

Addressing Burnout at Work, Home, and in Life

Live Webinars Supporting
5-Actions Programs™

12/17/22

John Fitzgerald, PhD, LPC, CAS

Adjunct Faculty, Systems Science, PSU
Digital Therapeutics Group, LLC



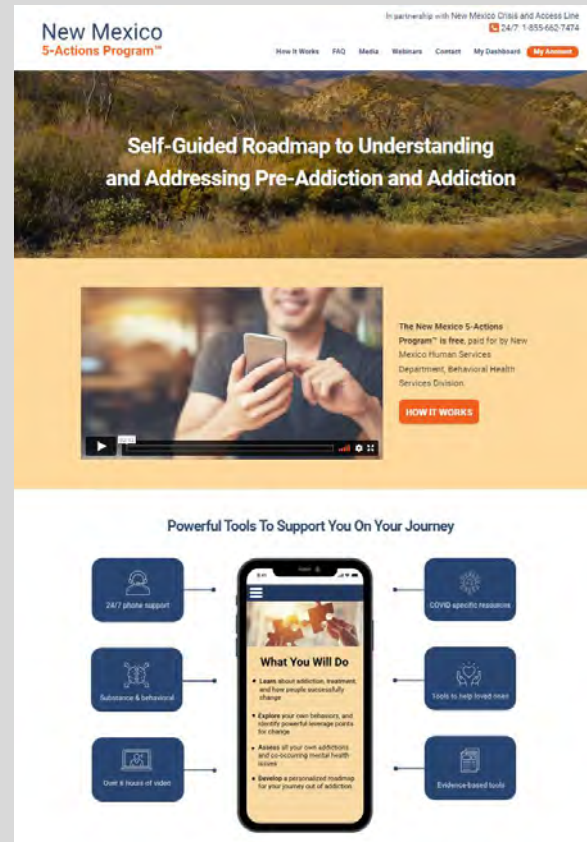
Agenda:

- Discuss the drivers behind burnout at work, home, and in life
- Review the four paths in response to adversity
- Take a deeper dive into addressing burnout and diagnosable emotional issues

5-Actions Programs™

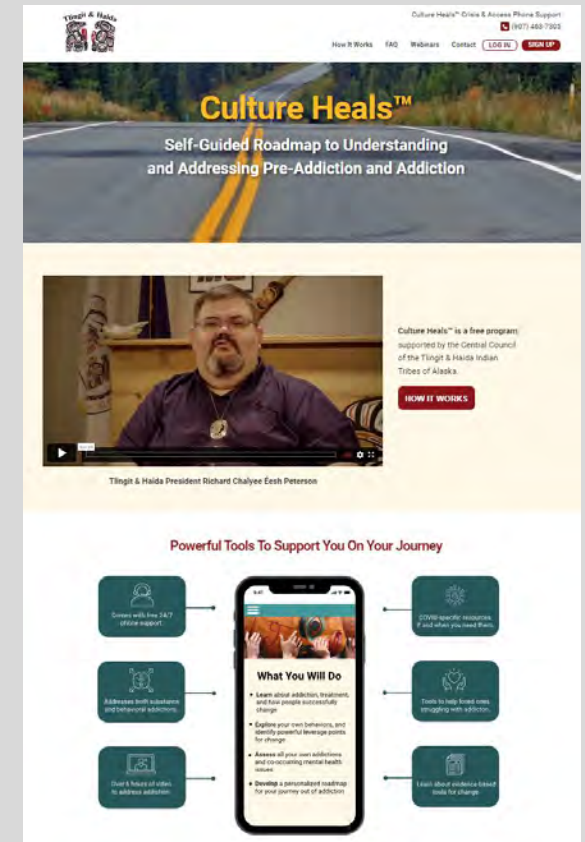
- **Self-guided roadmap** to understanding and addressing addiction (substance and behavioral)
- **Launched November 2020** in New Mexico, 2022 in Alaska
- **Mobile-friendly online platform**, free for all who sign up to use the program
- **Over 125+ videos**, screening tools, and links to resources
- **24/7 phone support** from trained clinicians

New Mexico



www.nm5actions.com

Alaska



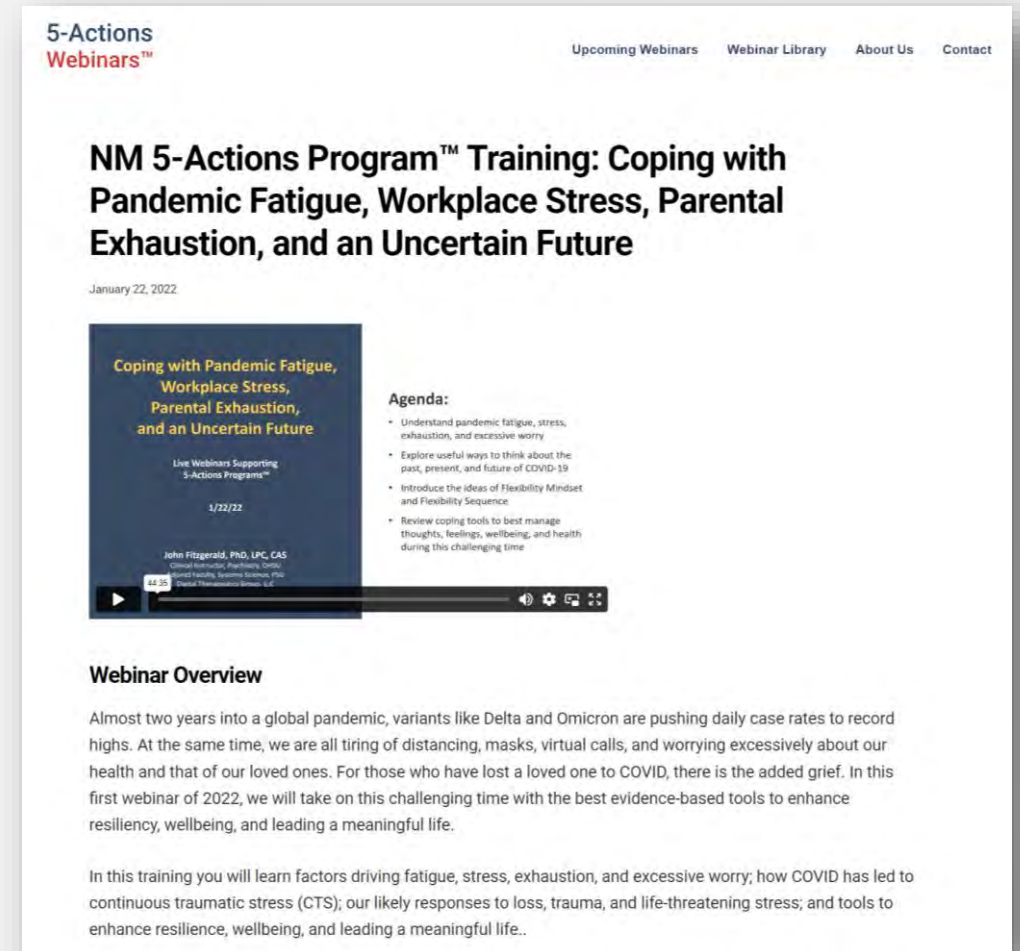
www.cultureheals.com

5-Actions Program™ Webinars

- **Monthly webinars** to address timely topics that are linked to the 5-Actions Program
- **One-hour format** in which we do our best to optimize your time
- **Guest experts** from the community with lived experience and working as professionals
- **Community discussion** where you can ask questions and connect with speakers

