

# Burnout Recovery: Addressing Provider Burnout in the Mountain Plains Behavioral Health Workforce

Lamarr Lewis  
February 13, 2024



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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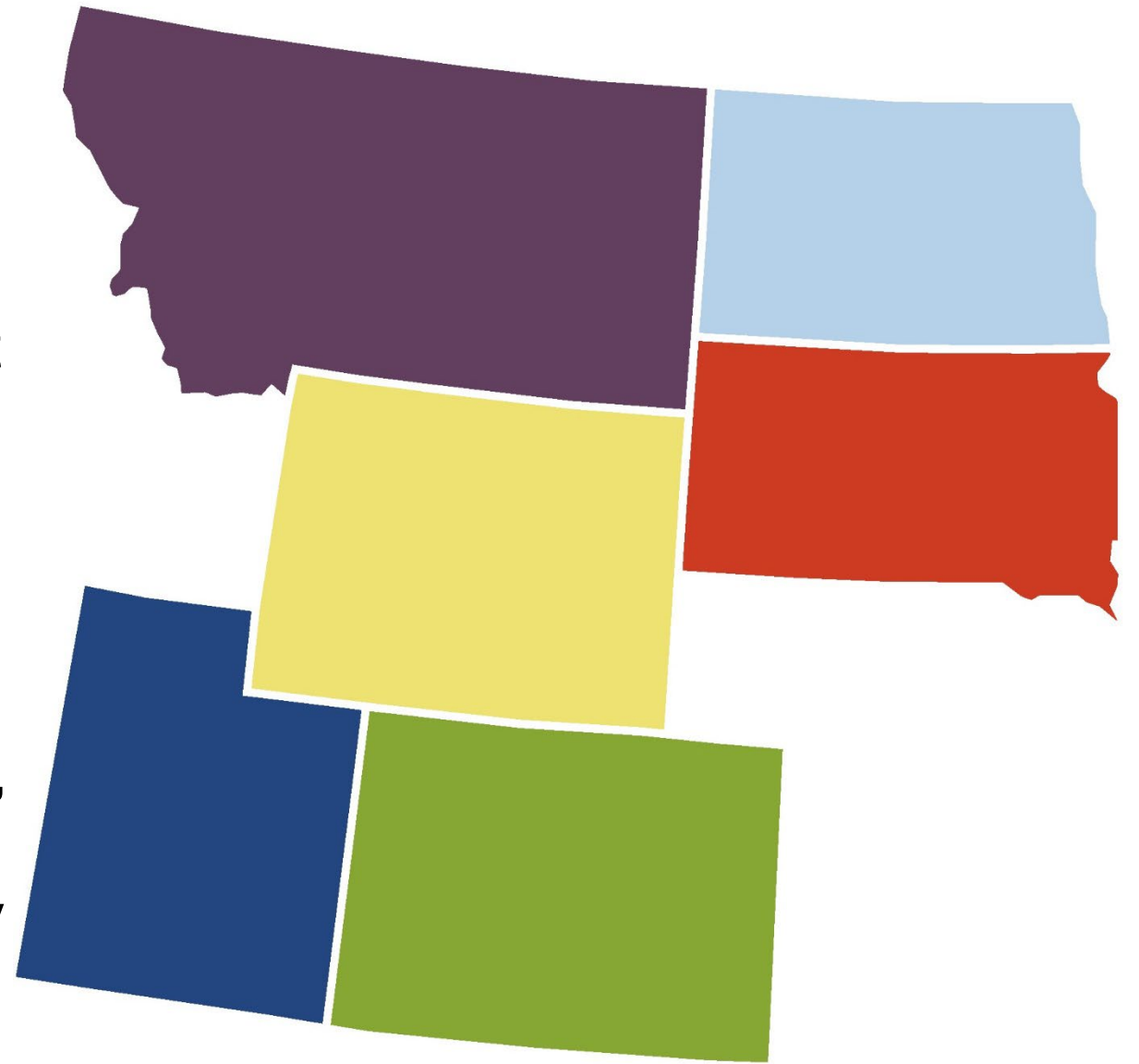
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# The Mountain Plains Mental Health Technology Transfer Center

