



### 3-part training series:

## How Our Work Affects Us - Addressing Burn Out

### Dates and Times:

Tuesdays - June 3<sup>rd</sup>, 10<sup>th</sup>, and 17<sup>th</sup>, 2025

10:30am - 12:00pm each session

(hosted Live, virtually on ZOOM – link to be emailed after registration)

**Target Audience:** ALL classifications of staff from ACBHD, select AC Public Health staff, and *contracted* BHD CBOs with BHD. Peer Specialists, Family members, SUD staff & Community Mental Health staff welcome!

**Description:** This series will help ACBH staff and providers understand how to identify the signs of stress and burn-out, and offers tips they can apply to support their own workplace wellness.

#### Workshop #1 – June 3: What is Vicarious and Secondary Trauma?

Understanding how the adversity of the communities we serve impacts our wellbeing over time.

#### Workshop #2 – June 10: The Stress Response: How to Stop and Avoid Burnout

Explores the *difference* between our stress response and stressors in the environment. Outlines what we can do to “complete” the stress response to avoid burn-out.

#### Workshop #3 – June 17: How Brain Rest is Different than Sleep

Examine different types of rest the brain needs to heal and recuperate from stress and adversity.

**Trainers:** **Brooke Briggance** is the Director of Cypress Resilience Project and is the lead instructor of Cypress for 5+ years. She is a Certified Instruction and Lead Instructor trainer for: youth, teen, and adult populations of the national Mental Health First Aid curriculum, QPR (Question, Persuade, Refer) suicide prevention training, is a Grief Recovery Method Specialist, and TIS Instructor. **Jasmine Nakagawa** holds a Trauma Informed Specialist certification from CSU East Bay. She is the Deputy Director of Cypress Resilience Project and a lead instructor of Cypress for 5+ years. She is a certified Instructor for the youth, teen, and adult versions of Mental Health First Aid, for QPR, and is a certified Grief Recovery Method Specialist.

#### Learning Objectives, Workshop #1

- Define vicarious and secondary trauma
- Identify how moral injury and grief impact well-being
- Define how micro-routines positively impact well-being

#### Learning Objectives, Workshop #2

- Determine 5 signs of toxic stress and burn-out
- Distinguish the difference between stressors and the stress response
- Explain how to “complete” the stress response for healing

#### Learning Objectives, Workshop #3

- Define how connection is related to well-being
- Identify 7 different kinds of rest the brain needs
- Identify 3 strategies to support well-being

**Accommodations or Grievance?** For disability, reasonable accommodation, or a grievance about an ACBHD training, contact the person listed on this flyer and cc ACBHD Training Unit ([training.unit@acgov.org](mailto:training.unit@acgov.org)). Send requests a minimum of 5 business days prior to training date.

### REGISTRATION LINK

<https://us02web.zoom.us/j/7Qny93bc6Jwpwew>

*Must attend at least 2 of the 3 sessions to be eligible for CE credits.*

For other information about this training, contact :

[Training.Unit@acgov.org](mailto:Training.Unit@acgov.org)

WHEN EMAILING, Please include the title of training in your subject line.

### Continuing Education (CEs)

**NOTE:** At least 2 of the 3 sessions must be attended to receive CE Credit.

*A completed Post Test per session, and Evaluation at the end of last session must also be completed.*

*This 3-part series meets qualifications for up to 4.5 CE credits for LCSWs, LMFTs, LPCs, and/or LEPs as required by the California Board of Behavioral Sciences; Alameda County Behavioral Health Department (ACBHD) is approved by the California Assoc. of Marriage and Family Therapists (CAMFT) to sponsor continuing education for the target audience of this training, Provider No 65749; for Addiction Professionals by the California Consortium of Addiction Programs & Professionals Education Institute (CCAAP EI), Provider No. 4C-04-604-0626; and for RNs by the California Board of Registered Nurses, BRN Provider No. 12040. ACBHD maintains responsibility for this program/course and its content.*

**CE credit is only provided for Alameda County and ACBHD contracted Provider staff.**