

Technical Information

SAMHSA

Substance Abuse and Mental Health
Services Administration

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LIVE

This webinar is now live.



It is being recorded.



Please remain muted.

Welcome

Central East PTTC Webinar

Self-Care Basics for Prevention Staff

The Central East PTTC is housed at the Danya Institute in Silver Spring, MD

Oscar Morgan
Executive Director

Deborah Nixon Hughes
Project Director





Technology Transfer Centers

Funded by Substance Abuse and Mental Health Services Administration

Each TTC Network includes 13 centers.



Network Coordinating Office

National American Indian and Alaska Native Center

National Hispanic and Latino Center

10 Regional Centers (aligned with HHS regions)

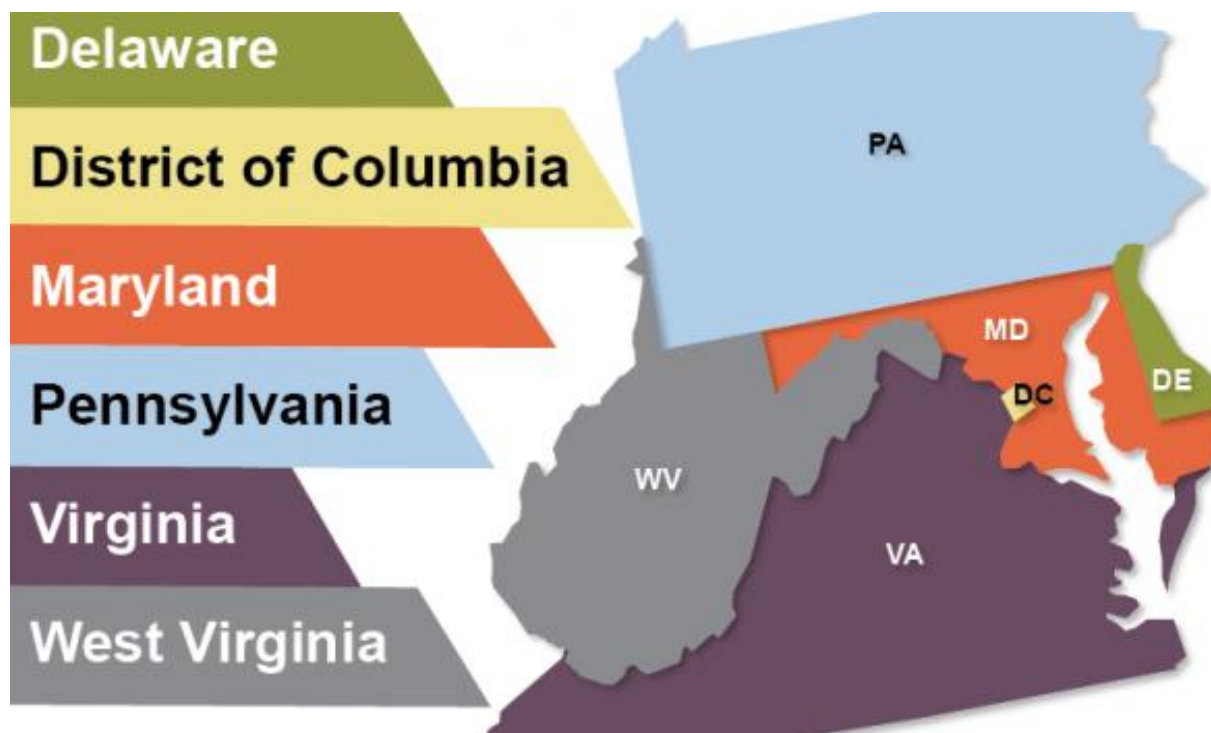


Central East (HHS Region 3)

PTTC

Central East Region

HHS REGION 3



The use of affirming language inspires hope.

LANGUAGE MATTERS.

Words have power.

