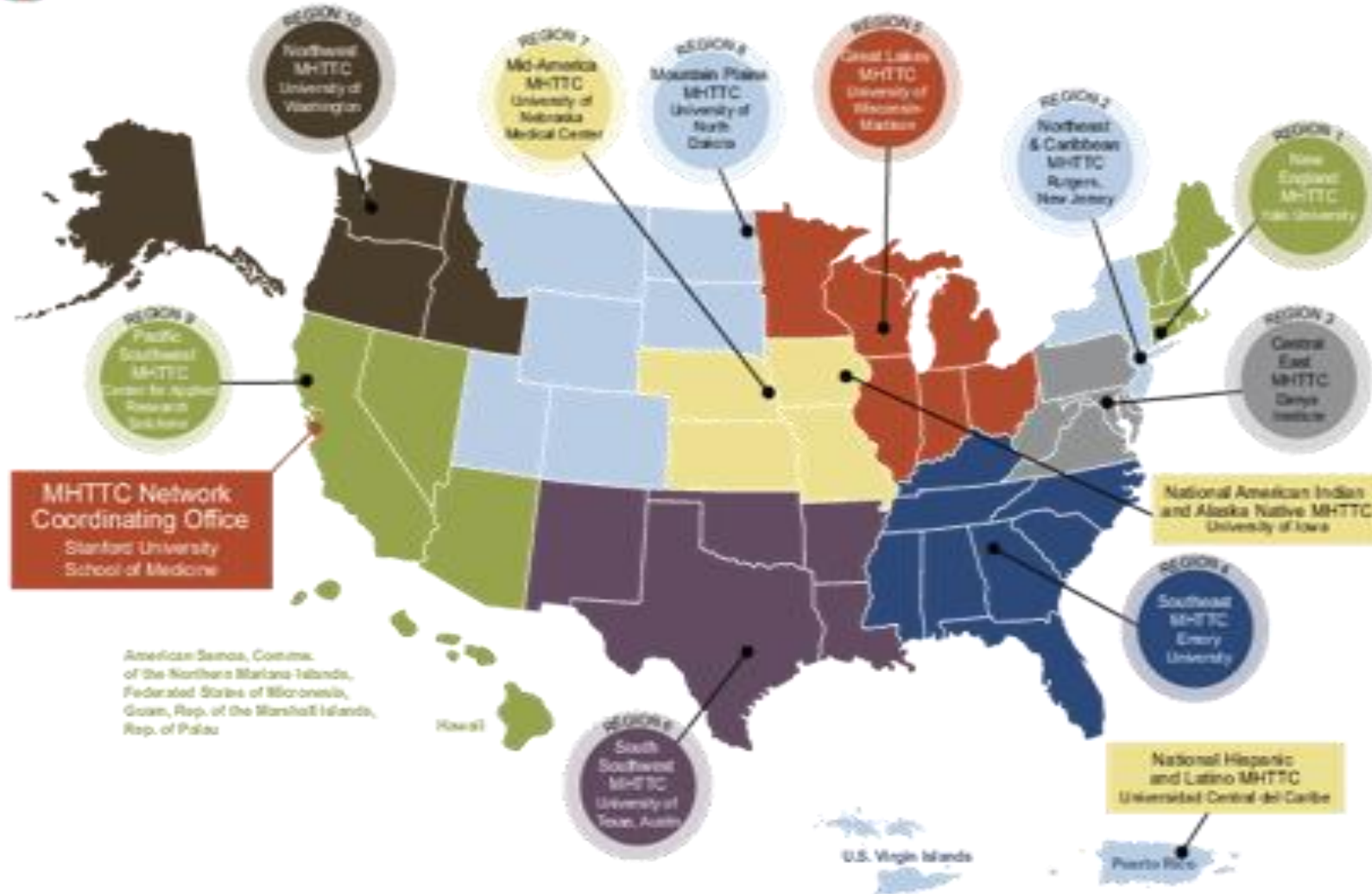
RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS



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

MHTTC Network



Established in 2018 with funding from the Substance Abuse and Mental Health Services Administration (SAMHSA)

- 10 Regional Centers
- National Hispanic & Latino Center
- National American Indian & Alaska Native Center
- Network Coordinating Office

Mid-America MHTTC

Project Director: Dr. Brandy Clarke

SAMHSA grant awarded to Dr. Joseph Evans at Munroe-Meyer Institute out of the University of Nebraska Medical Center
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Continuum of training and technical assistance in evidence-based practice and mental health services across NE, IA, KS, MO

Disclaimer

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At the time of this presentation, Elinore F. McCance-Katz served as SAMHSA Assistant Secretary. 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.