<https://5actionswebinars.com/>

January 2022



5-Actions Webinars™

Upcoming Webinars Webinar Library About Us Contact

NM 5-Actions Program™ Training: Coping with Pandemic Fatigue, Workplace Stress, Parental Exhaustion, and an Uncertain Future

January 22, 2022

Coping with Pandemic Fatigue, Workplace Stress, Parental Exhaustion, and an Uncertain Future

Live Webinars Supporting 5-Actions Programs™

1/22/22

John Fitzgerald, PhD, LPC, CAS
Clinical Psychologist, Professional Doctor
Global Health, Systems Science, Film
Digital Transformation Strategy, LLC

Agenda:

- Understand pandemic fatigue, stress, exhaustion, and excessive worry
- Explore useful ways to think about the past, present, and future of COVID-19
- Introduce the ideas of Flexibility Mindset and Flexibility Sequence
- Review coping tools to best manage thoughts, feelings, wellbeing, and health during this challenging time

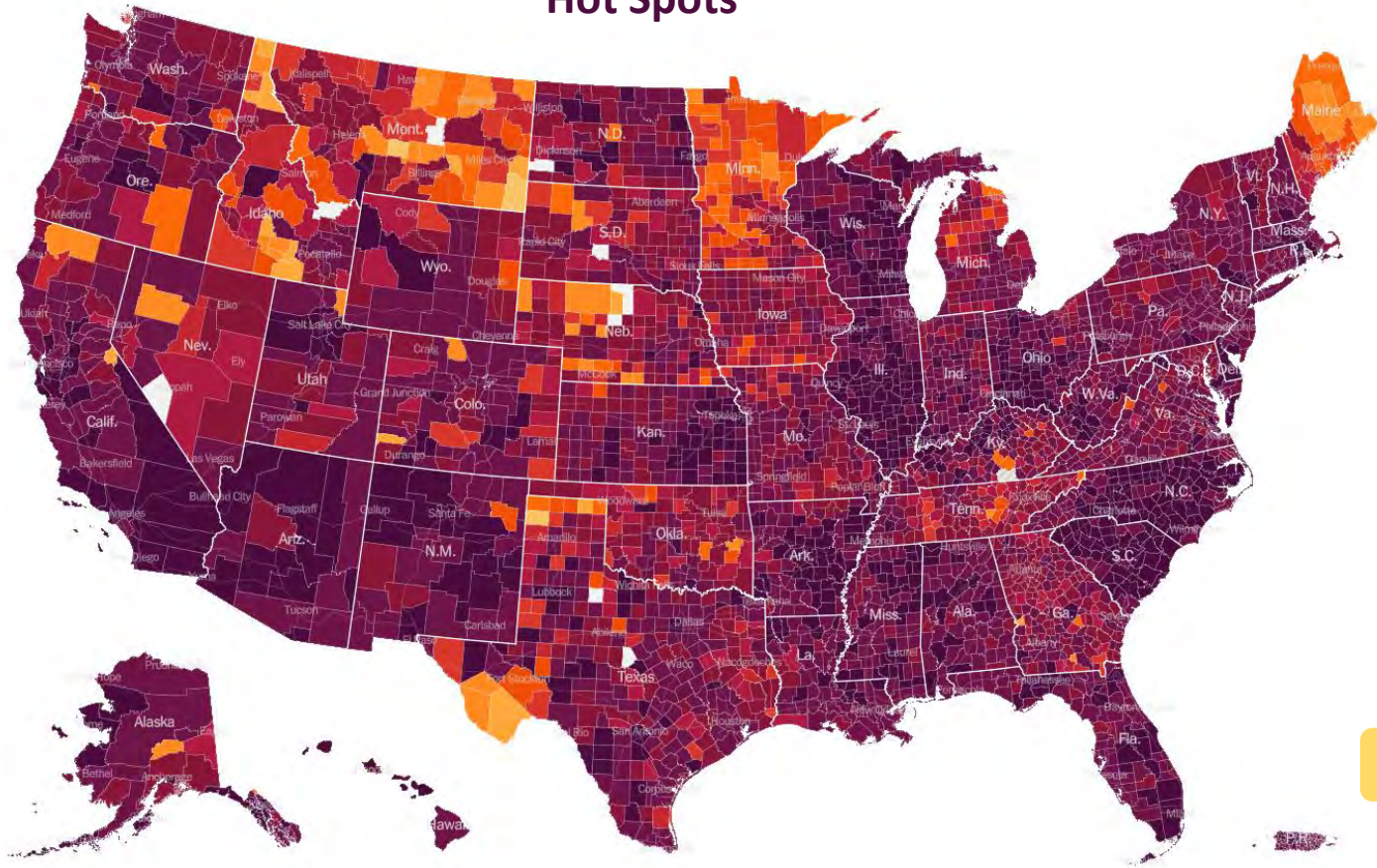
Webinar Overview

Almost two years into a global pandemic, variants like Delta and Omicron are pushing daily case rates to record highs. At the same time, we are all tiring of distancing, masks, virtual calls, and worrying excessively about our health and that of our loved ones. For those who have lost a loved one to COVID, there is the added grief. In this first webinar of 2022, we will take on this challenging time with the best evidence-based tools to enhance resiliency, wellbeing, and leading a meaningful life.

In this training you will learn factors driving fatigue, stress, exhaustion, and excessive worry; how COVID has led to continuous traumatic stress (CTS); our likely responses to loss, trauma, and life-threatening stress; and tools to enhance resilience, wellbeing, and leading a meaningful life..