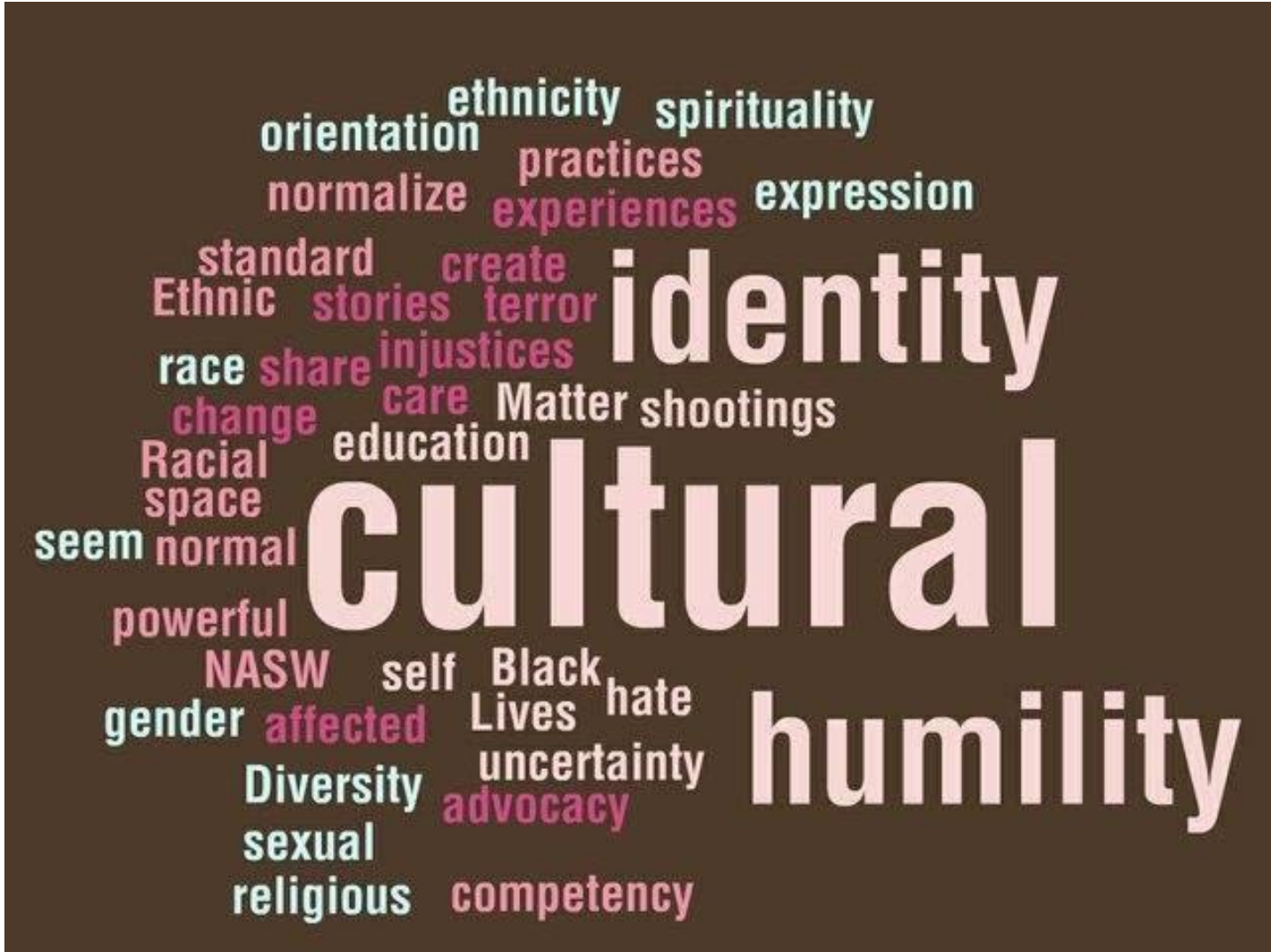
PEOPLE FIRST.

The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.



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PTTC Mission



To Strengthen the Capacity of the Workforce

1

To Deliver Evidence-Based Prevention Strategies

2

Facilitate Opportunities for Preventionists to Pursue New Collaboration Opportunities, which include Developing Prevention

3

Partnerships

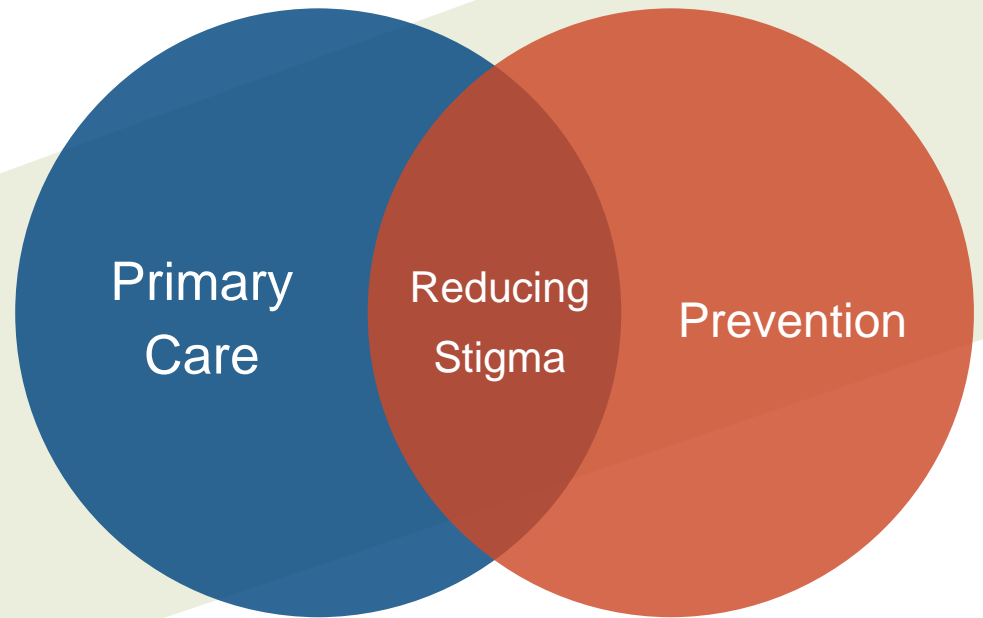


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Central East PTTC Specialty Area