Who I Am

Jessica Christensen, M.Ed

School Mental Health Regional Trainer
Mid-America MHTTC





Housekeeping

1. We have 60 minutes together

- Please take care of you during this time!

2. We're here to learn from each other

- Small group discussions & share-outs
- We can all benefit from lessons learned at your organization

3. Survey

- Your feedback is important to us



Agenda

- Brief Introductions
- Why Healthcare Provider Well-Being?
- An Organizational Approach
- Introduction to ARC
- Closing & Survey

Brief Introductions

Your **name, role, organization**, and...



- What conversations are you hearing/having at your organization about personal wellbeing?
- How has work changed for you this past year (for better or worse)?



Flight safety instructions...





How do we best support our clients?

by prioritizing
the adults that
work with
them.



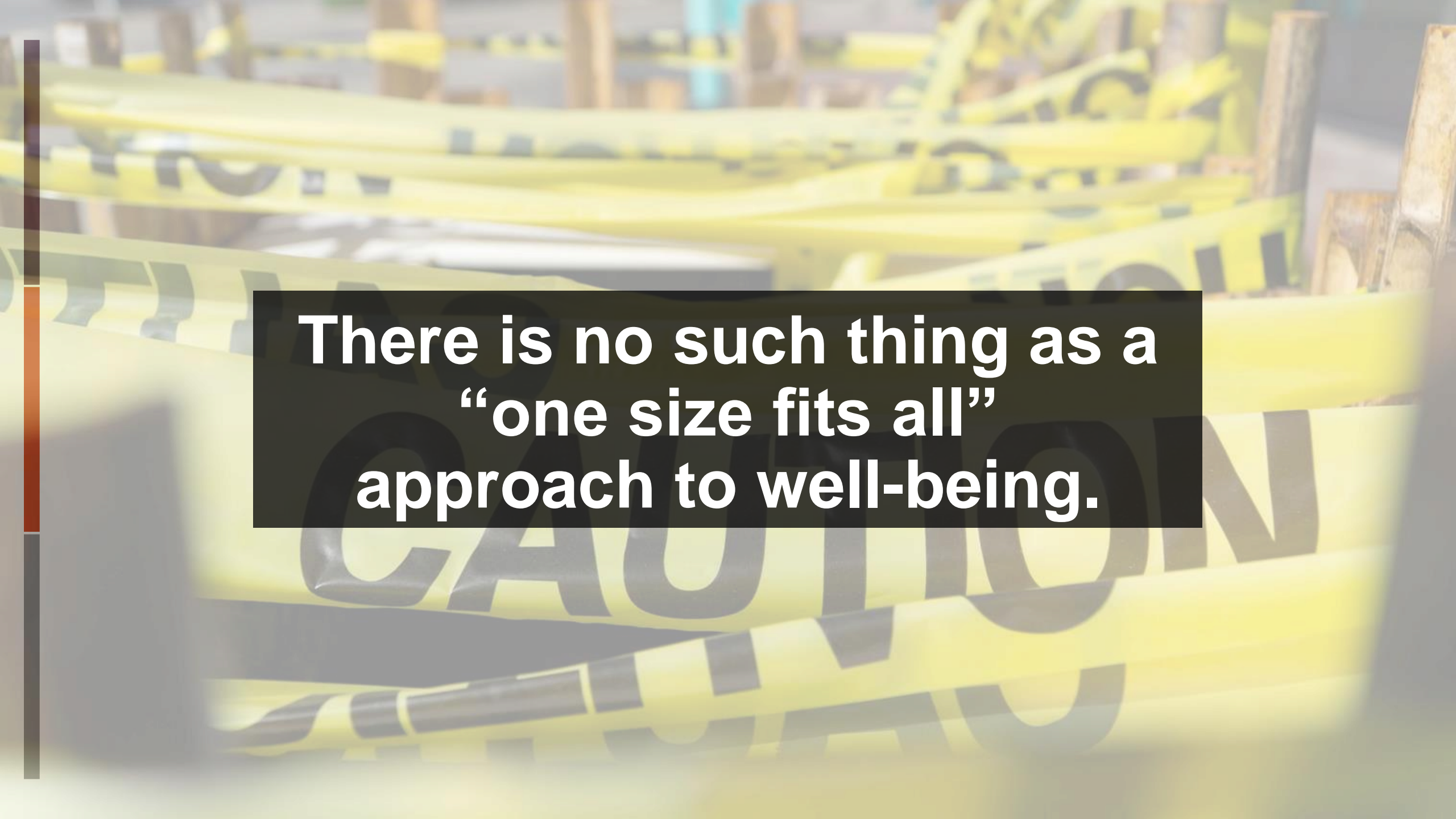
The How

**How do we improve
provider well-being?**



Efforts to Promote Provider Well-Being



The background of the image is a close-up, slightly blurred view of yellow caution tape with the word "CAUTION" printed in large, bold, black letters. The tape is draped and layered, creating a sense of depth and texture. On the far left edge, there is a vertical bar with a color gradient from dark brown at the top to black at the bottom.

**There is no such thing as a
“one size fits all”