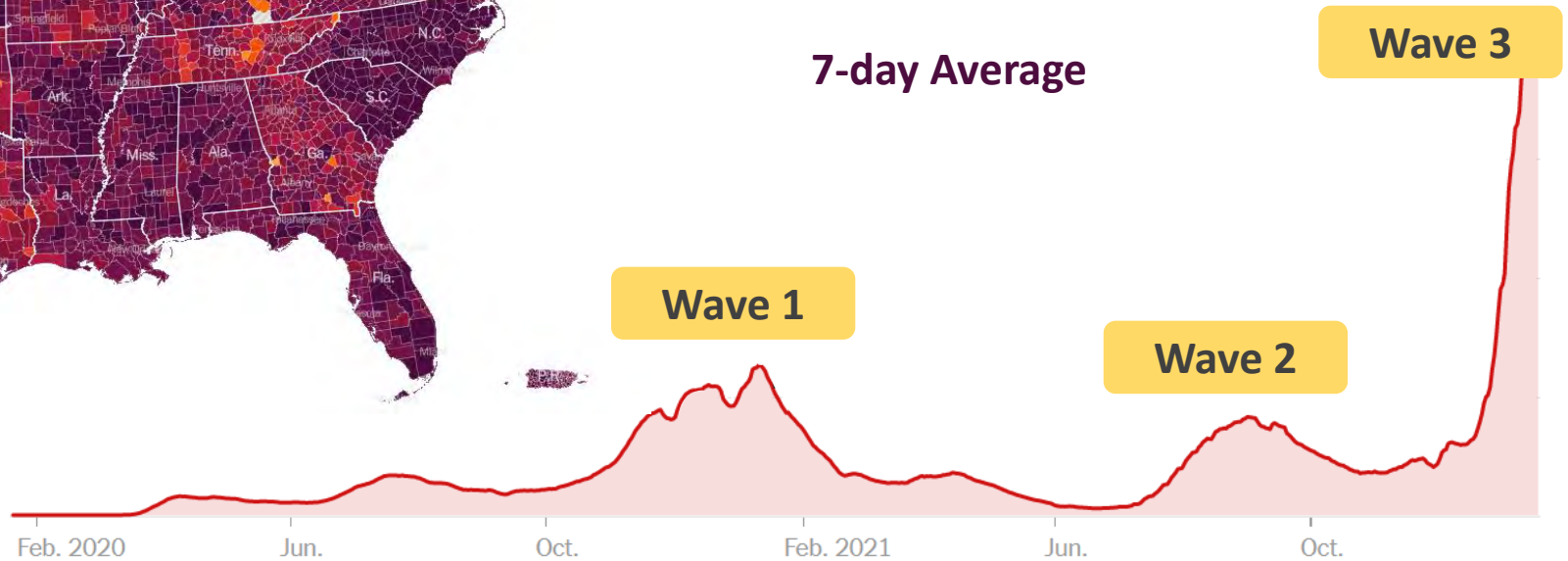
January 2022

Hot Spots



70 Million Cases
860,000 Deaths

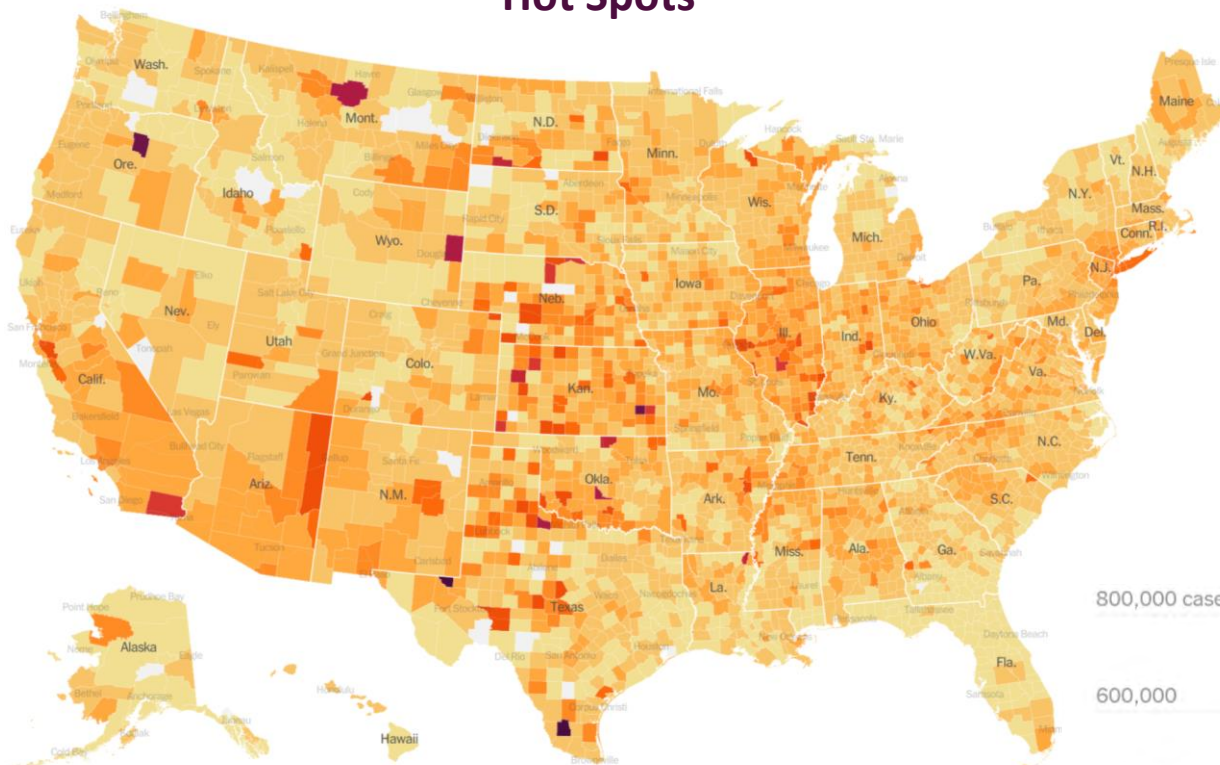
7-day Average



Source:
<https://www.nytimes.com/interactive/2021/us/covid-cases.html>

December 2022

Hot Spots



Source:
<https://www.nytimes.com/interactive/2021/us/covid-cases.html>

99+ Million Cases
1+ Million Deaths



7-day Average



Beyond Covid... Tripledemic

A 'Tripledemic'? Flu, R.S.V. and Covid May Collide This Winter, Experts Say

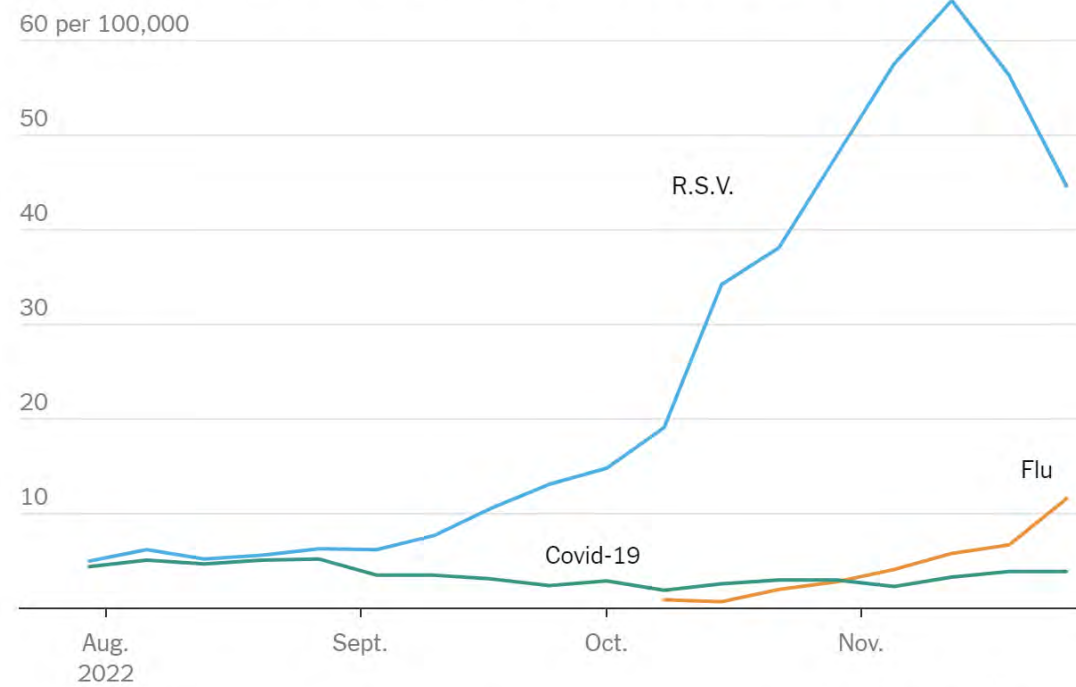
Flu cases are higher than usual for this time of year and are expected to soar in the coming weeks. Another virus, R.S.V., already is straining pediatric hospitals in some states.