Engaging and Collaborating
with Primary Care Providers
for Substance Use
Prevention



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Eligibility



PTTC Focus Areas

Opioid/ Harm Reduction Strategies



Trauma



Youth Vaping/Tobacco




Youth Alcohol and Suicide



Health equity and the elimination of disparities



Suicide prevention and substance use overdoses



Workforce Development



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Services Available



Online Courses



Technical Assistance



Skill Based Training



Webinar



Toolkits



Facilitate Prevention Partnership & Alliances



Research Learning Collaborative



Newsletter



Technology Driven Models



Literature Searches



Virtual Meeting



Research Publication



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Other Resources in Region 3



Central East (HHS Region 3)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



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DBH
DEPARTMENT OF
BEHAVIORAL HEALTH



HEALTHY

EXERCISE

WELL

KEEP
THINGS
SIMPLE

THINK
POSITIVELY

Self-Care Basics for Prevention Staff

Jessica Hulsey
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Personal Assessment

1. Do exercise daily?
1. Do you get adequate sleep?
1. Do you eat healthy foods?
1. Do you have healthy stress management techniques?
1. Are you attune to your thoughts and feelings and are you able to express them?
1. Do you read, journal, paint, or do activities that challenge you?
1. Are you actively involved in hobbies?
1. Do you spend time with loved ones?
1. Do you seek out trainings to improve your job skills?
1. Do you find a balance between work, family, friends, and spending time alone?

Burnout Among Workers

THE WALL STREET JOURNAL

BUSINESS

American Workers Are Burned Out, and Bosses Are Struggling to Respond

Workplace stress is rampant and resignations have risen; employers are trying four-day workweeks, mandatory vacation days and other new ways of working

Employee burnout is on par with levels at the height of the COVID-19 pandemic; job performance impacted

HEALTH

People seeking help for anxiety on the increase

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team- onally ery to rk, by maker

has a of the artists

FREYA LENG @FreyaLengCN

they don't just have to live with their anxiety, stress and depression. I've found that the more people I help, the more they refer others to

drinking and food can be used short term relief or to try and m things, yet these just exacerbate anxiety, stress and depression a



WORKFORCE WIRE

The future of work is here, employee burnout needs to go

PUBLISHED THU, SEP 23 2021-1:16 PM EDT | UPDATED THU, SEP 23 2021-2:17 PM EDT

Alicia Doniger @ALICIAIDONIGER

SHARE f t in e



Once your oxygen mask is in place and the turbulence has subsided...



7 Dimensions of Wellness



Emotional

Emotional wellness comes from understanding feelings and expressing emotions constructively.

Ways to strengthen emotional wellness:

- Get plenty of sleep
- Work on expressing feelings
- Practice mindfulness and deep breathing

Environmental

Environmental wellness involves recognizing the interactions between yourself and your surroundings.

Ways to strengthen environmental wellness:

- Spend time in nature every day
- Create an organized living space
- Reduce exposure to environmental hazards (smoke, UV rays, etc.)



Intellectual

Intellectual wellness is achieved by expanding knowledge and engaging in activities that stimulate your brain.

Ways to strengthen intellectual wellness:

- Surround yourself with diverse perspectives
- Play games like Sudoku or Scrabble
- Pick up a new hobby



Social

Social wellness depends on the quality of relationships an individual has and how they interact with those around them.

Ways to strengthen social wellness:

- Balance social and personal time
- Learn how to communicate your needs and wants respectfully to those around you
- Surround yourself with people who make you feel valued

Physical

Physical wellness is impacted by an individual's behaviors, such as exercise and nutrition, sleep patterns, sexual behavior, and substance use.

Ways to strengthen physical wellness:

- Go for short walks every day
- Practice safe sex
- Educate yourself on the risks of all substances, including marijuana, tobacco, and alcohol

Spiritual

Spiritual wellness comes from having beliefs that provide a sense of purpose to your life. It comes from seeking meaning and purpose in everyday life.

Ways to strengthen spiritual wellness:

- Make time weekly to journal or reflect on your personal values
- Choose hobbies that align with your beliefs
- Find others who share your values and communicate openly with them

Occupational

Occupational wellness involves finding contentment through your work and using your skills and talents to feel fulfilled.

