



**County of Los Angeles Department of Public Health,
Substance Abuse Prevention and Control Program**
With

**UCLA Integrated Substance Abuse Programs and
the Pacific Southwest Addiction Technology
Transfer Center**

Presents a Special Training on:

**What About You? Practicing Self-Care for Substance Use Disorder
Providers - Part Two**

Friday, December 11, 2020, 10:00 a.m. – 1:15 p.m.

Live Virtual Lecture Series offered via Zoom

Register Online at:

<https://ucla.zoom.us/meeting/register/tJModO-rrDwtGdJPx4z63nciZFO4DpJJrQGN>

****You will receive a confirmation email with a unique Zoom link upon registration.
Please do not share your unique Zoom link.**

Featured Presenter:

Andrew S. Kurtz, MA, MFT, UCLA Integrated Substance Abuse Programs

Description:

Early indicators of increasing burnout among healthcare professionals and the general population during the COVID-19 pandemic add a challenging facet to the difficulty of engaging in regular self-care. Considerations for enhancing mental, behavioral, and physical health with intentional integration into daily activities can enhance provider functioning with parallel benefits of organizational support and individual opportunities for enhanced well-being.

The second part of this Self-Care lecture series will provide participants with updated information on the need for self-care within a professional and individual context. Information will focus on expanding upon previously developed concepts of burnout and methods for maintaining motivation for self-care among health professionals while incorporating recommendations for managing the challenges of a shifting substance use disorder treatment landscape. Participants will have opportunities to consider practical ways to enhance physical, emotional, and behavioral self-care practices through interactive activities, discussions, and identification of resources for continued self-care practice beyond the session.

Objectives: At the end of this presentation, participants will be able to:

- 1) Recognize two (2) impacts on the physical and mental well-being of health professionals that result from physical distancing.
- 2) Apply three (3) cognitive or affective coping mechanisms to manage daily stressors from within the SUD workplace.
- 3) Generalize at least three (3) benefits of empathy and mindfulness-based self-care in enhancing care for patients with Substance Use Disorders.
- 4) Specify three (3) ways to utilize a structured thought or behavior record to improve self-care routines.
- 5) Distinguish three (3) cultural differences in self-care definitions and practices and identify at least two (2) strategies for incorporating these different perspectives and practices.

Continuing Education:

The training course meets the qualifications for the provision of three (3.0) continuing education credits/ contact hours (CEs/CEHs). UCLA ISAP is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs (Provider #64812). UCLA ISAP maintains responsibility for this program/course and its content. Course meets the qualifications for three (3.0) hours of continuing education credit for LMFTs, LCSWs, LPCCS, and LEPs as required by the California Board of Behavioral Sciences. UCLA ISAP is also an approved provider of continuing education for RADTs I/II, CADCs-CASs, CADCs I/II, CADCs-CSs, and LAADCs (CCAPP, #2N-00-445-1121), CATCs (ACCBC/CAADE, #CP40 872 C 0822), and CAODCs (CADTP, #151). CE credit will be awarded six-eight weeks after the virtual training. Partial credit will not be available for those participants who arrive late or leave early.

The Los Angeles County Department of Public Health is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.

The Los Angeles County Department of Public Health designates this enduring activity for a maximum of 3.00 AMA *PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Instructions for Filing a Grievance Concerning UCLA ISAP's Continuing Education Program: Please contact Dr. Thomas E. Freese, CE Program Administrator, in writing (UCLA ISAP, 11075 Santa Monica Boulevard, Suite 200, Los Angeles, CA 90025) or by phone (310- 267-5397).

Please contact Brandy Oeser at 310-267-5331 or via email at boeser@mednet.ucla.edu if you have questions, concerns, special needs, or require additional information before registering for this training.



If you need a disability-related reasonable accommodation/alternative format for this event, please contact Brandy Oeser at (310) 267-5331 or via email at boeser@mednet.ucla.edu .

This lecture series will be filmed.

Funding for this lecture was made possible in part by cooperative agreement 5UR1TI080211-02 from the Substance Abuse and Mental Health Services Administration.

Refund/Cancellation Policy: Notice of cancellation must be made at least 72 hours in advance of the training by emailing Brandy Oeser at boeser@mednet.ucla.edu. You can also cancel directly via zoom.

Pre-registration is required and enrollment is limited to 300 people. Registration will be accepted on a first come, first served basis. You will be notified if space has been reserved for you upon receipt of your online registration.