



Recognizing and Preventing Burnout for Prevention Professionals

Date / Time

Fri, Dec 3, 2021

1:00 - 2:30pm

Location

Virtual

This training is designed for substance misuse prevention and problem gambling prevention staff and supervisors, coalition leaders and members, and others interested in prevention in Iowa.

CEUs have been applied for with the Iowa Board of Certification

We are living in unprecedented and stressful times both personally and professionally. Prevention professionals have had to pivot to provide services virtually, consider new ways to complete grant expectations, manage staffing shortages and a variety of other challenges.

Burnout can creep in without us realizing it, which can also impact our work and personal lives. Understanding the causes of burnout can be a valuable resource to share with those you serve and collaborate with in your prevention work.

Recognizing and preventing burnout can have huge personal benefits. Taking time to think about our own self care and health is critical to overall wellness.

This webinar will provide an overview of:

- Common causes of burnout
- How to recognize the signs and symptoms
- Strategies for preventing and addressing burnout
- How to share this information with others at work and in the community

The webinar will also include opportunities for self reflection and time for participants to consider next steps for addressing or preventing burnout.

[Register](#)

Presenter(s)

Clare Grace Jones

Clare Grace Jones has worked in public health for the past 15 years. She has a master's degree in Instructional Design from University of Massachusetts Boston and is a certified Community Prevention Specialist. Her areas of expertise include capacity building, training design, project support and virtual engagement. She currently works as a Training Consultant and Project Manager for the Iowa Department of Public Health and as the Director of Training and Technical Assistance for FIRST Steps Together, a grant funded project in Massachusetts that supports recovery, parenting and care coordination for families impacted by substance use.

For more information about this YLI Calendar Event, please email yli@hhs.iowa.gov