Ways to strengthen occupational wellness:

- Spend time volunteering for causes you are passionate about
- Learn skills that will help you accomplish your goals
- Prioritize work-life balance and find ways to reduce workplace stress

Assess Your Wellness



Emotional Wellness



Environmental Wellness



Intellectual Wellness



Social Wellness



Physical Wellness



Spiritual Wellness



Occupational Wellness



The Big 7: Selfcare Basics

1. 8 hours of sleep
2. 30 minutes exercise
3. 15 minutes sunlight
4. Eat a balanced diet
5. Positive social activities
6. Counseling/mental health support
7. Positive Coping Skills





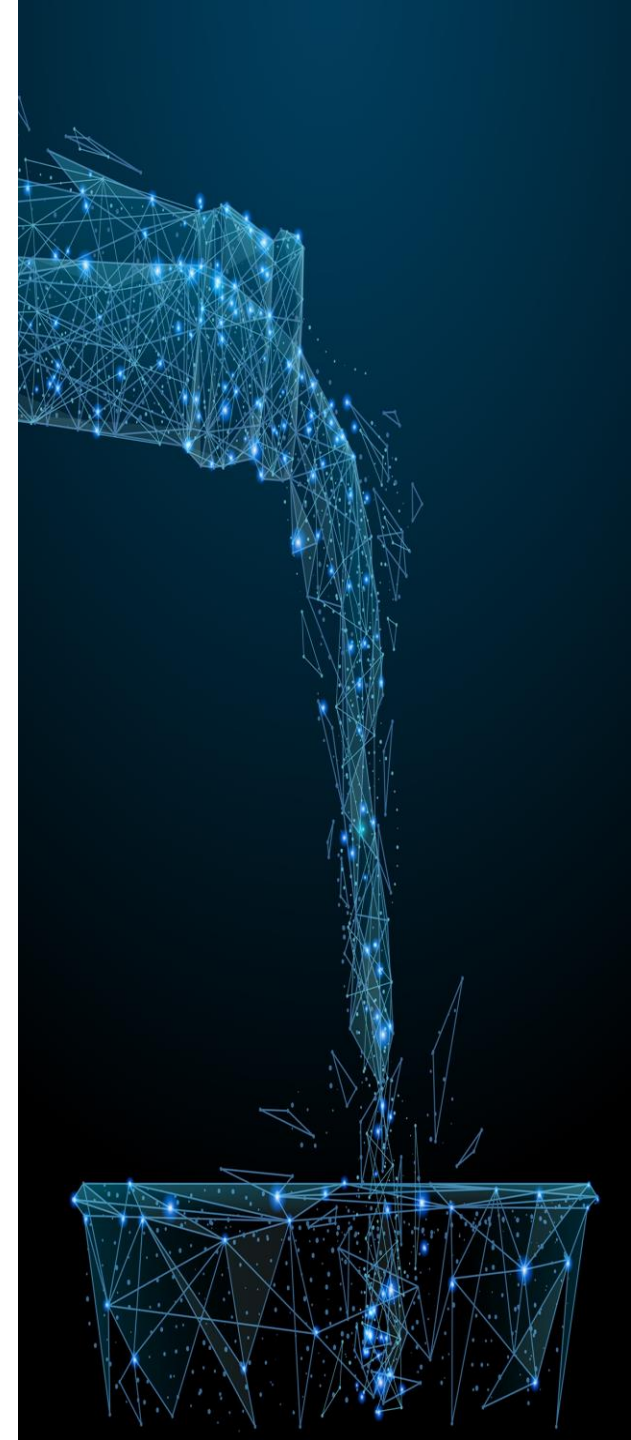
Let's Talk About Alcohol

Alcohol is the third leading cause of preventable death in the United States. Alcohol use, misuse is an insidious problem. It can sneak up on you quickly.

Health Problems: Associated with over 200 diseases and injury-related conditions

Myths.

- Stress Reliever.
- Tolerance...I can handle my liquor.
- I'll stop later.
- Rock bottom.
- 28 days.
- Level playing field.



Top 3 Underlying Factors

DECOMPRESS

Report using alcohol to unwind or decompress from the day.

SOCIALIZE

Systems of social connection organized around alcohol (i.e. Happy Hour)

