

## Self-care and Stress Management

presented by

**Jameelah Bennett, MSW**

Jameelah lives for “light-bulb moments”, when learners and/or organizations experience sudden moments of realization, enlightenment, & inspiration! Jameelah is a talent development consultant, expert facilitator, professional development coach, physical/behavioral health leader and master’s level Social Worker who values integrity, physical & mental well-being, personal growth, and leadership. As a leader in Talent Development & Social Work, Jameelah brings unique perspectives gained from her experience working in community behavioral health, managed care, and training & development in nonprofit and for-profit organizations. Specializing in solutions that support the people side of business, Jameelah supports organizations to align their people strategies with current and future business needs. She aims to understand the challenges organizational leaders confront and will continue to face in the future. Using real-world examples, Jameelah sheds light on the invaluable talent each person brings to an organization and how tapping into these talents can positively impact an organization’s mission and goals. Jameelah is a certified facilitator for Mental Health First Aid Adult & Youth, Mandt System, QPR, Community Action Poverty Simulation, Motivational Interviewing, and Person-Centered Thinking. She also designs and facilitates leadership, soft skills, technical, and skills training.

**3/16/2023 12:00:00 PM**

<https://hartfordhealthcare.zoom.us/j/93677156060>

**Learning Objectives:** *As a result of participating in this Live Activity, participants should be able to:*

1. Describe the importance of stress management and self-care as it relates to the personal and professional lives of the behavioral health caregiver.
2. Identify compassion fatigue in self and colleagues.
3. Review the personal and professional benefits of reducing stress in behavioral health caregivers.

**Accreditation Statement:** In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

**Credit Designation Statement:** Hartford HealthCare designates this Live Activity for 1.25 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with their participation. This activity is approved for 1.25 ANCC contact hour(s).

**Social Work:** As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive 1.25 other continuing education credits.

### Financial Disclosures:

- Nothing to disclose: Ellen Blair (Nurse Planner); Michael Dewberry (Course Director); Justin Garson (Speaker); Bharat Narapareddy (Program Director); Erica Tyanu-Osagie (Social Work Planner and sponsor); Paula Rego (Activity Coordinator); Javeed Sukhera (Co-Director)