

SEMDA Educational Meeting

Topic: Prioritizing Self-Care: Recognizing and Preventing Burnout

Event Date: Thursday, November 14, 2024

Time : 6:00 pm - 7:15 pm

Location: Virtual Zoom Presentation

Presenters: Andrea L. Smith, DHA (ABD), MSW; Tinetra Taylor Burns, Ph.D (ABD), MSA, RSST, CADC

CPEUs: 1.0

Speaker Bios:

Andrea L. Smith, DHA (ABD), MSW is the founder and CEO of A. Smith and Associates, LLC, and the Director of Innovation & Community Engagement with Detroit Wayne Integrated Health Network, Detroit Wayne Mental Health Authority where she has been for over 10 years in various positions. She also is a lecturer and supervisor of student learners at the University of Michigan School of Social Work.

Throughout her working career, Andrea has spent many years developing and honing her skills in counseling, facilitating, and assisting clients, patients, students, and the community at large receive the support, training and assistance needed to help navigate the many challenges of health – mental, physical, emotional, behavioral, and to help them receive access to needed programs, services, and resources.

Tinetra Taylor Burns, Ph.D (ABD), MSA, RSST, CADC is an associate of A. Smith and Associates, LLC, and partners with Ms. Smith to help educate organizations, groups, entities, and programs on the complexities of mental and behavioral health situations and the resources that are available to help bring about change, recovery, and/or resolutions.

Ms. Burns is also an Administrator/Clinical Specialist at Detroit Wayne Integrated Health Network where she has been for over 7 years working with various program initiatives related to the enhancement of behavioral and physical health, law enforcement and workforce development.

Learning Objectives:

1. Educate participants about the importance of self-care as a vital practice for maintaining mental, physical, and emotional well-being.
2. Help participants identify the signs, symptoms, and causes of burnout and understand how it can negatively impact their health and professional life.
3. Equip participants with tools and strategies, including self-care practices and support resources, to prevent burnout and promote long-term mental health.
4. Ensure all participants understand the principles of equity in accessing mental health and self-care resources, with a focus on addressing barriers faced by marginalized groups.

Sources:

1. **Maslach, C., & Leiter, M. P. (2016). "Understanding the burnout experience: Recent research and its implications for psychiatry."**

This paper discusses the causes, symptoms, and implications of burnout in professional settings, focusing on the impact of prolonged stress on mental health.

2. **Smith, L. A., & Segal, J. (2023). "Burnout Prevention and Treatment." HelpGuide.org**

A detailed guide discussing various approaches to preventing burnout, including the importance of self-care and practical strategies for managing stress.

3. **World Health Organization (WHO) – "Mental health and psychosocial considerations during the COVID-19 outbreak" (2020).**

This document provides recommendations on maintaining mental health and emotional well-being, emphasizing self-care as a preventive measure against stress and burnout.