STRESS MANAGEMENT

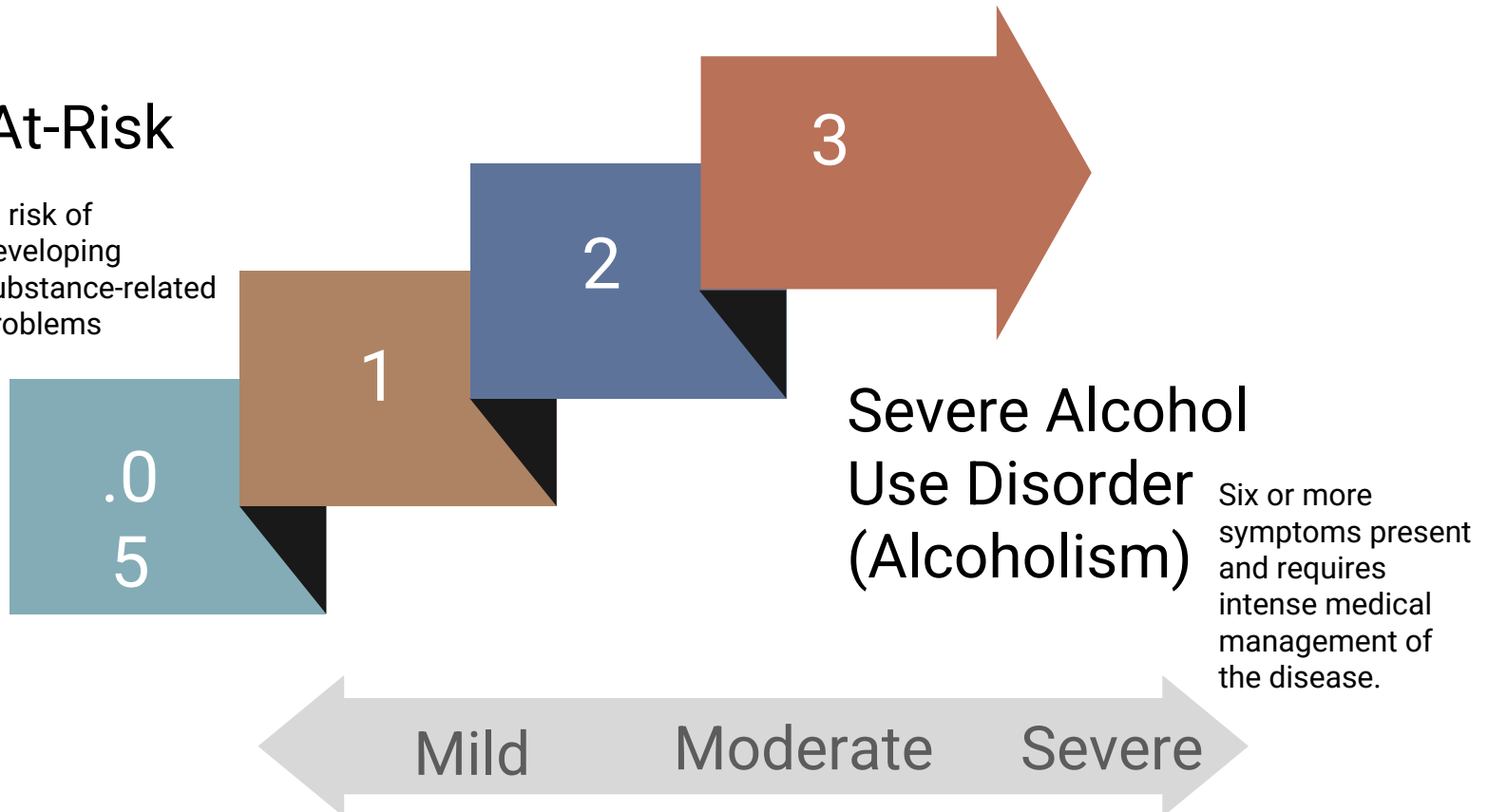
Report alcohol use as mechanism to manage stressors.

Severity of Substance Use Disorders

DSM-5 Mild, Moderate, Severe

At-Risk

at risk of
developing
substance-related
problems



Updated Rules of Engagement

1992.

1. Don't drink before 5pm.
2. Don't drink alone.
3. Don't drink on an empty stomach.
4. Don't drink and drive.

2020.

1. Don't drink before 5pm.
2. Don't drink alone.
3. Don't drink on an empty stomach.
4. Don't drink and drive.
5. Mind your genes.
6. Do not drink daily. Manage intermittency.
7. Do not drink to cope with stress or trauma.
8. Dry Periods. Implement periodic abstinence sessions.
9. Do not mix with medications.

DSM-5

The DSM-5 includes guidelines for clinicians to determine how severe a substance use disorder is depending on the number of symptoms.

- 2-3 symptoms indicate a mild substance use disorder;
- 4 or 5 symptoms indicate a moderate substance use disorder, and
- 6 or more symptoms indicate a severe substance use disorder. A severe SUD is also known as having an addiction.

