

PROVIDER RESOURCES & TRAININGS MAY 2024



MAY IS MENTAL HEALTH AWARENESS MONTH

As Healthcare providers we should also monitor our mental health and ensure we are taking care of ourselves. Please review the information below for the Centers for Disease Control and Prevention (CDC).

Tips to cope and enhance your resilience:

- Communicate with your coworkers, supervisors, and employees about job stress.
- Identify and accept those things which you do not have control over.
- Take breaks during your shift to rest, stretch, or check in with supportive colleagues, coworkers, friends and family.
- When away from work, get exercise when you can. Spend time outdoors either being physically activity or relaxing. Do things you enjoy during non-work hours.
- Learn healthy ways to cope with stress.

Managers and supervisors can use a Total Worker Health[®] approach to implement policies, practices, and programs. A program to reduce work-related stress might include:

1. Implement organizational and management policies that eliminate the root causes of stress, such as excess demands or workplace bullying. Also implement policies that provide workers with increased flexibility and control over their work and schedules.
2. Provide training for supervisors on strategies to reduce stressful working conditions.
3. Provide training and interventions to build resiliency for stress management and reduction for all workers. Provide access to Employee Assistance Programs.

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MAY IS MENTAL HEALTH AWARENESS MONTH

Webinars

Substance Abuse and Youth -Responding to an Opioid Overdose with Naloxone

- Thursday, May 2nd, 2024, 12 p.m. – 1 p.m., Pacific time. [Click this link to register.](#)

Aligning Patient and Clinical Expectations - Negotiating with Patients

- Tuesday, May 7th, 2024, 12 p.m. – 1 p.m., Pacific time. [Click this link to register.](#)

Physician Pay-for-Performance Programs (P4P)

- Wednesday, May 8th, 2024, 12 p.m. – 1 p.m., Pacific time. [Click this link to register.](#)

Substance Abuse and Youth -Talking with Your Child About Substance Use

- Thursday, May 2nd, 2024, 12 p.m. – 1 p.m., Pacific time. [Click this link to register.](#)

Take a Step Outside Yourself- Give Charity and Other Good Works a Try

- Wednesday, May 15th, 12 p.m. – 1 p.m., Pacific time. [Click this link to register.](#)

Managing Access and Flow

- Thursday, May 16th, 2024, 12 p.m. – 1 p.m., Pacific time. [Click this link to register.](#)

Motivating Patients to Change Health Behaviors

- Tuesday, May 21st, 2024, 12 p.m. – 1 p.m., Pacific time. [Click this link to register.](#)

Substance Abuse and Youth -Impact of Cannabis (Marijuana) Vaping and Youth's Developing Brain

- Thursday, May 23rd, 2024, 12 p.m. – 1 p.m., Pacific time. [Click this link to register.](#)

[Navigating Challenging Situations with Patients](#)

- Tuesday, May 28th, 2024, 12 p.m. – 1 p.m., Pacific time. [Click this link to register.](#)