The means in which we do our job has changed greatly in the last 10 years. Electronic records, texting, video conferencing and email are all tools intended to provide ease of communication and simplify our work lives. Unfortunately, these tools can sometimes complicate our jobs. Nearly one-third of employees respond to emails at work within 15 minutes. Almost one quarter respond within 30 minutes. The code of ethics guides our practice and keeps us standing firmly in our values. Getting back to the code of ethics and putting the core values of our work center stage is key to keeping our integrity and mindfulness to our profession. Staying focused on providing the best service possible while managing stress, fatigue, and burn-out is a challenge. In this seminar, we will discuss regularly occurring ethical work scenarios and connect these scenarios to the code of ethics. We will delve into technology as it relates to regular work flow. Participants will learn the stages of burn-out, its signs and symptoms, and its risk factors. This training will discuss the current research regarding stress and burn-out on the health care work force. Participants will also learn about self-care methods to manage their own stress and how to reduce the risk of burn-out for both caregivers and provider agencies.

Ethics of Self-Care in an Ever Changing World
Presented by
Susan Feyen-Reay, LICSW

Thursday July 6th, 2017
Holiday Inn Express:
300 Holiday Frontage Rd
North Platte, NE 69101
Time: 9AM - 12PM

Friday July 7th, 2017
Holiday Inn Express:
508 2nd Ave South
Kearney, NE 68847

Register at www.omnibh.com/training

If you have any questions please contact Leslie Kankovsky at lkankovsky@omnibh.com or call 402.397.9866 ext.109.

Susan Feyen-Reay received her Masters Degree in Social Work from the University of Nebraska at Omaha in 1998. Susan has worked in public health in Omaha, Nebraska for over 20 years. Susan serves on several boards including participating as one of two Social Work Representatives on the Nebraska Board of Mental Health Practice. Susan speaks frequently on topics such as Ethics in Human Services, Women’s Health, Wellness and Eating Disorders. Susan works at the University of Nebraska at Omaha in the Grace Abbott School of Social Work. She also teaches as an adjunct faculty at Metropolitan Community College. Additionally, she maintains a clinical social work practice at OMNI Behavioral Health in Omaha, NE. Her interest areas include clinical social work supervision and creating a lifespan career ladder for social work students and professionals.
Training Objectives:

- Identify stages of burn-out
- Identify how stress impacts our overall health
- List ways in which technology has changed our work
- Apply the code of ethics to ethical situations to their own work
- Identify ways in which individuals can make small changes to improve health
- Review ethical scenarios in student and employee supervision
- Identify proposed changes to regulations for mental health practice
- Connect supervision scenarios to the code of ethics
- Link stress and burn-out to our ethical obligations of best practice
- Evaluate our day-to-day technology needs/activities to service delivery

Detailed Agenda:

Participants will:

1st hour:
Definition of ethics, law, moral code, and agency policy
Differences and similarities of each
Application of real world scenarios to highlight the differences in each item
Discussion groups of scenarios to be selected by each group or one provided by facilitator

2nd hour:
Common ethical issues for social work and health professionals
Application of real world scenarios to highlight the following issues: Criminal offenses, paperwork, boundaries, confidentiality, social media, and technology
Introduction to technology - data provided on frequency of email exchanges, text, response time expectations on email, and texting issues
Establish foundation of why self-care is needed and challenges faced by social workers and health care professionals
Short video on the impact and uses of technology

3rd hour:
Definitions: Stress, burn-out, and compassion fatigue
Information on stress to include signs and symptoms and types of stress
Information on burn-out to include stages of burn-out, risk factors, and signs and symptoms
Introduction to compassion fatigue
Group exercise of wellness wheel and self-care plan
Self-care methods for caregivers
Staff-care methods for agencies to include caregiver strain tools