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

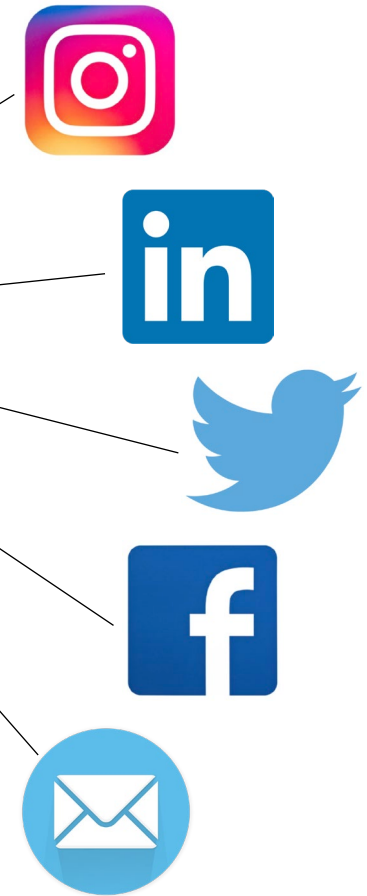
# Stay Connected

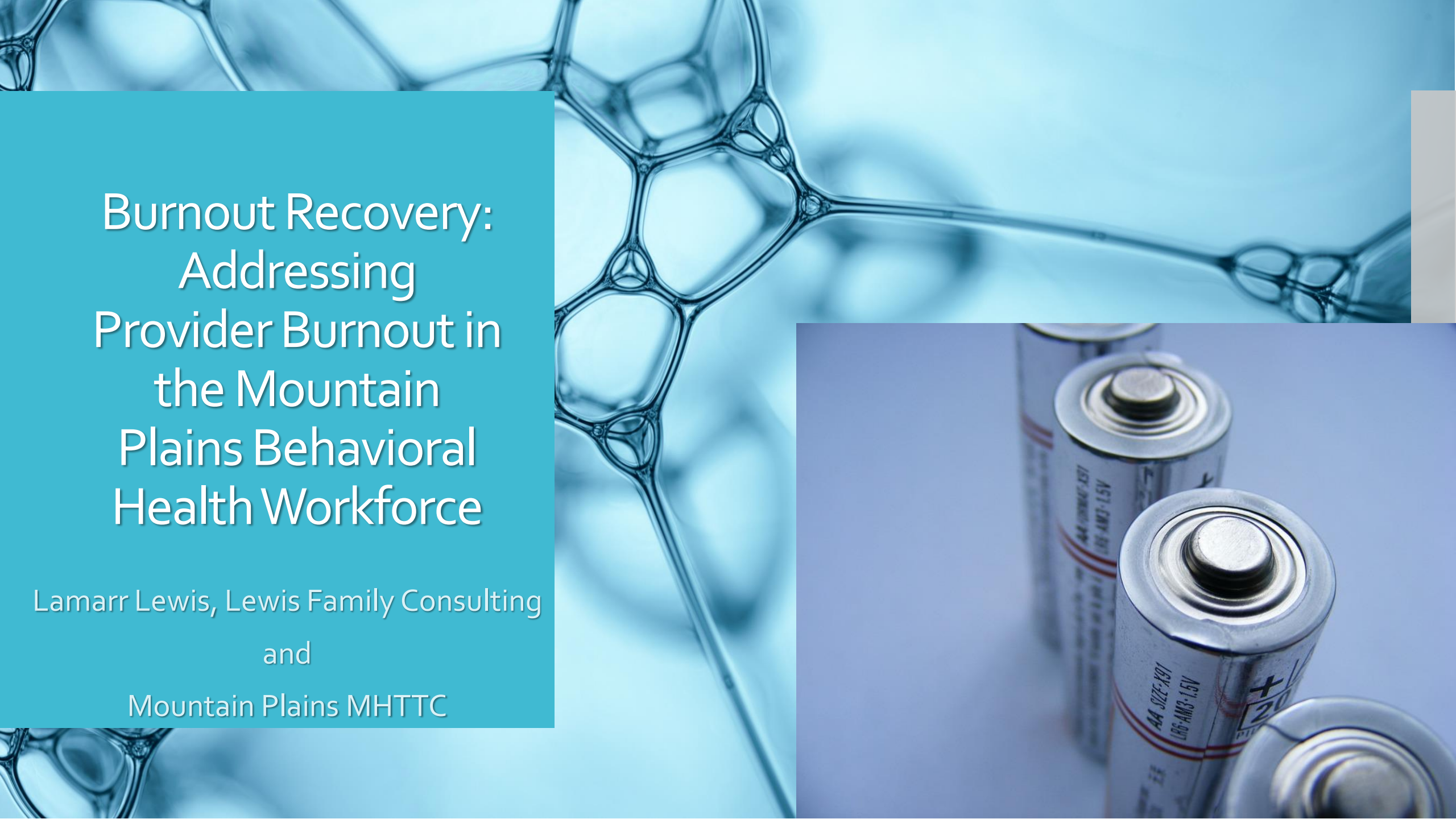
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**SCAN ME**