approach to well-being.**



“

Self care is important, yes,
and so is *community care*.

**People cannot self care
themselves out of issues
that need community
support.**

One without the other can
strain and create imbalance.

”

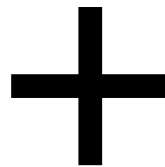
Individual



Individual seeks out strategies

Individual figures out when and how to use strategies

Individual may identify some support from other organization members



Organizational



Organization recognizes their role in stress & well-being

Organization is place where strategies are modeled and used

People in organization seen as a support to each other and the system

The Role of the Organization in Promoting Well-Being

A decorative wavy line in a light blue-grey color, resembling a stylized wave or water surface, positioned below the main title.

Organizational Well-Being

Organizational
Commitment

Workforce
Assessment

Leadership

Policy

Efficiency of
Work
Environment

Support

Climate

Culture



Organizational Well-Being

Leadership

Climate

Culture

So, what can we do?



It's about Culture & Climate





Challenge #1

In 6 words or less, define **culture**



Challenge #2

Distinguish **culture** vs. **climate**



Culture

Values
+
Behavior

Climate

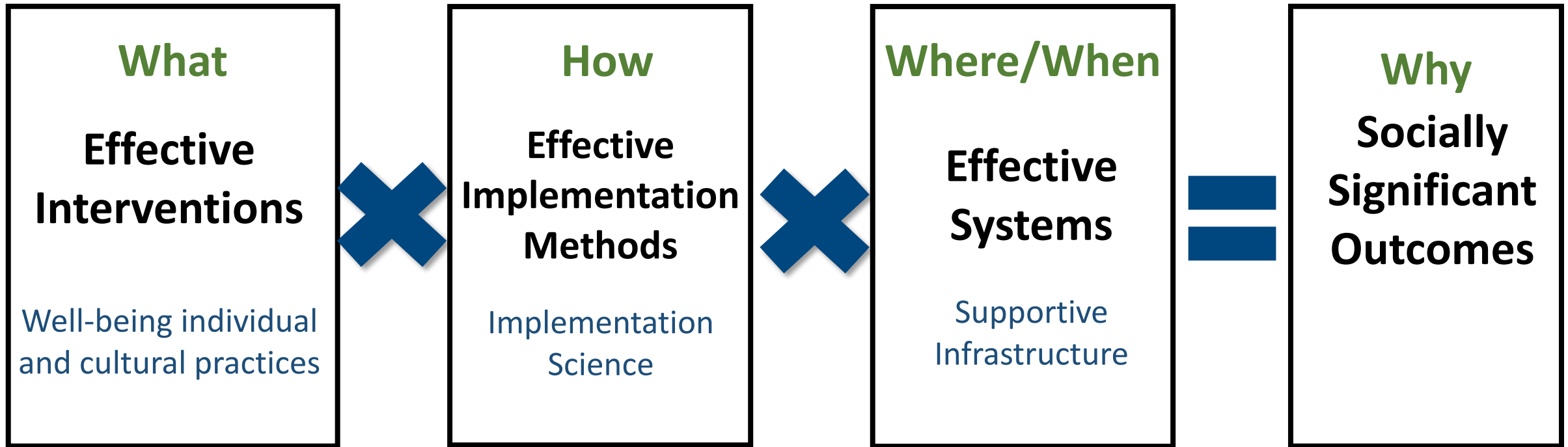
Feelings
+
Perception



Challenge #3

What does implementation mean to you?

