

Iowa's Behavioral Health Workforce: Staff Resiliency & Wellness and Trauma-Informed Leadership

Tuesday, April 11 & Thursday, April 13, 2023

1:00 –3:00 p.m. CST

Online via Zoom | Cost: **FREE**

In this two-day workshop, attendees will explore two foundational concepts for supporting behavioral health service professionals: Staff Resiliency & Wellness, healing and helping professionals are at risk of experiencing issues that mirror those of the people they serve. Research demonstrates the dangerous impact on physical and emotional health when exposed to trauma combined with a stressful work environment. Knowledge is the best defense against burnout, vicarious trauma, and compassion fatigue. This training goes further than other self-care trainings by addressing the critical elements of health to enhance productivity and quality of work on both an individual and organizational level; and Trauma-Informed Leadership, the stress of working with people struggling with trauma has put those in the helping and healing professions at significant risk for burnout and other dangers. Trauma-Informed Leadership gives leaders the skills and knowledge necessary to propel their programs and organizations towards excellence. This training provides a practical model to enhance staff health while maximizing system and organizational outcomes. Learners will leave this training with a new paradigm of Leadership and trauma-informed approaches for the supervision of staff and management of programs.



Matt Bennett, MBA, MA, is a relentless advocate for trauma-informed care and other interventions that help people and communities heal. His passion manifests in his books *Connecting Paradigms*, *Talking about Trauma & Change*, *Heart Variability*, and *Trauma-Sensitive Early Education* as well as his *Trauma-Informed Lens* and *Heart Rate Variability* Podcasts. Mr. Bennett combines his masters' degrees in community psychology and business administration with his practical experience as a therapist and leader to develop research-based solutions to improve the health of individuals, staff, organizations, and systems.

[→ Click Here to Register](#)

Certificates of Attendance for 1.75 contact hours will be available for those who attend the event in its entirety and completed the post-training survey. Please contact Iowa CEBH at iowa-cebh@uiowa.edu if you are unable to access the survey or certificate.

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person who requires a reasonable accommodation in order to participate in this program, please contact Iowa CEBH in advance at iowa-cebh@uiowa.edu.

[→ iowacebh.org](https://iowacebh.org)

This webinar is hosted by the Center of Excellence for Behavioral Health (CEBH). CEBH is sponsored by the Iowa Department of Health and Human Services