

Health Occupations Providing Excellence in Workforce Wellconess and Resiliency *Community Practitioner Series*

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HOPE
Workforce Wellness and Resiliency

Description

The Community Practitioner Series aims to promote resiliency among health care professionals. Interested community practitioners may complete each training individually for free CEUs and/or complete the entire series for a Certificate in Workforce Wellness and Resiliency.

AHEC: This program is approved for 0.15 CEU's (1.5 clock hours) of continuing education by Mid-Carolina AHEC, Inc. and meets the SC AHEC Continuing Education Best Practice Standards.

Participants must attend 90% of the program to receive a certificate of attendance. No partial credit will be given.

COUNSELORS & THERAPISTS: This program has been pre approved for 1.5 hours of continuing education by SC AHEC under its accreditation by the SC Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists and Psycho-Educational Specialists.

NURSING: Nursing: Mid-Carolina AHEC is approved as a provider of nursing continuing professional development by South Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This nursing continuing education activity has been approved for 1.5 hours.

SOCIAL WORKERS: This program has been approved by the SC Board of Social Work Examiners for 1.05 clock hours of social work continuing education.

PHARMACY: The University of South Carolina College of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. Please see individual activity listings in the flyer (pages 2-3) for specific information about CEU designations, learning objectives, and activity types. Participants must sign-in/register, participate in all active learning activities, respond to all learning assessment questions, and complete the online evaluations of each activity at <http://cop.sc.learningexpressce.com> in order to obtain credit. Detailed instructions on how to claim CPE credit will be provided.



These activities have been submitted for CME credit(s) and are pending approval.

Each statewide webinar will be 12:00pm-1:30pm unless stated otherwise.

March 17, 2023-1:30pm-3:30pm
Insights and Impacts of Burnout

March 31, 2023
Emotion Recognition and Management to Maintain a Positive Outlook

April 7, 2023
The Development of Stress Management Skills: Navigation Stress in Workplace

May 26, 2023
Interventions for Burnout and Self-Care Techniques to Improve Well-Being

June 23, 2023
Transdisciplinary Supervision

July 14, 2023
Integrating Mindfulness into Clinical Practice

No Program Fee

This program is free to attend but registration is required.



For more information & to register, visit:
www.scahec.net/learn



UNIVERSITY OF
SOUTH CAROLINA
College of Social Work

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ACPE Activity Announcement

March 17, 2023 1:30pm – 3:30pm	Insights and Impacts of Burnout Melissa Reitmeier, PhD, LMSW, MSW; Clinical Professor, UofSC College of Social Work <i>ACPE UAN 0062-9999-23-037-L99-P/T, 2.0 contact hours, application-based activity</i> <i>At the completion of this activity, the participant will be able to:</i> <ol style="list-style-type: none"> 1. Discuss the emotions behind burnout 2. Identify the impact of burnout in terms of cost, and culture of burnout, on the community and healthcare sector 3. Apply strategies and evidence-based skills to promote resiliency
March 31, 2023 12:00pm – 1:30pm	Emotion Recognition and Management to Maintain a Positive Outlook Melissa Reitmeier, PhD, LMSW, MSW; Clinical Professor, UofSC College of Social Work <i>ACPE UAN 0062-9999-23-038-L99-P/T, 1.5 contact hours, application-based activity</i> <i>At the completion of this activity, the participant will be able to:</i> <ol style="list-style-type: none"> 1. Recognize emotions and their impact on self 2. Discuss the relationship between emotions and wellness 3. Develop strategies for regulating emotions 4. Apply strategies to case scenarios
April 7, 2023 12:00pm – 1:30pm	The Development of Stress Management Skills: Navigating Stress in Workplace Melissa Reitmeier, PhD, LMSW, MSW; Clinical Professor, UofSC College of Social Work <i>ACPE UAN 0062-9999-23-039-L99-P/T, 1.5 contact hours, application-based activity</i> <i>At the completion of this activity, the participant will be able to:</i> <ol style="list-style-type: none"> 1. Describe the impact of stress on the body and brain 2. Develop evidence-based stress management techniques 3. Integrate skills learned into practitioner's practice 4. Apply strategies to case scenarios
May 26, 2023 12:00pm – 1:30pm	Interventions for Burnout and Self-Care Techniques to Improve Well-Being Melissa Reitmeier, PhD, LMSW, MSW; Clinical Professor, UofSC College of Social Work <i>ACPE UAN 0062-9999-23-040-L99-P/T, 1.5 contact hours, application-based activity</i> <i>At the completion of this activity, the participant will be able to:</i> <ol style="list-style-type: none"> 1. Discuss the importance of self-care 2. Discuss self-care techniques and wellness interventions 3. Develop self-care techniques 4. Apply strategies through use of case scenarios
June 23, 2023 12:00pm – 1:30pm	Transdisciplinary Supervision Melissa Reitmeier, PhD, LMSW, MSW; Clinical Professor, UofSC College of Social Work <i>ACPE UAN 0062-9999-23-041-L99-P/T, 1.5 contact hours, application-based</i> <i>At the completion of this activity, the participant will be able to:</i> <ol style="list-style-type: none"> 1. Define transdisciplinary and SUPER-vision 2. Identify the importance of teamwork and workplace culture 3. Develop skills to maintain positive relationships and handle difficult situations in the workplace 4. Apply strategies through use of case scenarios
July 14, 2023 1:30pm – 1:30pm	Integrating Mindfulness into Clinical Practice Melissa Reitmeier, PhD, LMSW, MSW; Clinical Professor, UofSC College of Social Work <i>ACPE UAN 0062-9999-23-042-L99-P/T, 1.5 contact hours, application-based activity</i> <i>At the completion of this activity, the participant will be able to:</i> <ol style="list-style-type: none"> 1. Define mindfulness and how it differs from other techniques 2. Discuss how mindfulness can help practitioners in the clinical setting 3. Apply mindfulness techniques to case scenarios

Continuing Pharmacy Education:

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