Give this article   354



'This Is Our March 2020': Children's Hospitals Are Overwhelmed by R.S.V. (NY Times, 11/3/22)

Weekly hospitalizations among children 4 and under



Source: Centers for Disease Control and Prevention • Note: The most recent weeks of data generally lag while reports come in. The weeks ending Dec. 3 and Dec. 10 are excluded because of this underreporting.

Burnout



Burnout



Work

A woman with curly hair is sitting at a conference table in a meeting. She has her hands pressed against her temples, looking stressed or overwhelmed. Other people are partially visible around the table, but the focus is on her expression.



Home

A man is sitting at a desk, working on a laptop. A baby is sitting on the desk in front of him. The man has his hand on his forehead, looking tired or stressed. There are some toys on the desk, suggesting a home office environment.



Life

A woman is lying in bed, looking distressed. She has her hand on her head, and her expression suggests she is feeling overwhelmed or exhausted. The background is a textured wall.

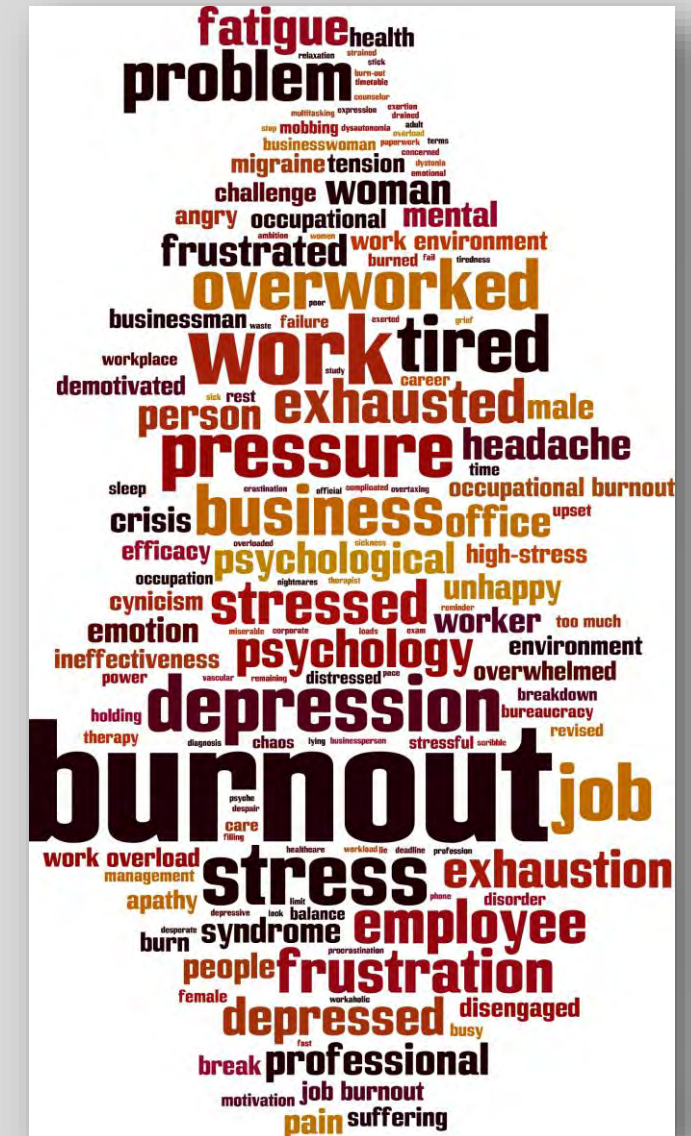
Defining Burnout

The World Health Organization (WHO) officially classified burnout as a **medical diagnosis**, including the condition in the International Classification of Diseases:

“A syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed.”

Burnout is diagnosed by four symptoms:

- Feelings of energy depletion, exhaustion and fatigue
- Increased mental distance from your job
- Feelings of negativism or cynicism related to your job
- Reduced professional efficacy



Stress at Work, Home, and in Life

October 2021



March and October 2022



The U.S. population has experienced an intense range of stressors over the past few years, as the COVID-19 pandemic, racial injustice, and political divisiveness have dominated news cycles and social media. A new survey, conducted by The Harris Poll on behalf of APA, tells a story of uncertainty and dissolution.

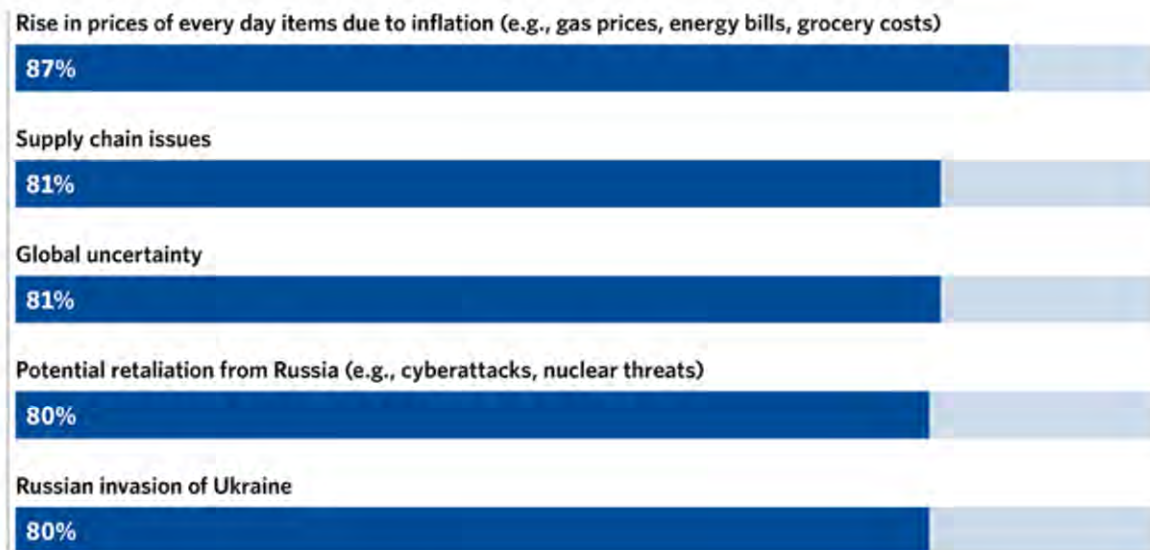
Stress in America 2022: Concerned for the Future, Beset by Inflation, shows a battered American psyche, facing a barrage of external stressors that are mostly out of personal control. The survey found a majority of adults are disheartened by government and political divisiveness, daunted by historic inflation levels, and dismayed by widespread violence.

