



THE NH TRAINING INSTITUTE ON ADDICTIVE DISORDERS

Presents:

ADDRESSING COMPASSION FATIGUE IN CLINICAL SUPERVISION

with Angela Thomas Jones, LCMHC, MLADC, LCS, CCFP, RYT

A 1 HOUR WEBINAR EVENT

PRESENTATION: Since 2016, when the US Surgeon General's Report identified substance use disorders a Public Health Crisis, NH has been 3rd only to West Virginia and Ohio with rates of death due to Heroin or Fentanyl overdoses. In 2017, the National Academy of Medicine released a National Call to Action for Clinician Well-being. During 2018, in response to a NH provider needs survey identifying 96% respondents met 'at risk' criteria for compassion fatigue, a small grassroots movement became the North Country Task Force to Improve Opioid Treatment Outcomes by focusing on Clinician Well-being and Resilience. Earlier this year, the World Health Organization introduced its revised definition of Burnout as *chronic workplace stress that has not been successfully managed*. This presentation will review how this collaborative project is applying this research and testing an Informed Consent Supervision Agreement designed to build and sustain resilience and wellness as a workforce development strategy. As a result of this training participants will:

1. Understand where to find evidence - based practice & resources to increase clinician resilience
2. Identify ethical standards, laws, and rules related to the role of Supervision and self-care
3. Be able to list the stages of the Stress – Distress – Impairment Continuum
4. Perform the evidence-informed practice of **HomeBase** as a self-care strategy on the job

PRESENTER: **Angela Thomas Jones, LCMHC, MLADC, LCS, RYT, CCFP;** Motivated by lived experience, in 2018, Angela co-founded a grassroots effort to implement effective practices for clinician self-care to improve quality patient care & safety. She is Certified as a Compassion Fatigue Professional and specializes in Trauma-sensitive Mind/Body practices and licensed in NH as a Clinical Mental Health Counselor and Master Licensed Alcohol and Drug Counselor as well as a Clinical Supervisor with 30 years of experience. As Co-Chairperson for the Ethics Committee of the NH Association for Alcohol and Drug Abuse Professionals, she spearheaded re-defining the function and role of the Ethics Committee based on research from the American Psychological Association identifying the Stress-Distress Continuum (2006) and the National Academy of Medicine's Call to Action for Clinician Well-being. Her tenure with NH Department of Corrections lead her to develop an evidence informed 4-step process called **HomeBase** as an easy to do and simple self-care tool effective for the practitioner as well as patients; a win-win approach. Since 1991, she has contributed to the New England Institute of Addiction Studies, is an Adjunct Professor for Plymouth State University Counseling Graduate Program and travels nationally teaching on the topic of Clinician Well-being. In 2009, she published a literature review; Trauma-Sensitive Yoga Practice after completing Post-Graduate Certification in Traumatic Studies at The Trauma Center of the Justice Resource Institute founded by Dr. Bessel van der Kolk, MD.

Fee: NHADACA Members: Free, Non-Members: \$15

For registration information contact: 603-225-7060, training@nhadaca.com

1 Contact Hour Available

Certified Prevention Specialist Category: 6

LADC/MLADC Categories of Competence: 4, 15-17

CRSW Performance Domains: 3 & 4



NBCC: LICSW/L-MFT/LCMHC (Category A) & Psychologist Category A

(NH Alcohol & Drug Abuse Counselors Association has been approved by NBCC as an Approved Continuing Education Provider. ACEP No 6754. Programs that do not qualify for NBCC credit are clearly identified. NHADACA is solely responsible for all aspects of the program).

Schedule

On Demand