# Burnout Recovery: Addressing Provider Burnout in the Mountain Plains Behavioral Health Workforce

Lamarr Lewis, Lewis Family Consulting  
and  
Mountain Plains MHTTC



# Learning Objectives



FOSTER A POSITIVE AND SUPPORTIVE WORK CULTURE THAT EMPHASIZES OPEN COMMUNICATION, TEAMWORK, AND MUTUAL RESPECT.



ADDRESS ANY SYSTEMIC ISSUES CONTRIBUTING TO BURNOUT, SUCH AS INADEQUATE RESOURCES, COMMUNICATION PROBLEMS, OR LACK OF SUPPORT.



RECOGNIZE SIGNS OF BURNOUT TO ACQUIRE APPROPRIATE ASSISTANCE FOR THEMSELVES AND OTHERS



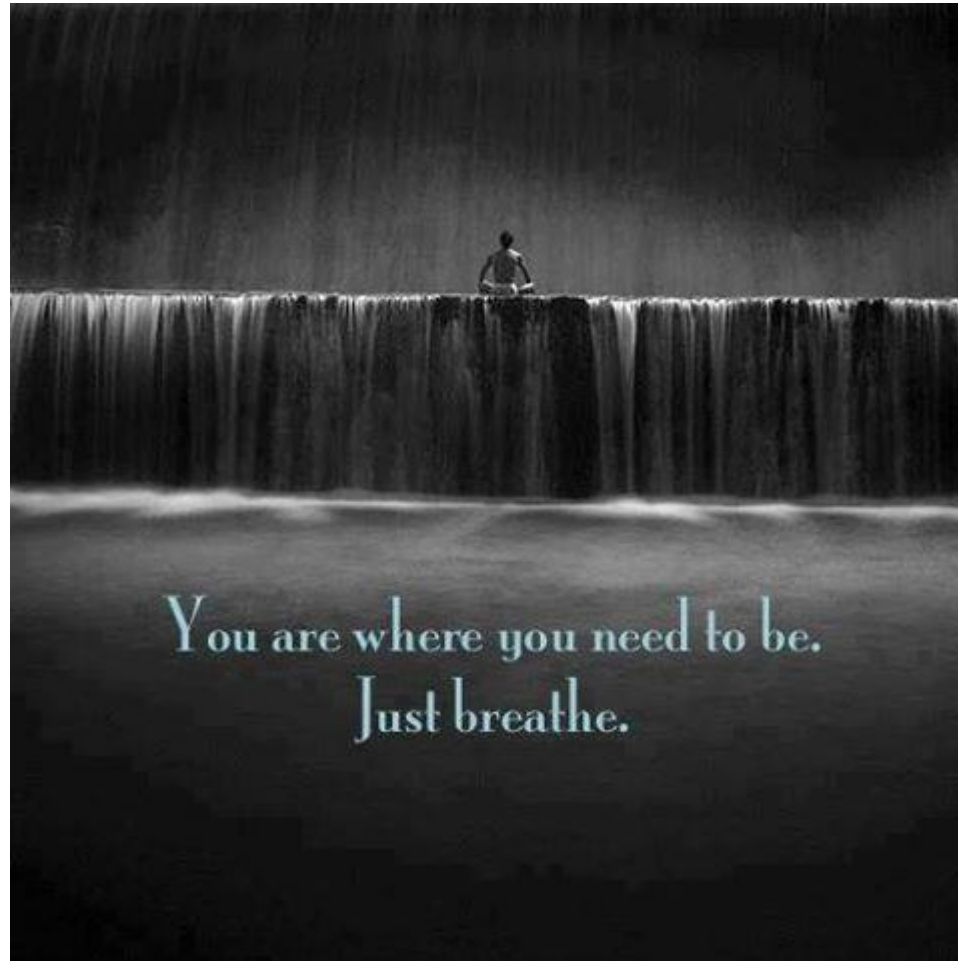
Quote  
to Ponder

“Your mental health is a  
priority. Your happiness  
is an essential. Your  
self-care is a necessity.”

*Homeopathyrecovery.com*

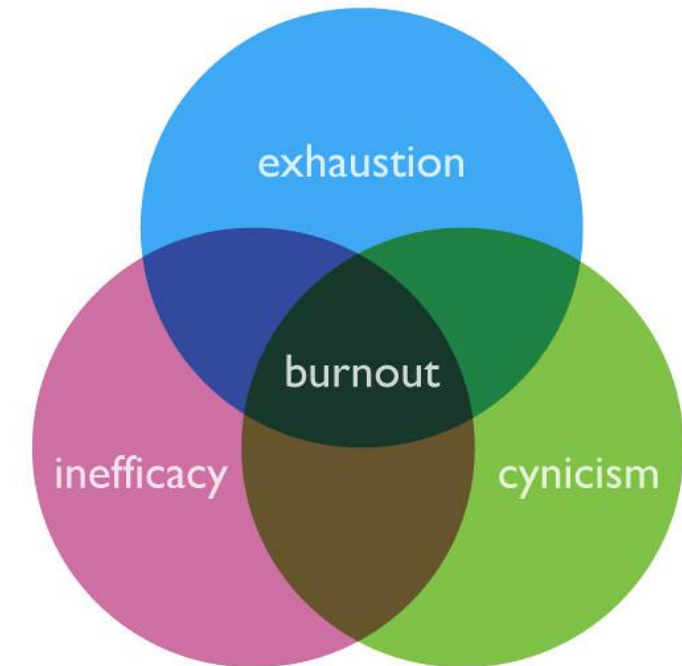
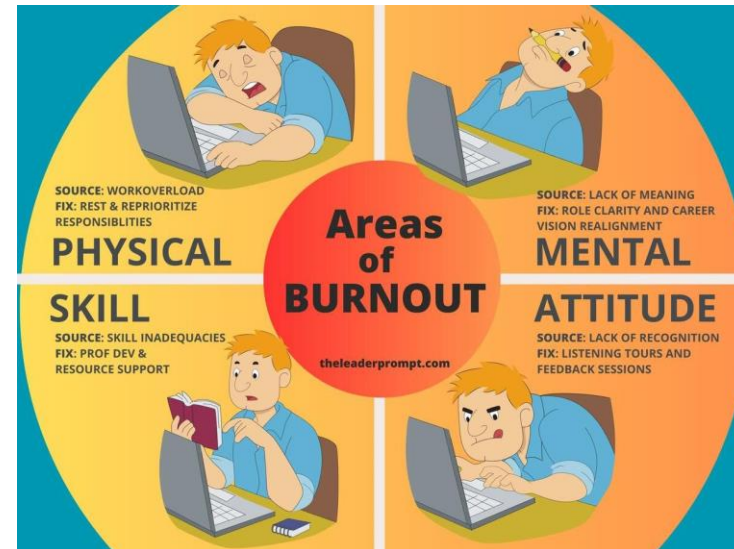
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# Icebreaker



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# What is Burnout?