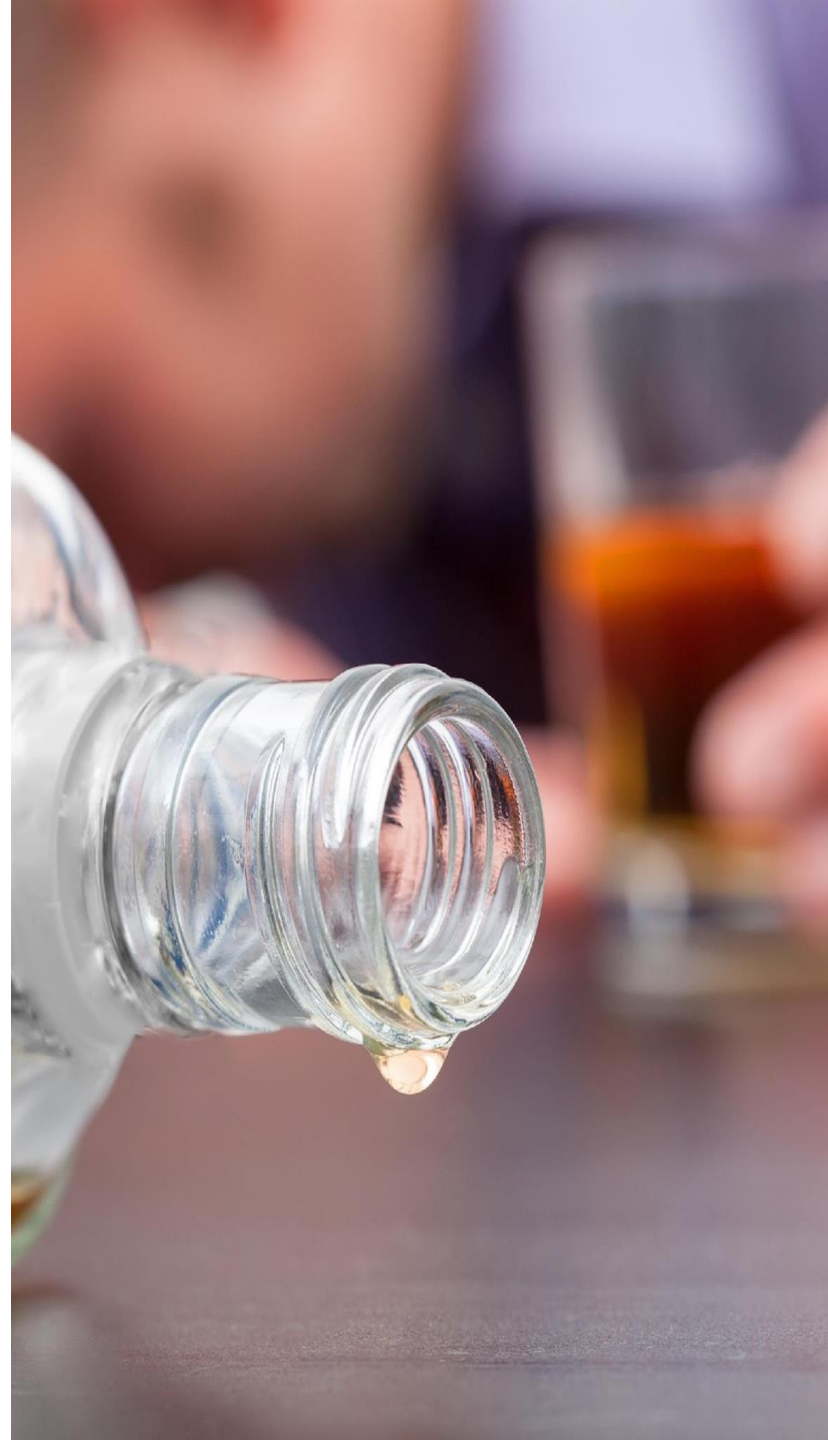
CATEGORIES OF SUD SYMPTOMS

Symptoms of substance use disorders in the DSM 5 fall into four categories: 1) impaired control; 2) social problems; 3) risky use, and 4) physical dependence.

