

# CARE CONNECT WASHINGTON & NORTHWEST MHTTC PRESENT: LEADERSHIP SERIES

## Calling All Supervisors and Administrators!

The emotional costs of COVID-19 have been overwhelming for Care Coordinators. This can lead to burnout and staff turnover. Recovery will take more than self-care: it will require leadership. In this leadership series, Dr. Kira Mauseth, co-lead for the Behavioral Health Strike Team for the WA State Department of Health and practicing clinical psychologist, will work with supervisors and administrators to create a foundation for recovery. Brought to you by **Care Connect Washington & Northwest Mental Health Technology Transfer Center.**

## The Series

**2 webinars** will provide information on recovery and will be recorded.

**4 workshops** for those who attended or watched the webinars.

Each workshop is an opportunity to work with a small group of colleagues on how to implement the topics presented in the webinars.

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### Webinar 1: ADAPT

**Wednesday, April 14, 1-2 pm PST - [Register here](#)**

Adaptability is one of the strongest predictors of positive outcomes after a trauma. In this webinar Dr. Mauseth focuses on actions you can take to support staff to move towards recovery including: **Acquire** information, **Develop** options, **Address** key issues, **Prioritize** values and **Talk** about it.

### Webinar 2: THRIVE

**Wednesday, April 28, 1-2 pm PST - [Register here](#)**

Recovering from the pandemic will require organizations, teams, and individuals to shift from 'survive' to 'thrive'. In this webinar Dr. Mauseth explores what to focus on: **Transparency, Health, Resilience, Integration, Values & Vision, and Education.**

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### Workshops

**Wednesdays, May 12 – June 9**

**May 12, 1-2pm PST:** Organizational Culture Change: Leading into Reconstruction and Recovery

**May 19, 1-2pm PST:** Using Social Learning Theory to Foster Resilience

**June 2, 1-2pm PST:** Effective Communication in the Workplace

**June 9, 1-2pm PST:** Collective Efficacy and Group Dynamics



## WEBINARS

April 14: "ADAPT"

April 28: "THRIVE"

*Webinars offered in English & Spanish.*

## WORKSHOPS

(Only Open for those who attend or watch the webinars)

May 12, 2021

May 19, 2021

June 2, 2021

June 9, 2021

### Questions?

Contact [Kathy Burgoyne](#)  
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