**2022 California Healthcare Best Practices Virtual Education Series**

**Worksite Wellness**

Register here: <https://www.zoomgov.com/meeting/register/vJIscuqgrzksGkG6cFJk31bcqSH9yeRn3wA>

**Friday, April 29, 2022**

**12:00pm-1:30pm (PT)**

**Presenter:**

Levi Horn, Substance Use Disorder Professional, Spokane Public Schools

**Description**:

This workshops explores your “Why” to help motivate and remember why we serve those we work with. Participants will explore self-care strategies and indigenous techniques to promote worksite wellness.

***Please note: This will be an interactive session wherein you will explore not only self-care strategies, but indigenous techniques to promote worksite wellness. If possible, please have the following materials available when attending this session: sage/sweet grass, tobacco, cup of water.***

**Outcomes/Objectives**:

As a result of participating in this activity, the healthcare team will:

1. Examine the importance of cultural awareness and cultural identity when working with clients from diverse American Indian and Alaska Native (AI/AN) communities.
2. Apply culturally appropriate techniques to promote wellness working with AI/AN populations.
3. Implement strategies towards self-care and apply indigenous techniques to promote employee wellness and retention.

**Target Audience**:

Physicians, Nurse Practitioners, Nurses, Pharmacists, Social Workers, Psychologists and other members of the healthcare team.

**Instructions for Obtaining Continuing Education Credit:**

To receive a certificate of continuing education, you must register in advance, participate in the entire live activity, and complete the online evaluation form by May 13, 2022. You will be able to print your certificate after completing the evaluation.

**ACCREDITATION:**

In support of improving patient care, IHS Clinical Support Center 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.

This activity was planned by and for the health care team, and learners will receive 1.5 Interprofessional Continuing Education (IPCE) credits for learning and change.

**Physicians**

The IHS Clinical Support Center designates this live activity for a maximum of 1½ *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Pharmacists**

This activity provides 1.5 hours of knowledge-based continuing pharmacy education credit (CPE) with the UAN JA4008177-0000-22-018-L04-P.

Credit will be uploaded to the NABP CPE Monitor within 30 days after the activity completion. It is the responsibility of the pharmacist to provide the correct information (NABP ID and DOB (MMDD) in order to receive credit.

**Nurses**

This activity is designated 1.5 contact hours for nurses.

**Social Workers**

As a Jointly Accredited Organization, the Indian Health Service Clinical Support Center 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.  The IHS Clinical Support Center maintains responsibility for this course. Social workers completing this course receive 1.5 continuing education credits.

**Psychologists**

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP) and the IHS Clinical Support Center. The IHS Clinical Support Center maintains responsibility for the content of the program.  Psychologists completing this course receive 1.5 continuing education credits.

**Disclosure Statement:** As a jointly accredited provider of continuing education, the IHS Clinical Support Center must ensure balance, independence, objectivity, and scientific rigor in its educational activities. Course directors/coordinators, planning committee members, faculty, reviewers and all others who are in a position to control the content of this educational activity are required to disclose the existence of all financial relationships with ineligible companies within the prior 24 months. Safeguards against commercial bias have been put in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. All those who are in a position to control the content of this educational activity have completed the disclosure process and have indicated that they do not have any relevant financial relationships or affiliations with any manufacturers or commercial products to disclose.

There is no commercial interest support for this educational activity.

**Zoom First Time Users**

If you have never attended a Zoom meeting before, you can download the Zoom desktop client here: <https://zoom.us/support/download>.

[To view video tutorials on how to connect, audio options, and other Zoom features, click here.](https://support.zoom.us/hc/en-us/categories/200101697%22%20%5Co%20%22Link%20to%20view%20tutorials%20for%20Adobe%20Connect)

**Hardware Requirements for Zoom**

**Operating Systems**

-macOS X with macOS 10.9 or later

-Windows 10

-Windows 8 or 8.1

-Windows 7

-Ubuntu 12.04 or higher

-Mint 17.1 or higher

-Red Hat Enterprise Linux 6.4 or higher

-Oracle Linux 6.4 or higher

-CentOS 6.4 or higher

-Fedora 21 or higher

-OpenSUSE 13.2 or higher

-ArchLinux (64-bit only)

**Mobile**
-Surface PRO 2 or higher and running Win 8.1 or higher

-iOS 8.0 or later, iPadOS 13 or later, and Android 5.0x or later

-Blackberry devices

**Internet Speed/Additional Requirements**

Bandwidth: 600Kbps for participants, meeting attendees, and end users of Zoom applications.

**Privacy Policies**

Before you begin the training, you can review the IHS Privacy Policy (<https://www.ihs.gov/privacypolicy/>).

You can also review the Survey Monkey Privacy Policy for details on how user information submitted in the evaluation is protected. <http://www.surveymonkey.com/mp/policy/privacy-policy/>

**Additional Information/Technical Support**

Email rachel.harvey@ihs.gov if you have questions or need assistance registering.