The report summarizes findings on current reported stress levels, sources, and consequences. Our psychologists also offer advice and strategies to help the nation navigate the fear of the unknown and the pervasive threats to the well-being of all Americans. APA is committed to empowering people to find ways to take back control and to find peace and calm in the chaos.

Stress in America 2022

High numbers report stress related to inflation, global uncertainty, and invasion of Ukraine

% SAY IS A SIGNIFICANT SOURCE OF STRESS



STRESS IN AMERICA™ 2022: COVID SECOND ANNIVERSARY

© 2022 American Psychological Association

The survey findings make clear that U.S. adults appear to be **emotionally overwhelmed** and showing signs of fatigue. The vast majority of adults (87%) agreed it feels like there has been a **constant stream of crises over the last two years**, and more than seven in 10 (73%) said they are **overwhelmed by the number of crises facing the world right now**.

Stress in America 2022

War in Ukraine **compounds** the stresses of the past two years, fear and anxiety spike

87% say that it feels like there has been a constant stream of crises without a break over the last two years



84% say that the Russian invasion of Ukraine is terrifying to watch



73% agree that they are overwhelmed by the number of crises facing the world right now



69% say they are worried the invasion of Ukraine is going to lead to nuclear war



69% say they fear that we are at the beginning stages of World War III



Stress in America 2022

INDICATORS OF A SOCIETY IN DISTRESS

% U.S. ADULTS REPORT FEELINGS OF UNCERTAINTY AND CONCERN FOR THE FUTURE



70% of adults reported they do not think people in the government care about them



64% said they feel their rights are under attack



45% said they do not feel protected by the laws in the United States



38% said the state of the nation has made them consider moving to a different country



40% agreed that the political environment in their state has made them consider moving to a different state



Stress in America 2022

MONEY, INFLATION A SOURCE OF STRESS FOR MANY U.S. ADULTS



Inflation is a source of stress for **83%** of U.S. adults



% OF ADULTS WHO INDICATED MONEY WAS A SIGNIFICANT SOURCE OF STRESS

57% said that having enough money to pay for things in the present (like rent/mortgage) is their main source of financial stress



43% reported feeling that saving enough money for things in the future is their main source of stress



56% of all adults, during the prior month, have had to make different choices due to a lack of money



Latino/a adults

66%

Black adults

59%

White adults

52%

Asian adults

45%

Stress in America 2022

STRESS AND ITS IMPACT ON ABILITY TO FUNCTION



27% of all adults said that most days they are so stressed they can't function



% REPORTING THEY ARE SO STRESSED THEY CAN'T FUNCTION

46% of those under 35



42% ages 35 to 44



16% ages 45 to 64



4% ages 65+



56% of Black adults under 35



46% white adults under 35



44% Latino/a adults under 35



43% Asian adults under 35



Stress in America 2022

YOUNGER ADULTS FEEL COMPLETELY OVERWHELMED BY STRESS



% OF **WOMEN** WHO SAID MOST DAYS THEY ARE COMPLETELY OVERWHELMED BY STRESS, BY AGE

ages 18 to 34

62%

ages 35 to 44

48%

ages 45 to 64

27%

ages 65+

9%

% OF **MEN** WHO SAID MOST DAYS THEY ARE COMPLETELY OVERWHELMED BY STRESS BY AGE

ages 18 to 34

51%

ages 35 to 44

48%

ages 45 to 64

21%

ages 65+

8%

Stress in America 2022

Sustained survival mode gives way to entrenched unhealthy behavior and health consequences, including undesired weight change and **increase in stress drinking**

Have experienced undesired weight changes

58%



Gains of an average of **26 pounds**, with a median of 15 pounds



Losses of an average of **27 pounds**, with a median of 15 pounds

Have been drinking more alcohol during the pandemic to cope with stress

23%

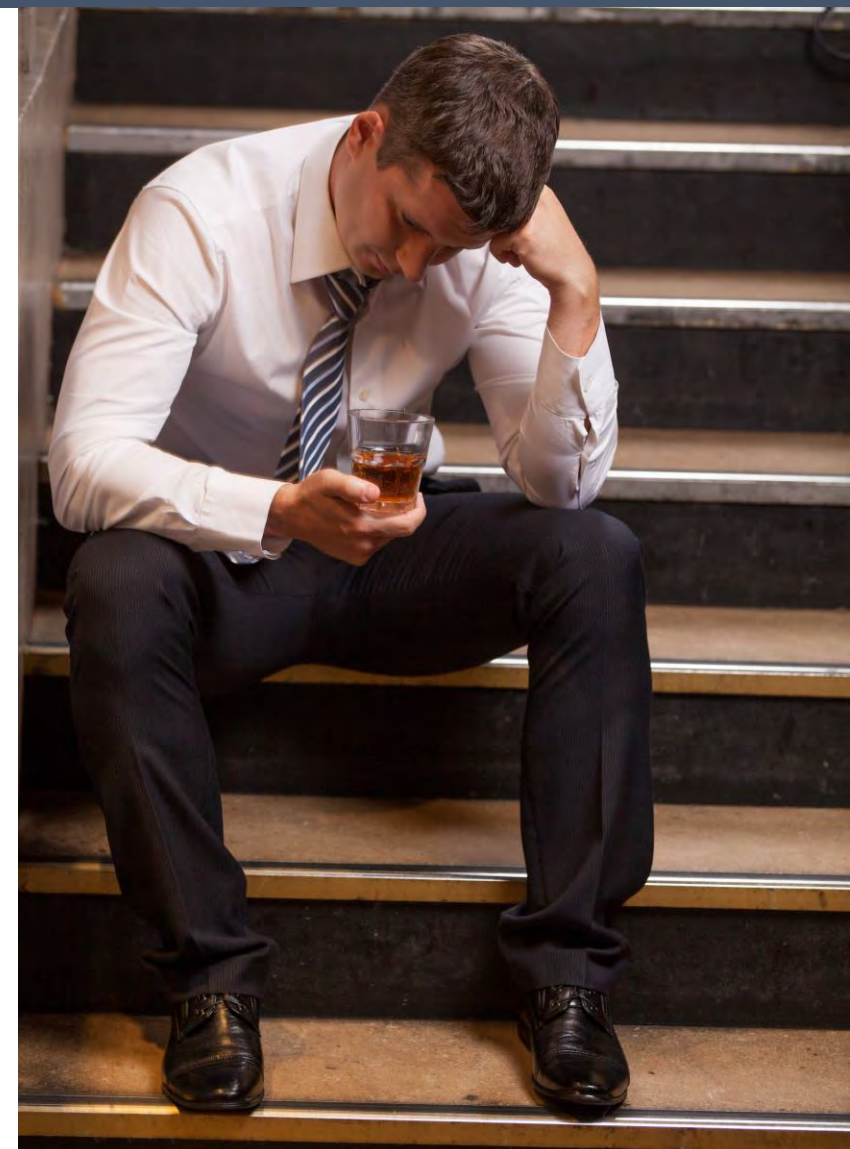


Average of **10 drinks** (median: 6 drinks) per week*

Men averaged **12 drinks** (median: 7 drinks) per week*

Women averaged **8 drinks** (median: 5 drinks) per week*

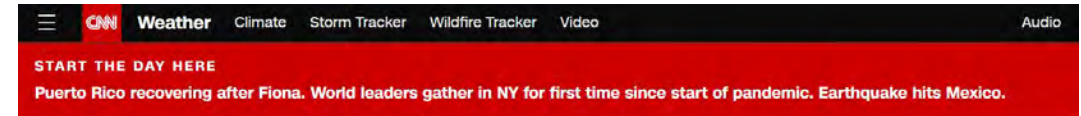
*Average among adults who reported they have been drinking more alcohol to cope with stress during the pandemic



