



Oregon

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NF-21-002 – Provider Alert **Announcement of Upcoming Event**

Date: January 26, 2021

To: All Nursing Facilities
All Assisted Living Facilities
All Residential Care Facilities

From: Aging and People with Disabilities
Safety, Oversight & Quality

Subject: **Register Now: 2021 Quality Summit**
February 2-4, 2021

Join the Oregon Health Care Association (OHCA) and the Oregon Department of Human Services (ODHS) for the Quality Summit, a 3-day event focusing on best practices for health care professionals to take care of themselves and their residents and patients as we all continue to fight the COVID-19 pandemic.

Each day will consist of a 45-60 minute interactive presentation, followed by a 30-45 minute facilitated discussion, where attendees can collaborate and share ideas. A recording will be available for those who prefer to watch the content OnDemand. Session topics are “Supporting Staff with Their Personal Mental Health and Building Resilience During the Ongoing Pandemic” (February 2), “Leadership Skills to Enhance Teamwork, Mitigate Trauma, Raise Staff Spirits and Retain Staff” (February 3), and “Preserving and Enhancing Resident Quality of Life: Overcoming, Isolation, Loneliness and Depression” (February 4).

Detailed Session Information:

- **February 2: Supporting Staff with Their Personal Mental Health and Building Resilience During the Ongoing Pandemic**, Exhaustion, frustration, fear, and uncertainty have dominated our lives for months. Healthcare staff continue to experience unprecedented levels of pressure under the weight of the pandemic, experiencing stress at work, at home and in their communities. When our stress response is on constant, full

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alert, the risk of overwhelm and burnout is high. While self-care is always important and needs to be part of our daily life, we also need to expand our emotional intelligence and create a workplace culture that normalizes attention to mental health care. Woven throughout this session are principles of trauma-informed care that staff can immediately apply to themselves, residents, and families to increase well-being.

- **February 3: Leadership Skills to Enhance Teamwork, Mitigate Trauma, Raise Staff Spirits and Retain Staff**, Healthcare leaders in all settings have been challenged like no other time in our recent history. The endurance necessary to withstand the unrelenting pressures since the start of the pandemic is unprecedented and has stretched everyone thin. Amidst the challenges and barriers, we have seen the dynamic interplay of teams banding together, staff stepping into unfamiliar roles, and some emerging as leaders themselves. This session will offer concrete strategies to nurture morale, inspire shared purpose, and foster connection, ultimately increasing staff retention and workplace satisfaction.
- **February 4: Preserving and Enhancing Resident Quality of Life: Overcoming, Isolation, Loneliness and Depression**, The pandemic is a shared traumatic experience for staff and for residents and is serving as a catalyst for positioning trauma-informed care principles at the forefront of interactions with residents and with each other. Upholding principles of safety, trust, and collaboration require emotional intelligence. In this session, we'll discuss that important topic as well as concrete strategies to enhance resilience. Together, we can help offset the unintended outcomes of social isolation, loneliness, and depression and positively impact residents' quality of life.

When: February 2-4, 2021

Where: Live Virtual Experience (Zoom)

Registration Costs: \$85/Registrant

CEUs: 4.5

Registration:

<https://ohca.ps.membersuite.com/events/ViewEvent.aspx?contextID=cb3192d0-0078-cc54-d848-8eac0465b898>