



## *Working for Our Well-Being: A Mental Health Awareness Leadership*

### WEBINAR SERIES

### May is Mental Health Awareness Month.

Join us for all, some, or one of six special webinars that focus on supporting leadership in times of crisis.

May  
**11th**

**Trauma-Informed, Resilience-Oriented Leadership During a Pandemic**

May  
**18th**

**Leadership in Times of Chaos**

May  
**13th**

**How Implicit Bias Affects our Work: Starting with the Individual**

May  
**19th**

**Self & Collective Care for Healthy Workplaces**

May  
**15th**

**Shining a Light on API Mental Health in the Time of COVID-19**

May  
**26th**

**Wellbeing Through Crisis: Emotional PPE**

## May 11th: Trauma-Informed, Resilience-Oriented Leadership During a Pandemic

3-4:15 p.m. PT

Moving towards a trauma-informed and resilient organization involves intentional and equitable approaches to systemic and organizational change. This includes focusing on the well-being of all the adults within a system so that they can bring their whole, human selves to the important work they do to care for others. Join the Pacific Southwest MHTTC for a webinar on systems and agency leadership approaches that embrace trauma-informed care. This session will help leaders to understand the fundamentals of leading their organization towards becoming more trauma-informed and resilience-oriented. The content will blend brain science, principles for building a safe environment, and promising practices for trauma-informed systems.

SESSION FULL. RECORDING WILL BE AVAILABLE

## May 13th: How Implicit Bias Affects our Work: Starting with the Individual

3-4:30 p.m. PT

Implicit bias refers to the attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner. Everyone has them, and becoming mindful of how implicit and explicit biases impact our work with others is important. Implicit biases can lead to unfair differences in the expectations we hold for those we serve, how we interact with them, and the learning opportunities we provide. This webinar is part of a four-part series that explores the dynamics of implicit bias and its impact on our work in mental health. Starting with the individual, this webinar will challenge you to reflect on your own implicit biases and learn ways to become self-aware regarding your own biases and microaggressions. Future implicit bias webinar series will focus on relationships with clients, organizational culture and climate, and engagement with communities.

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## May 15th: Shining a Light on API Mental Health in the Time of COVID-19

12-1:30 p.m. PT

COVID-19 has had a profound impact on the mental health of countless individuals, including Asian and Pacific Islanders (API). For some it may spark an old trauma and PTSD associated with being a refugee or immigrant. Some may experience severe depression due to the loss of a job or isolation from one's support system because of social distancing. Sadly, there also continues to be the emotional trauma brought on by racist attacks on API.

In honor of May as both Asian Pacific American Heritage Month and Mental Health Awareness Month, join this national round table to discuss the mental health impact of COVID-19 on API communities. While we must address the serious problems our communities are facing, it is also important to celebrate who we are as APIs - this, too, is mental health.

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## May 18th: Leadership in Times of Chaos

3-4:30 p.m. PT

Leadership during change is, at best, a constant learning and adapting process. It requires leaders to reflect and learn about existing challenges; find solutions collaboratively with other leaders and team members; and determine new solutions, recognizing that finding solutions is an iterative process. In times of chaos and turbulence, the work of leading through change is further buffeted by the unpredictability and severity of the challenges being confronted. At times like this, leaders need different strategies to continue to "weather the storm" and lead effectively. This session will explore these new strategies, including foresight thinking, foresight planning, and ongoing communications at all levels.

Note that the focal audience for this training is mental health leadership (e.g., agency executives, program directors, frontline managers).

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## May 19th: Self & Collective Care for Healthy Workplaces

*(a special webinar in partnership with the California Primary Care Association)*

11 a.m. - 12:30 p.m. PT

Health center staff are constantly asked to prioritize the patient's need, sometimes resulting in overwhelming feelings of stress, compassion fatigue, and burn-out. In order to fully show up for those they serve, professionals need structural policy supports and practice changes that balances self and collective wellbeing. This webinar will explore how we can create and maintain health care work cultures where staff are resourced and ready to care for patients. Presenters will discuss why supporting health care professionals through practice and policy changes is critical to preventing burn-out, secondary stress, and compassion fatigue.

Note that the focal audience is health care professionals.

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## May 26: Wellbeing Through Crisis: Emotional PPE

*(a special webinar in partnership with the California Primary Care Association)*

11 a.m.-12:30 p.m.

Times of crisis necessitate health care leaders to balance competing priorities, including patient need, staff wellbeing, and one's own health. While it can be difficult to reflect in the midst of a crisis - like in the case of the COVID-19 pandemic - this session will dedicate time to exploring strategies for improving leadership's response in times of crisis. This session will explore the Crisis Leadership Continuum (readiness, response, recovery, and renewal), highlighting health care leadership approaches and strategies integral to ensuring staff wellbeing through crisis.

Note that the focal audience is health care professionals.

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*We look forward to supporting your leadership development as we enter Mental Health Awareness Month, May 2020.*