Added Stress of Climate Change

The **evidence is unequivocal** that exposure to climate and weather-related disasters has **serious impacts on psychological well-being**, and that the chronic impacts of climate change, such as higher temperatures and drought, also have significant negative effects on mental health. Research increasingly points to another psychological outcome of climate change: **stress, anxiety, and debilitating worry about the present and future damage of higher global temperatures.**

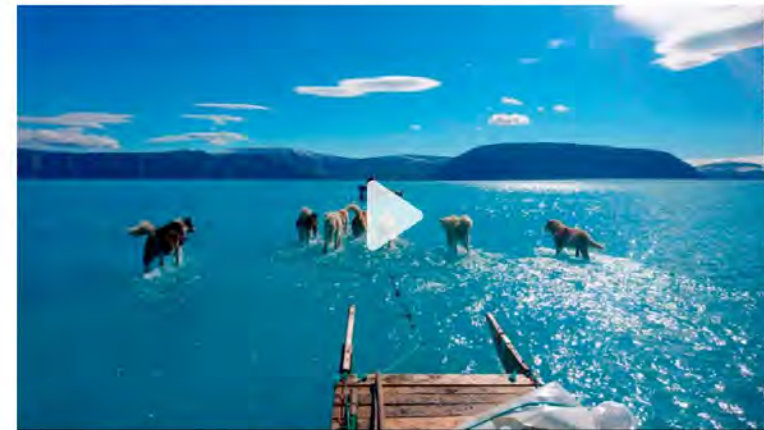
Source: Mental Health and Our Changing Climate: Impacts, Inequities, Responses, APA 2021 Edition.



Greenland's ice sheet has melted to a point of no return, according to new study

By Max Claypool and Brandon Miller, CNN

Updated 6:09 PM ET, Fri August 14, 2020



Scientist captures melting ice sheet in viral photo (2019) 01:01

(CNN) — Greenland's ice sheet has melted to a point of no return, and efforts to slow global warming will not stop it from disintegrating. That's according to a new study by researchers at Ohio State University.

"The ice sheet is now in this new dynamic state, where even if we went back to a climate that was more like what we had 20 or 30 years ago, we would still be pretty quickly losing mass," Ian Howat, co-author of the study and a professor at Ohio State University, said.

Greenland's ice sheet dumps more than 280 billion metric tons of melting ice into the ocean each year, making it the greatest single contributor to global sea level rise, according to Michalea

Climate Anxiety in Children and Young People

Articles

Climate anxiety in children and young people and their beliefs about government responses to climate change: a global survey

Caroline Hickman*, Elizabeth Marks*, Pami Pihlakia, Susan Clayton, K Eric Lewandowski, Elvonne E Mayall, Britt Wray, Catriona Millie, Lise van Susteren

Summary

Background Climate change has important implications for the health and futures of children and young people, yet they have little power to limit its harm, making them vulnerable to climate anxiety. This is the first large-scale investigation of climate anxiety in children and young people globally and its relationship with perceived government response.

Methods We surveyed 10 000 children and young people (aged 16–25 years) in ten countries (Australia, Brazil, Finland, France, India, Nigeria, Philippines, Portugal, the UK, and the USA; 1000 participants per country). Invitations to complete the survey were sent via the platform Kantar between May 18 and June 7, 2021. Data were collected on participants' thoughts and feelings about climate change, and government responses to climate change. Descriptive statistics were calculated for each aspect of climate anxiety, and Pearson's correlation analysis was done to evaluate whether climate-related distress, functioning, and negative beliefs about climate change were linked to thoughts and feelings about government response.

Findings Respondents across all countries were worried about climate change (59% were very or extremely worried and 84% were at least moderately worried). More than 50% reported each of the following emotions: sad, anxious, angry, powerless, helpless, and guilty. More than 45% of respondents said their feelings about climate change negatively affected their daily life and functioning, and many reported a high number of negative thoughts about climate change (eg, 75% said that they think the future is frightening and 83% said that they think people have failed to take care of the planet). Respondents rated governmental responses to climate change negatively and reported greater feelings of betrayal than of reassurance. Climate anxiety and distress were correlated with perceived inadequate government response and associated feelings of betrayal.

Interpretation Climate anxiety and dissatisfaction with government responses are widespread in children and young people in countries across the world and impact their daily functioning. A perceived failure by governments to respond to the climate crisis is associated with increased distress. There is an urgent need for further research into the emotional impact of climate change on children and young people and for governments to validate their distress by taking urgent action on climate change.

Funding AVAAZ.

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Introduction

Climate anxiety and eco-anxiety (distress relating to the climate and ecological crises) are gaining attention worldwide as people become increasingly aware of the current and future global threats associated with our warming planet.¹ The climate crisis has important long-term implications for physical and mental health as a result of acute and chronic environmental changes, from storms and wildfires to changing landscapes, and increasing temperatures.² Climate anxiety is complex,³ and is recognised to often be based on constructive or practical anxiety.⁴ Although painful and distressing, climate anxiety is rational and does not imply mental illness. Anxiety is an emotion that alerts us to danger,

which can cause us to search for more information about the situation and find potential solutions. In threatening and uncertain situations such as the climate crisis, this response can be seen as what is sometimes referred to as practical anxiety⁴ because it has the beneficial effect of leading people to reassess their behaviour in order to respond appropriately. However, because the climate crisis is so complex and lacks a clear solution, anxiety can easily become too intense and even overwhelming.^{5,6}

Climate anxiety can be connected to many emotions, including worry,⁷ fear,⁸ anger,⁹ grief, despair, guilt, and shame,¹⁰ as well as hope,¹¹ although the presence of these vary between individuals. As research in this field emerges, certain emotions have received more attention,



Lancet Planet Health 2021; 5:e863–73

*Joint first authors

Department of Social & Policy Sciences (C Hickman MSc) and Department of Psychology (E Marks Clarendon), University of Bath, Bath, UK; Faculty of Theology and Helsinki Institute of Sustainability Science, University of Helsinki, Helsinki, Finland (P Pihlakia PhD); Department of Psychology, The College of Wooster, Wooster, OH, USA (Prof S Clayton PhD);

Department of Child and Adolescent Psychiatry, NYU Langone Health, New York, NY, USA (Dr E Lewandowski PhD); School of Environmental Sciences, University of East Anglia, Norwich, UK (Dr E Mayall PhD); Stanford University Center for Innovation in Global Health and Stanford and Woods Institute for the Environment, Stanford University, Stanford, CA, USA (Dr Wray PhD); Centre on Climate Change and Planetary Health, London School of Hygiene & Tropical Medicine, London, UK (Dr Wray); Oxford Health NPIV Foundation Trust, Oxford, UK (Dr Marks MSc); Climate Psychiatry Alliance, Washington, DC, USA (Dr van Susteren MD); Climate Psychology Alliance, Washington, DC, USA (Dr van Susteren)

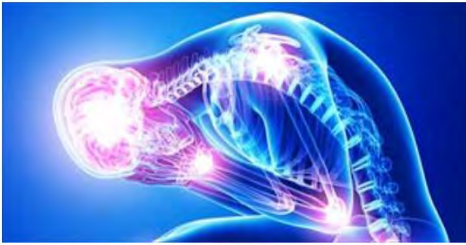
Correspondence to: Dr Caroline Hickman, Department of Social & Policy Sciences, University of Bath, Bath BA2 2AY, UK; c.hickman@bath.ac.uk

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75% said that they think the future is frightening and 83% said that they think people have failed to take care of the planet.

