

Behavioral Health Professional Workforce Resilience ECHO

Creating Cultures of Resiliency for Behavioral Health Professionals through Project ECHO®

Join us for **Resilience Rounds** Beginning March 28, 2022 and **Resilience Workgroups** Beginning April 25, 2022

The ECHO Institute at the University of New Mexico Health Sciences Center in conjunction with national partnerships introduces a three-year initiative to reduce burnout and increase resilience among behavioral health professionals. Using the proven ECHO model, we will launch a series of programs to train and support behavioral health professionals to increase resilience, self-care, and wellness and decrease burnout and the risk for the development of mental health conditions among behavioral health professionals.

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.

When:

Resilience Rounds will meet on the 2nd and 4th Monday of each month from 2-3 p.m. MDT | 4-5 p.m. EDT

Resilience Workshops will meet weekly on Mondays from 1-2 p.m. MDT | 3-4 p.m. EDT

Where:

Connect on your computer or smartphone using Zoom.

Who:

- mental health trainees
- behavioral health professionals
- supervisors and employers of behavioral health professionals
- medical providers providing mental health services

**Register for either or
both programs!**

Contact Info: ResilienceECHO@salud.unm.edu

Zoom connection information will be sent after you register.

Email: ResilienceECHO@salud.unm.edu

Website: <https://hsc.unm.edu/echo/>





“The proposed project will fill an urgent need to support overworked and overburdened and behavioral health professionals, creating a more resilient workforce that can continue to provide essential services in their communities.”

Jeff Katzman, MD, Medical Director, Behavioral Healthcare Professional Workforce Resilience ECHO. Professor and Vice-Chair, University of New Mexico, Department of Psychiatry.

Program	Resilience Rounds	Resilience Workgroups
Registration Link	https://ctsctrials.health.unm.edu/redcap/surveys/?s=7Y473KWRLYDA9HPA .	https://ctsctrials.health.unm.edu/redcap/surveys/?s=NCMW84XF9NMEXXH9 .
Topics	Burnout and Resilience	Self-Awareness
	Performance and Resilience	Self-Regulation
	Resilience Training	Motivation and Growth Mindset
	Peer Support Networks	Relationships
	Understanding Resilience	Uncertainty, Tolerance, Flexibility
	Community Resilience Model	Perspective Taking
	Resilient Leadership	Self-Care
	Resilient Organizations	Values and Character
	Qualities of Resilience	When Bad Stuff Happens
	Flexibility and Resilience	
	Resilient Parenting	
	Therapist Reaction to Patient Suicide	The <i>Peak Performance and Stress</i> didactics will be repeated every nine weeks
	Resilience and Perspective Taking	.

No Cost Continuing Education Credits Available

COMING IN SEPTEMBER – Office Hours!

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In support of improving patient care, Project ECHO® is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

AMA Designation Statement

Project ECHO® designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ANCC Designation Statement

Project ECHO® designates this live activity for a maximum of 1.0 ANCC contact hours. Nursing contact hours will be awarded for successful completion of program components based upon documented attendance and completion of evaluation.

 <p>AMERICAN PSYCHOLOGICAL ASSOCIATION</p>	<p><u>Psychologist Accreditation</u></p> <p>Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.</p>
	<p><u>AAPA Credit Designation Statement – Live</u></p> <p>Project ECHO has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.0 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.</p>
	<p><u>Social Work Accreditation</u></p> <p>As a Jointly Accredited Organization, Project ECHO® is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Project ECHO® maintains responsibility for this course. Social workers completing this course receive 1.0 continuing education credit.</p>

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