

SELF CARE IN CHALLENGING TIMES: CARE FOR THE CAREGIVER IN THE AGE OF COVID-19



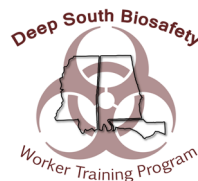
Satellite Conference and Live Webcast

Wednesday, July 22, 2020; 9:00-10:30 a.m. (Central Time)
10:00-11:30 a.m. (Eastern) ■ 8:00-9:30 a.m. (Mountain) ■ 7:00-8:30 a.m. (Pacific)

This fun program invites health care workers to explore barriers to self care and the unique needs in a time of COVID-19. Emphasis will be placed on identifying and responding to workplace stress, managing unhealthy habits, and promoting a personal and workplace culture of self-care.

FACULTY:

James L. Sacco, MSW
Consultant



Region IV Public Health
Training Center

Jim Sacco, M.S.W., L.C.S.W. is a consultant and trainer based in Ashville, North Carolina. He has more than 20 years collaboration with ADPH on a wide range of HIV, women's health, and chronic disease prevention strategies. His former clients include the World Health Organization, the Centers for Disease Control and Prevention, Duke University, Emory University, and state and local health departments across the Southeast. Jim has trained more than 50,000 health care workers since 1986.



PROGRAM OBJECTIVES:

1. List at least four sources of stress for health care workers responding to COVID-19.
2. Name at least three barriers to self care that health care workers may face.
3. Identify at least 4 self-care strategies to address the physical and emotional stressors associated with delivering public health services in the age of COVID-19.

CONFERENCE DETAILS:

Target Audience: Nurses, Social Workers, Clinicians, Health Educators, and others that work in a healthcare setting

Continuing Education: Nurses 1.5 hours and Social Workers 1.5 hours

**Non-ADPH employees are charged a fee to receive CE Certificates.*

Additional information can be found at www.alabamapublichealth.gov/alphnt

Registration: Available at www.alabamapublichealth.com/alphnt

Technical Information: To receive complete technical information you must register at www.alabamapublichealth.com/alphnt.

Satellite - Live satellite conference on C band (analog)

Webcast - Watch with RealPlayer or Windows Media Player.

Test your computer with the "test connection link" at www.alabamapublichealth.com/alphnt

Audio - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #.

Press # again to listen to the conference.

On Demand - Available on our website two days after live broadcast.

Conference Materials: Available at www.alabamapublichealth.com/alphnt approximately one week before the program.

The Alabama Department of Public Health is an approved provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation

The Alabama Department of Public Health is an approved provider of continuing social work education by the Alabama Board of Social Work Examiners.