



Help for the Healer ECHO - 2024

The Importance of Taking the First Step - Part II

June 21, 2024 12:30 PM

Live Activity

Online

Specialties

All Specialties

Description

Get expert knowledge in a virtual learning network with mental health and wellness experts. Our health care workers have given so much to care for our communities during the COVID-19 pandemic, often times at the expense of their physical and emotional health. As the physical threat of COVID pandemic has decreased the concerns of a mental health crisis continues. Hospital systems continue to struggle with staffing and retention which increases the risk of burnout, moral injury, and patient errors. This curriculum is designed to meet the needs of the virtual community for an intentional space for health care, mental health care, educators, public health officials and others providing ongoing care to our community continues.

Objective(s): 1 Have a scheduled time and virtual space for their own wellbeing. 1 Have a scheduled time and virtual space for their own wellbeing. 2 Participate in mindfulness-based practices. 2 Participate in mindfulness-based practices. 3 Learn and explore research on stress and the body. 3 Learn and explore research on stress and the body.

Location: Online

Specialties: All Specialties

Faculty Disclosures:

Jade Goodson, BUS (Nothing to disclose - 01/30/2024)

Jade Byron, BSAG (Nothing to disclose - 05/07/2024)

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Learning Objectives

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Accreditation & Credit Designation

The Oklahoma State University College of Osteopathic Medicine is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians.

The Oklahoma State University College of Osteopathic Medicine designates this program for a maximum of (1.0) AOA Category 1-A credit(s), and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

Approved for up to (1.0) AAFP Elective credit(s).

Faculty & Planners

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Nikkole Resciniti	Activity Coordinator	Nothing to disclose - 04/12/2024
Jade Goodson, BUS, CMA	Activity Administrator	Nothing to disclose - 01/30/2024
Swapna Deshpande, MD	Other Planning Committee Member	Nothing to disclose - 03/21/2024
Sara Coffey, DO	Course Director	Nothing to disclose - 09/05/2023
Shawn Cooper Jr., LPC	Other Planning Committee Member	Nothing to disclose - 02/02/2024
Jesse Chaffin, MPH	Faculty	Nothing to disclose - 05/21/2024

Commercial Support

This activity has been developed without commercial support.