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# Burnout Recovery

1. Intentional Wellness
2. Compassion
3. Self-Awareness



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# Intentional Wellness



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Compassion

Compassion given  
*makes people bigger;*  
received, it  
*makes people better.*

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Self-  
Awareness  
through  
Self-  
Reflection



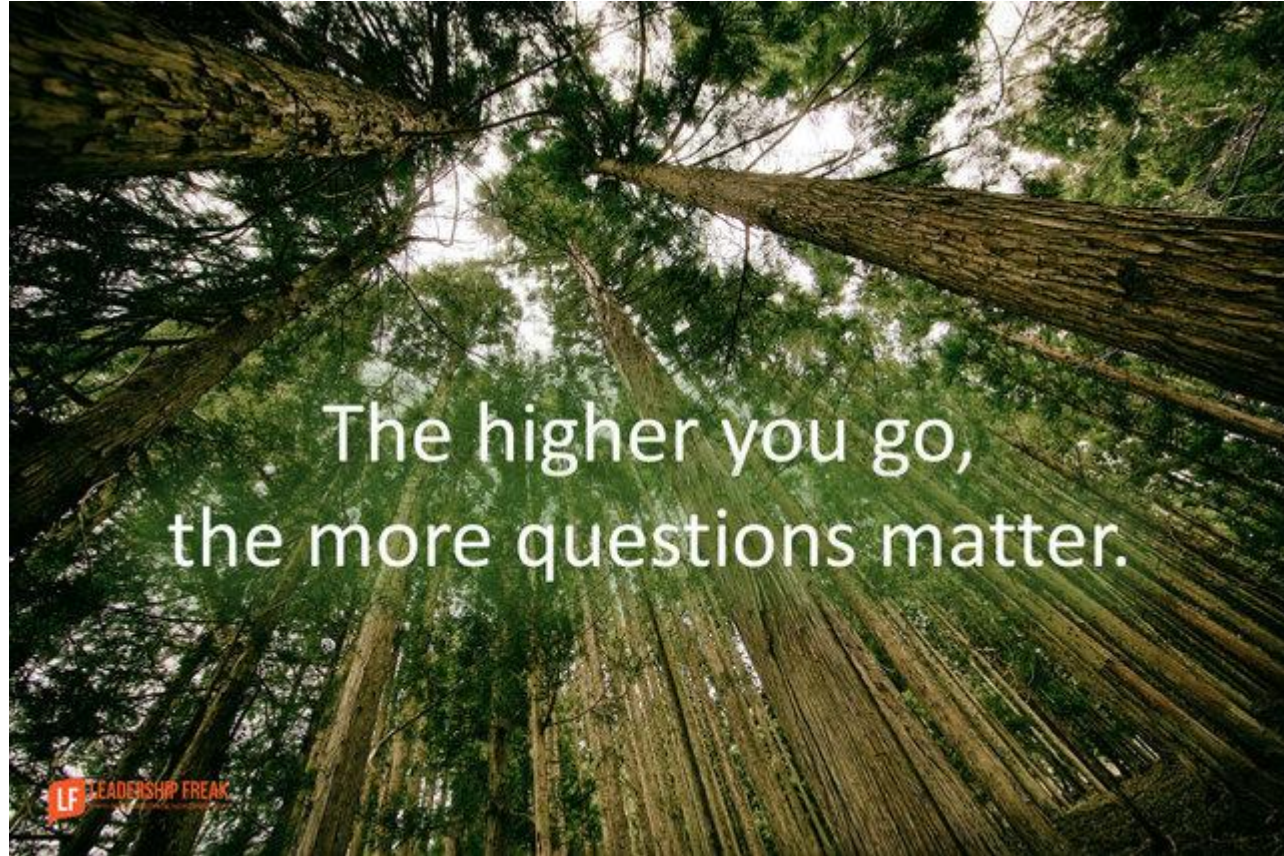
# Solution Based Strategies



- 1. Build Awareness:** Check-In with Yourself
- 2. Play as Self-Care:** Have some FUN
- 3. Radical Healing:** Coping vs. Safety
- 4. Build Your Tribe:** Peer Support



# In Conclusion...



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**Thank you!!!**

**Stay in Touch!!!**

- Lamarr E. Lewis, MA LAPC  
CPRP-Lewis Family Consulting
- [www.lewisfamilyconsulting.net](http://www.lewisfamilyconsulting.net)
- For more information on trainings, workshops, and consultations.