Active Implementation





The Adult Resilience Curriculum (ARC)



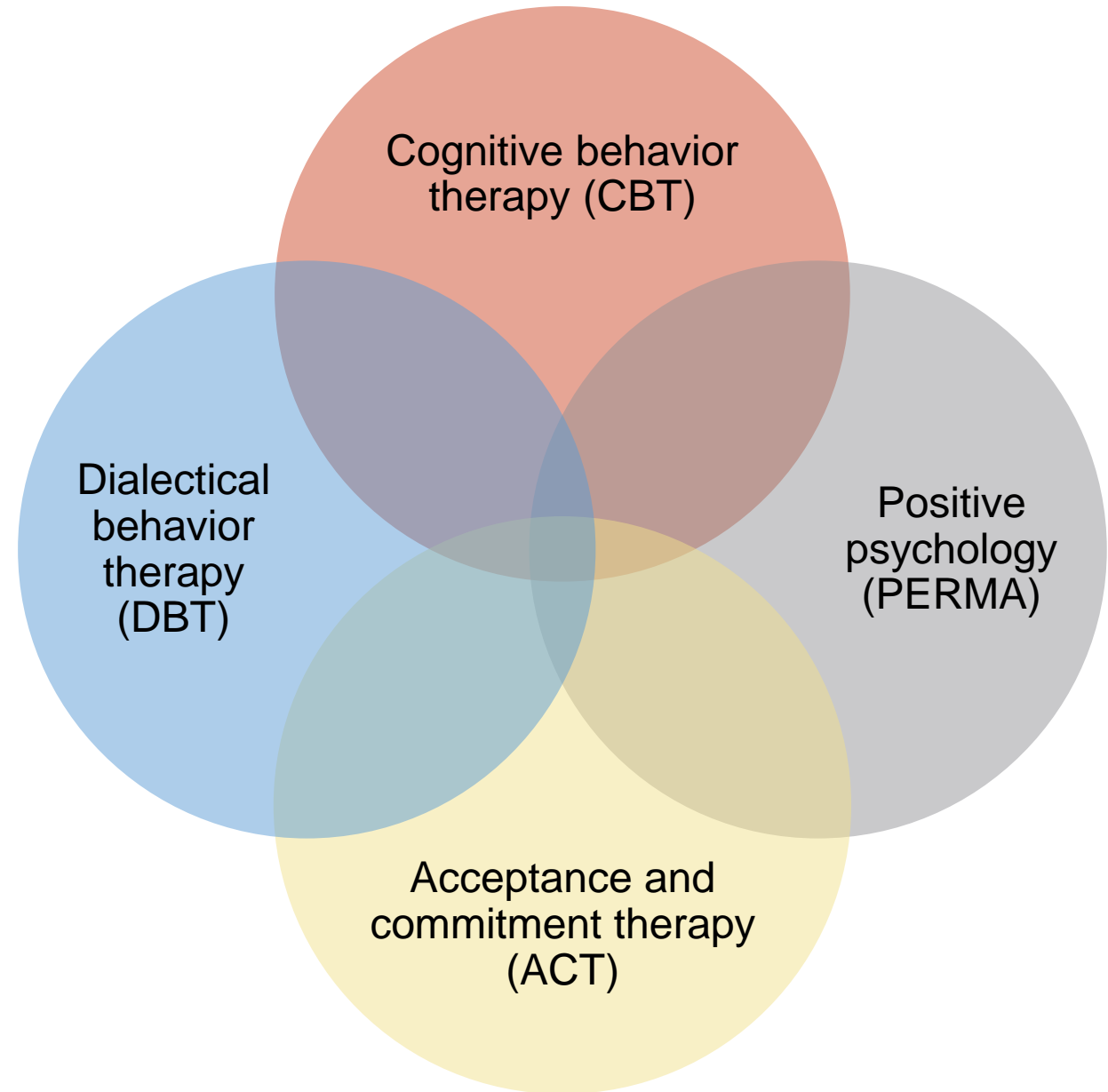
Acknowledgements

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Clayton Cook, PhD
Gail Joseph, PhD
Aria Fiat, PhD
Andrew Thayer, PhD