APA: Coping with Stress

Coping with stress



Stress effects on the body



What's the difference between stress and anxiety?



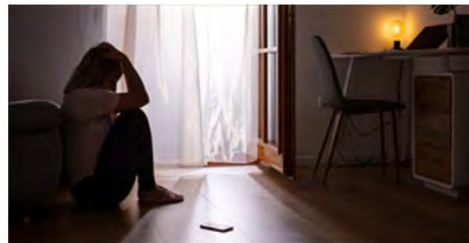
Healthy ways to handle life's stressors



How to help children and teens manage their stress



Coping with stress at work



How to cope with traumatic stress



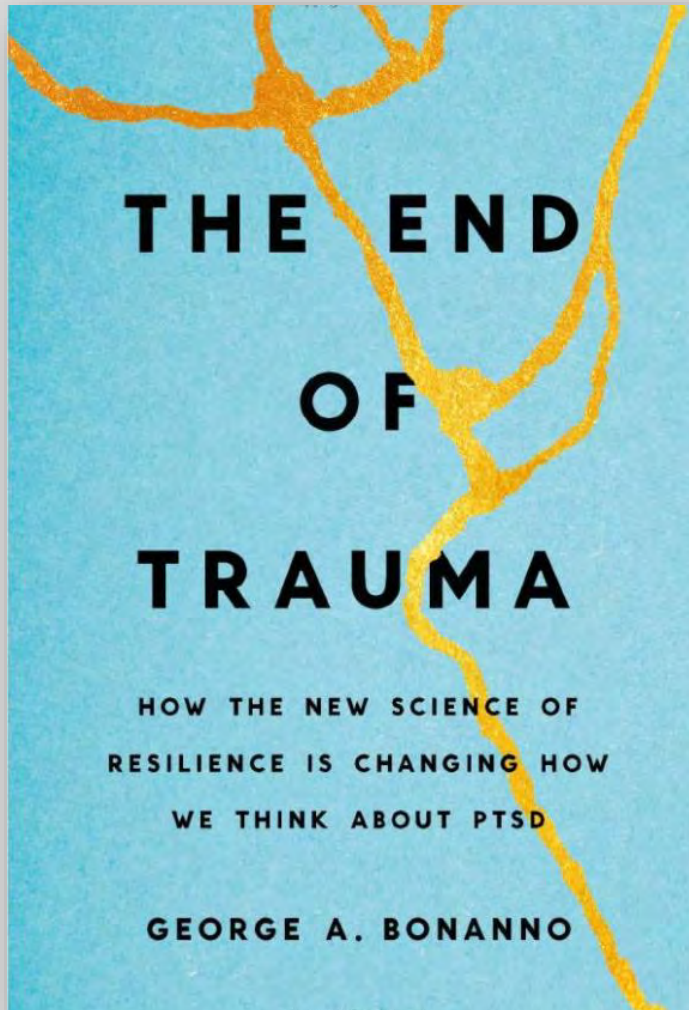
Discrimination: What it is and how to cope



