

DATES & TIME

March 24, 2021
March 31, 2021
April 7, 2021
10:00 a.m. to 11:00 a.m.

LOCATION

Online

CEU's

1 CEU for each session

CANCELLATION POLICY

Cancellations must be received no later than 5 working days prior to the course to be refunded (Less a \$25 service charge)

No refunds are possible after that date, but you are welcome to send someone in your place.

TO REGISTER

Register online at www.leadingageoregon.org (Educational Opportunities)

QUESTIONS

Call LeadingAge Oregon
503.684.3788

OUTLINE

Amid the COVID-19 pandemic, it has been a stressful time for those who work on the front lines of health care. Now more than ever, it is important to provide support and resources to our critical front-line staff. This series and accompanying resources are designed to show your caregivers that you are there for them and want to help create a resilient environment for everyone. All sessions will be recorded to enhance your efforts to support everyone on your team.

APPROACHES TO MENTAL HEALTH SUPPORT IN 2021

Wednesday, Mar. 24, 2021 10 – 11 a.m. PT

Join us as we discuss the current prevalence and impact of mental health conditions, how changes in work and life have affected nearly all of us, and how employers are uniquely positioned to address and support the mental health needs of their employees.

Speakers: April McTindal, CHC, CHES®, Population Health Management Consultant, USI Insurance Services, Mara Sikorski, MPH, CPH, Population Health Management Consultant, USI Insurance Services

RESILIENCE: DEALING WITH TRAUMA AND GRIEF DURING COVID-19

Wednesday, Mar. 31, 2021 10 – 11 a.m. PT

Many people are experiencing grief during the COVID-19 pandemic. Grief is a normal response to loss during or after a disaster or other traumatic event. Grief can happen in response to loss of life, as well as to drastic changes to daily routines and ways of life that usually bring us comfort and a feeling of stability. How we address grief is individualized. Join us as we review complicated and uncomplicated grief and the idea of trauma as these relate to the global COVID-19 pandemic. We'll also further review healing milestones and attitudes that can derail healing. Finally, practical strategies to address grief and death are reviewed with the goal of promoting resilience in the face of trauma. The session will conclude with a case study that incorporates the topics discussed in the session.

Speaker: Kathleen Weissberg, MS, OTD, OTR/L, CMDCP, CDP, National Director of Education, Select Rehabilitation

RUNNING ON EMPTY: OVERCOMING COMPASSION FATIGUE IN OUR HEALTH CARE ENVIRONMENT

Wednesday, Apr. 7, 2021 10 – 11 a.m. PT

Health care providers often experience the effects of the constant strain of meeting the vast needs of clients and their families, resulting in compassion fatigue. Compassion fatigue affects not only the health care provider in terms of job satisfaction, emotional and physical health, but also the workplace environment by decreasing productivity and increasing turnover. COVID-19 is amplifying all of the factors that lead to compassion fatigue. The pandemic demands an increased need for health care providers to fulfill the medical, mental, and social health needs of the families and communities impacted. This session will describe the stages, causes, symptoms, and consequences of compassion fatigue. It will also introduce strategies for assessing levels of stress and implementing strategies to prevent/minimize the development of compassion fatigue in your health care setting.

Speaker: Neely Sullivan, PT, CLT-LANA, CDP, Education Specialist, Select Rehabilitation

WHO SHOULD ATTEND

Appropriate for skilled nursing, assisted living, and home and community-based providers.

REGISTRATION INFORMATION & FEES

Registration deadline for the series is **Mar. 22, 2021**.
LeadingAge Oregon Member \$30
Non-Member Rate \$100