An Integrative Approach



Active Ingredients



alliance



**learning
objectives**



**didactic
instruction**



**in vivo
practice**



**independent
practice**



**action
planning**

The ARC Modules

0: Introduction to
the Adult
Resilience
Curriculum (ARC)

1: Understanding the
psychobiology of
stress and well-being
(*psychoeducation*)

2: Creating safe and
supportive
environments
(*context*)

3: Clarifying, aligning
with, and committing
to one's values
(*values*)

4: Cultivating
awareness through
mindfulness-based
practices
(*mindfulness*)

5: Connecting
meaningfully with
others
(*connection*)

6: Fostering pleasant
emotions and
experiences
(*positivity*)

7: Coping with
difficult thoughts,
feelings, and
experiences
(*coping*)

8: Feeling good
physically through
nutrition, movement,
& sleep
(*health*)

9: Rejuvenating
through relaxation,
recreation, and
routines
(*three R's*)

10: Bringing it all
together: A wellness
plan for the future
(*wellness plan*)

The ARC Core Skills

2: Creating safe and supportive environments
(*context*)

3: Clarifying, aligning with, and committing to one's values
(*values*)

4: Cultivating awareness through mindfulness-based practices
(*mindfulness*)

5: Connecting meaningfully with others
(*connection*)



Context

Didactic portion

- Understand the basics of organizational well-being
- Discuss key features of a safe and supportive environment for professional well-being
- Identify ways in which you, as a professional, contribute to the overall culture of well-being

Activities

Action Plan



Values

Didactic portion

- Determine the difference between values and goals
- Clarify your own values and identify goals that let you track your progress toward values
- Create an action plan to spend time deeply engaging with you values as an educator

Activities

- True North
- Bullseye
- Live Values Inventory
- Individual Values Journey
- Retirement Party

Action Plan

Imagine you are retiring after a long career and your colleagues are throwing you a party.

Who is there?

What food/drinks are being served?

What music is playing?



People start to approach
the mic and a line starts
to form...

*What do you hope they will say
about you, your career, your
qualities as an educator or
colleague?*



**What was this
process like for
you?**





Mindfulness

Didactic portion

- Define the difference between mindfulness and mindlessness
- Know the elements of mindfulness and be able to apply them
- Evaluate the effectiveness of mindfulness strategies in the moment

Activities

- Mindful Breathing
- Dropping an Anchor
- Mindful Chore
- Soles of Feet

Action Plan



Connection

Didactic portion

- Be able to distinguish effective and ineffective social support and discuss how to advocate for your needs
- Identify feasible ways to provide service to others
- Identify potential mentors and role models and set action plans for building and/or improving those relationships

Activities

- Fill a Bucket
- Build a Mentorship
- Coal and Diamonds

Action Plan

Wellness Plan

Module Review

Wellness as Action & Ongoing

Wellness Plan

| Module 3: Clarifying, Aligning with, and Committing to One's Values | Reflective Rating | | |
|--|-------------------|-------|----|
| | Yes | Maybe | No |
| Concepts, practices, or skills I can choose to apply in my life | | | |
| Regular clarification of values in different life domains | | | |
| Regular reflection upon the consistency or inconsistency of behaviors and values (using something like the Bull's Eye) | | | |
| Identifying barriers to values-based actions and removing said barriers | | | |
| Affirming commitment to values in the face of difficult emotions, thoughts, and experiences | | | |

ARC Evidence

Compared to matched controls, **those who participated in the ARC** reported:



Self-efficacy
Job satisfaction
Subjective wellbeing
Hours of nightly sleep
Intentions to implement
Implementation of EBPs