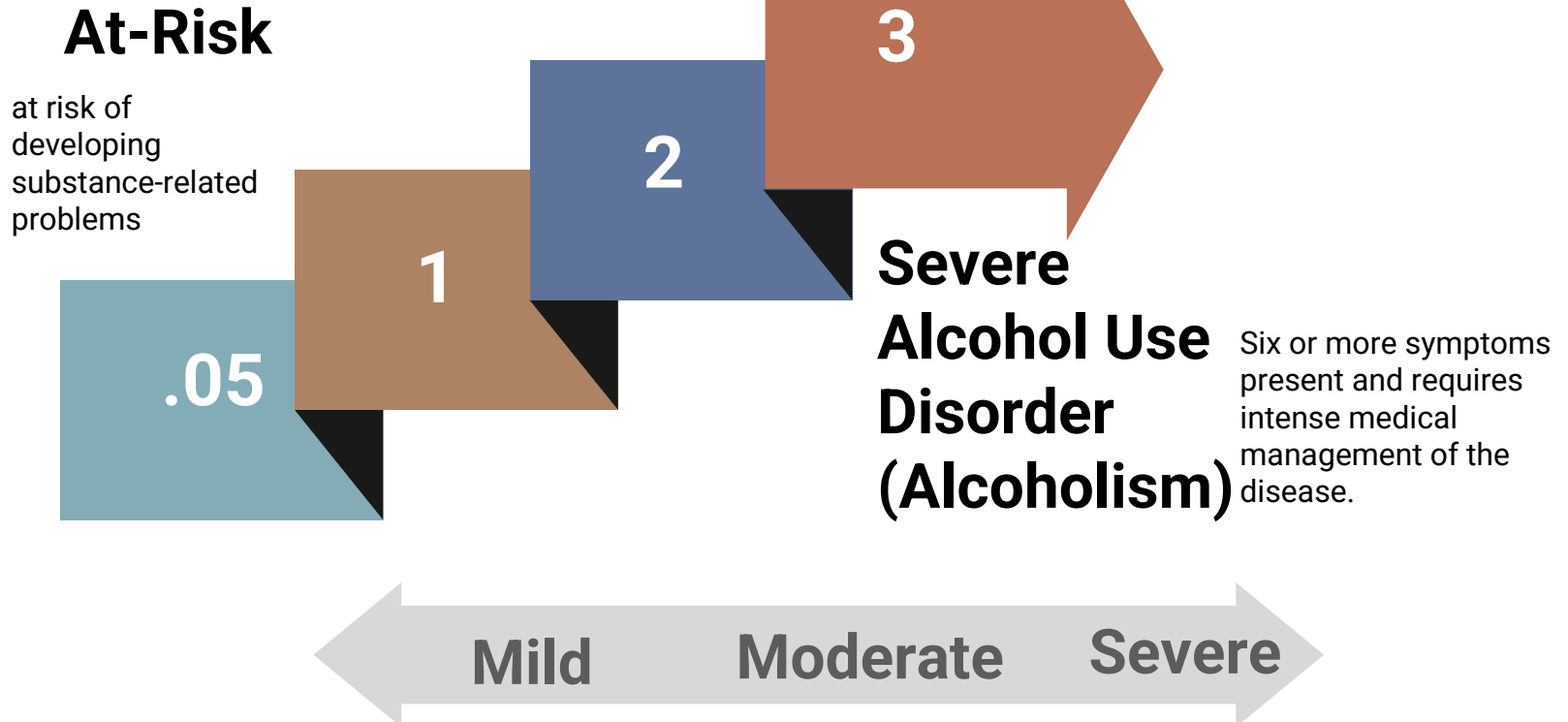
Impaired Control	Social Problems	Risky Use	Physical Dependence
Using more of a substance or more often than intended Wanting to cut down or stop using but not being able to	Neglecting responsibilities and relationships Giving up activities they used to care about because of their substance use Inability to complete tasks at home, school or work	Using in risky settings Continued use despite known problems	Needing more of the substance to get the same effect (tolerance) Having withdrawal symptoms when a substance isn't used

Signs and Symptoms.

1. Tried to cut back but couldn't?
1. Blacked Out?
1. Found that your usual number of drinks had much less effect than before?
1. Continued to drink even though it was making you feel depressed or anxious or adding to another health problem?
1. Had withdrawal symptoms, such as trouble sleeping, shakiness, restlessness, nausea, sweating?



Where are you?



Three Cs

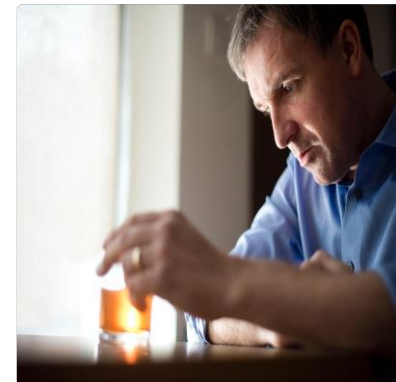
Celebrate.



Commiserate.



Cope.



Updating Coping Skills

I need a...

drink

talk

gym

session

hike

run

SMART Dashboard

To make sure your goals are clear and reachable, each one should be:

Specific (simple, sensible, significant).

Measurable (meaningful, motivating).

Achievable (agreed, attainable).

Relevant (reasonable, realistic and resourced, results-based).

Time bound (time-based, time limited, time/cost limited, timely, time-sensitive).



GOAL

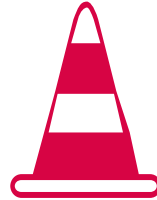
Protect yourself and manage risks to prevent the development of an alcohol use disorder.