Emotional exhaustion
Perceived stress

Usability

Modular

Essential elements outlined

Flexible delivery

Guidance on tailoring to fit audience

Developed with adults who care for others in mind

Support

from Mid-America MHTTC

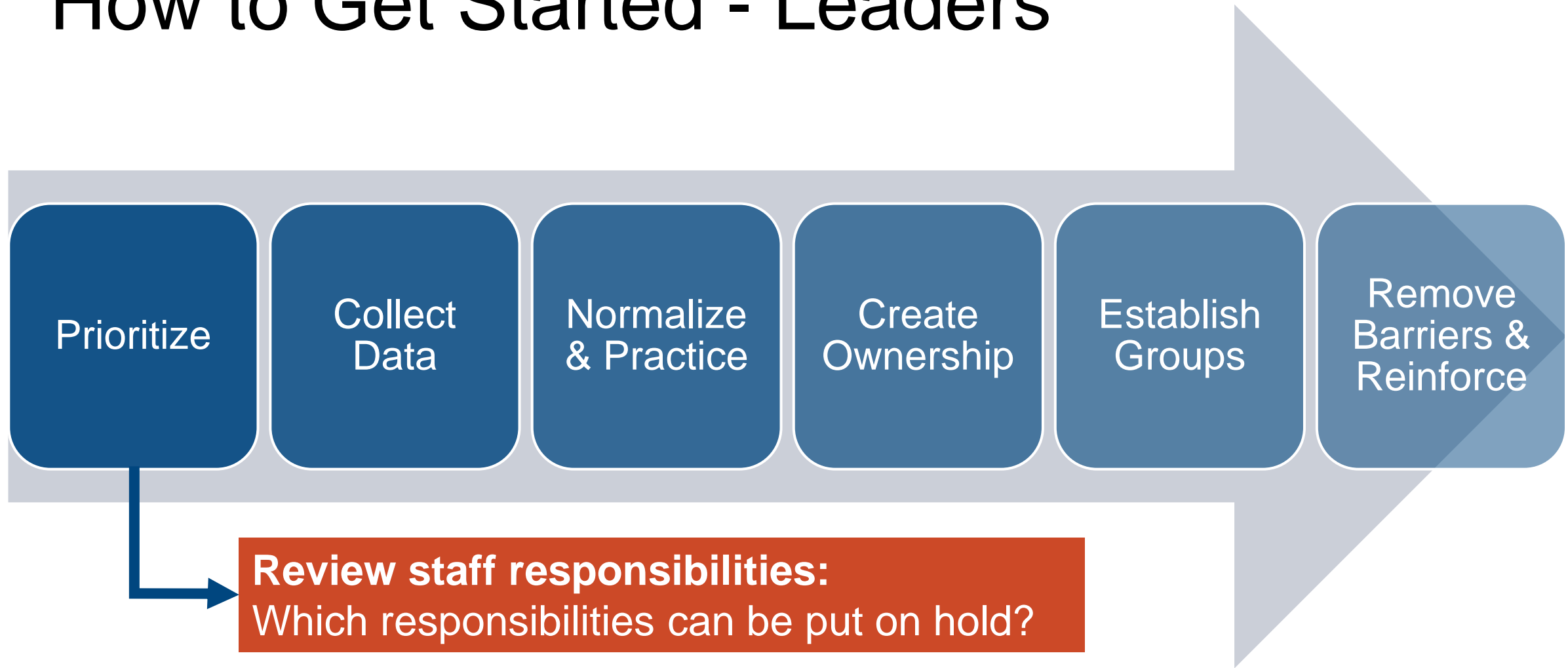
Assistance with implementation

Training and guidance from coaches

Materials and data tools freely available

“Module 0” in development to assess and promote buy-in

How to Get Started - Leaders



Resources

ARC for Healthcare Providers

Webinar recordings, slide decks, and resources



<https://mhttcnetwork.org/centers/mid-america-mhttc/adult-resilience-curriculum-arc-health-professionals>

ARC Training of Trainers

- An opportunity to learn more about ARC and how to implement it in your organization.
- February 1 and 2, 2024
 - 9-3
- Virtual
- Interested in learning more?

<https://mhttcnetwork.org/centers/mid-america-mhttc/arc-behavioral-health-professionals-training-trainers>

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EMAIL: midamerica@mhttcnetwork.org

WEBSITE: mhttcnetwork.org/midamerica

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