Assess
Where
You Are



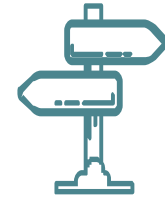
Update
Coping
Mechanisms



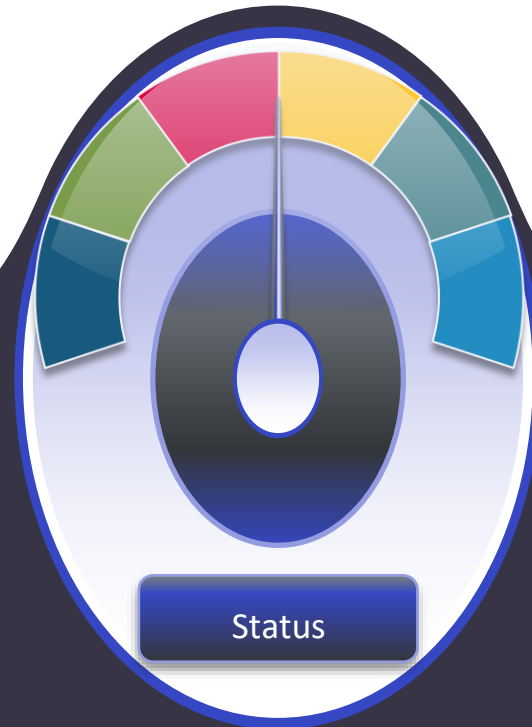
Mind Your
Genes



Time Off



Self Care





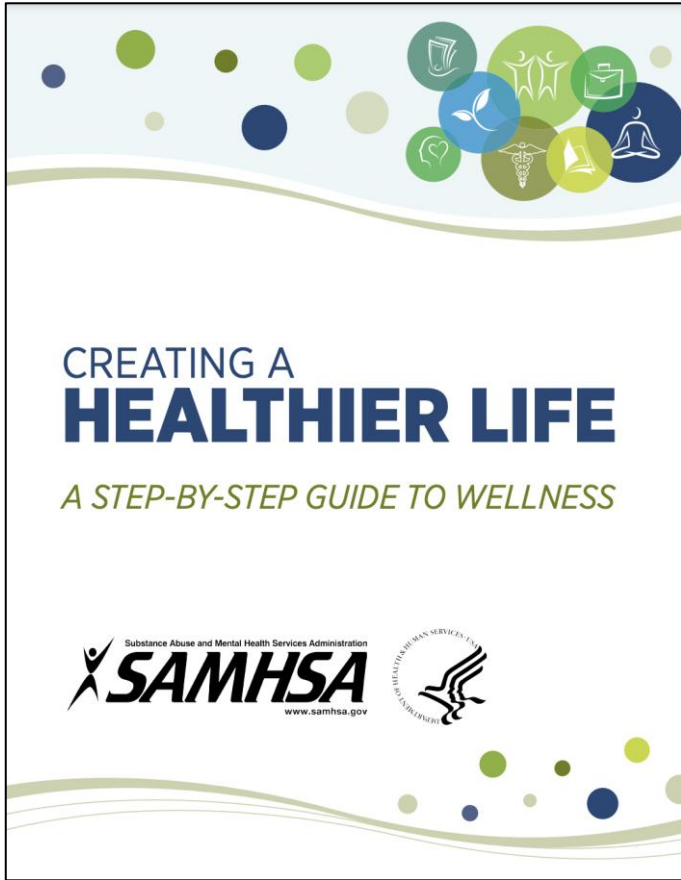
Resources

Burnout Test

Answer each question- Strongly Agree, Somewhat Agree, Somewhat Disagree, or Strongly Disagree)

1. I seem to grow more cynical all the time.
2. I could sleep ten hours a night and it still wouldn't feel like enough.
3. I am compensated appropriately for the work I do and the stress it causes me.
4. I feel like I am losing my creativity.
5. I have a heavy workload.
6. I have a great work/life balance.
7. My work is simple and doesn't require much emotional energy from me.
8. My work is so simple, I find it demoralizing.
9. I have a positive relationship with my colleagues.
10. The work I do is futile.
11. I feel discriminated against in the workplace.
12. Outside of the workplace, I feel swamped by life's demands.
13. I feel constantly overwhelmed.
14. Honestly, I can't be bothered to give 100% anymore.
15. I dread going to work.
16. I feel like I'm just putting out little fires all day rather than getting anything done.
17. If a friend came to me with a problem, I would struggle to find the energy to help them.
18. I daydream about quitting my job.
19. I've experienced physical symptoms that are uncommon for me, such as headaches or fatigue.
20. "Running on empty" describes me well.





Mindfulness Apps



DBT Diary Card and Skills Coach

- <https://www.diarycard.net/>

Calm

- <https://www.calm.com/>



Headspace

- <https://www.headspace.com/>

DBT Coach : Guided Therapy

- <https://resiliens.com/dbt-coach/>



Reminder: Work Alone isn't Wellness



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THANK YOU!

ADDICTION POLICY FORUM

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Contact Us



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PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

a program managed by



THE DANYA INSTITUTE

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