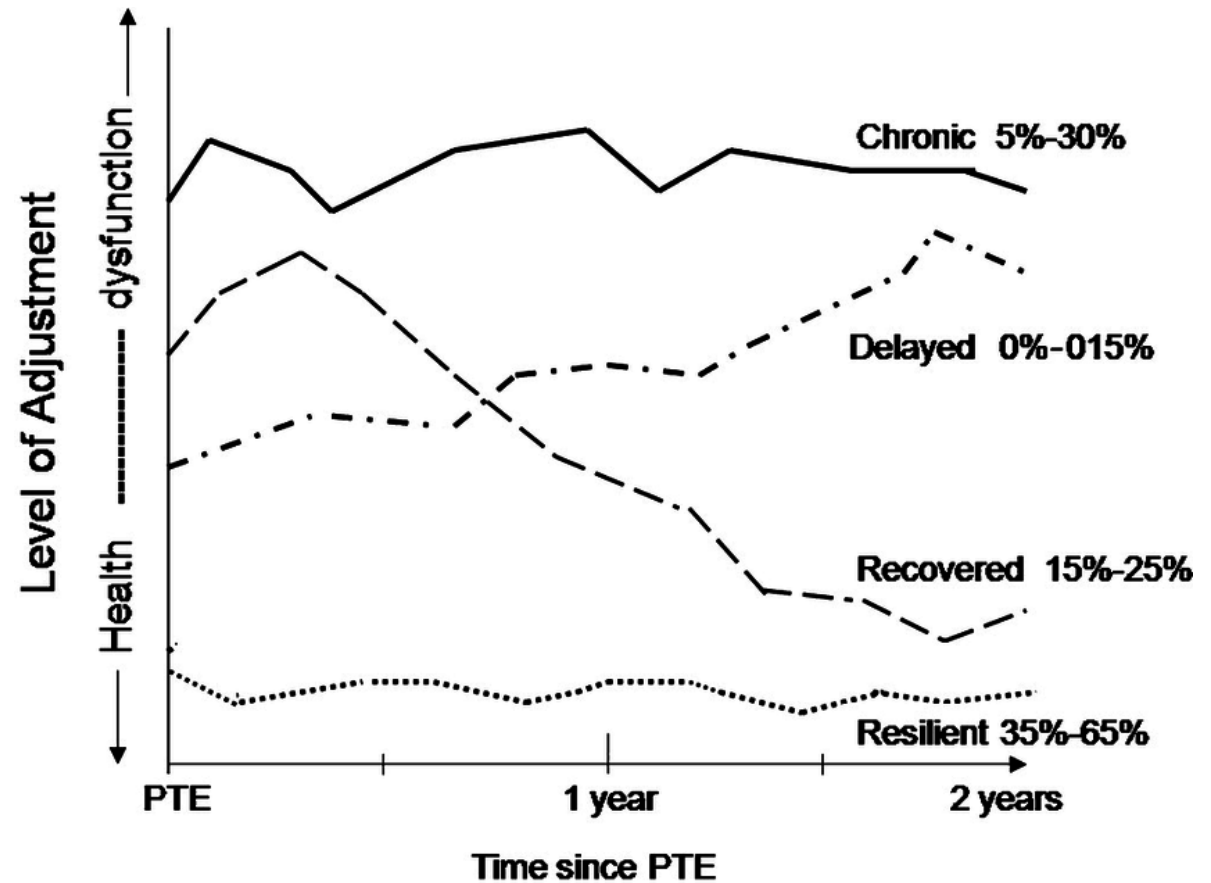
Los distintos tipos de estrés

<https://www.apa.org/topics/stress>

Coping in Challenging Times



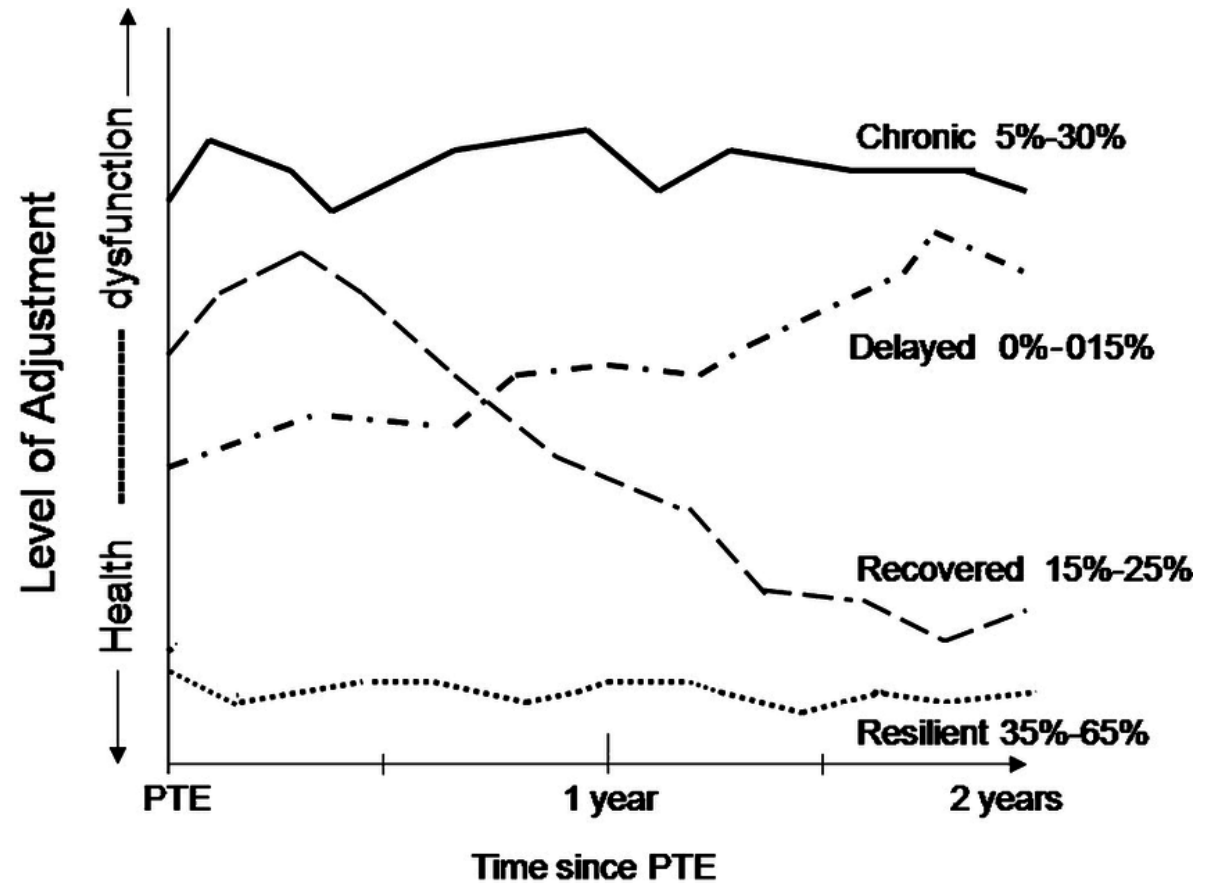
September 2021



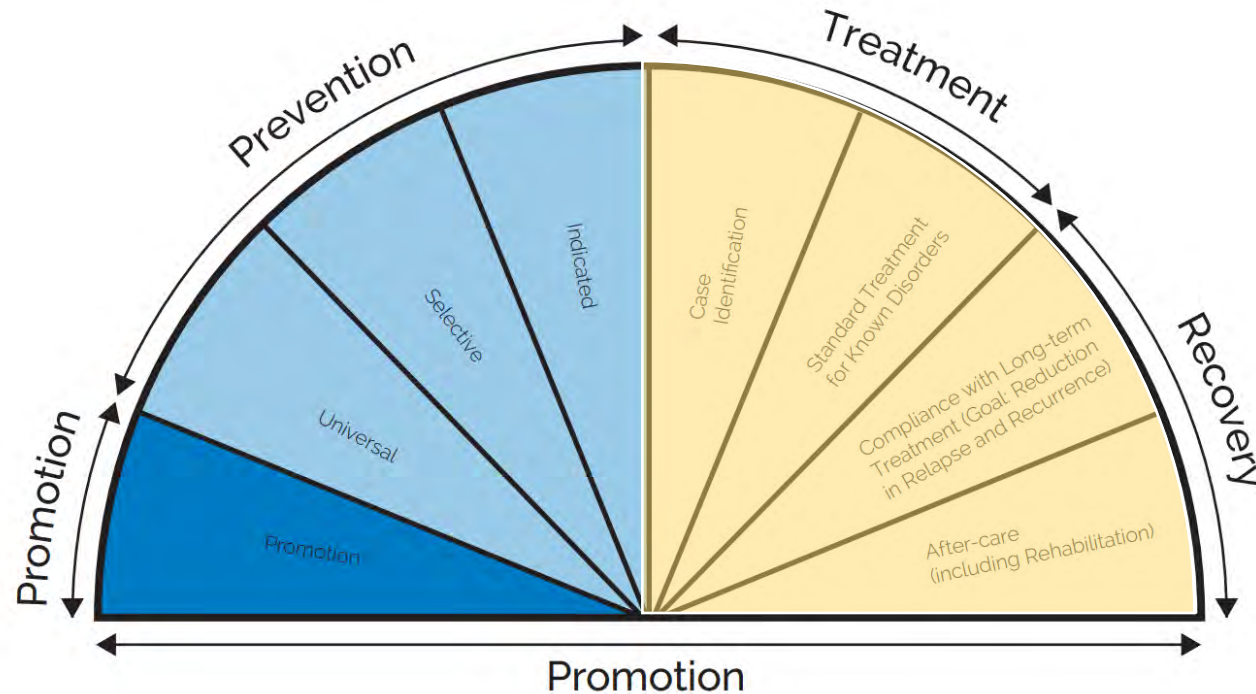
Coping in Challenging Times

Ongoing coexistence with pandemic stressors suggests adults are enduring *but not recovering*.

APA, Stress 2022 Report



Addressing Burnout: Behavioral Health Continuum of Care



Promotion — These strategies are designed to create environments and conditions that support behavioral health and the ability of individuals to withstand challenges. Promotion strategies also reinforce the entire continuum of behavioral health services.

Prevention — Delivered prior to the onset of a disorder, these interventions are intended to prevent or reduce the risk of developing a behavioral health problem.

Treatment — These services are provided for individuals diagnosed with a substance use or other behavioral health disorder.

Recovery — These services support individuals' abilities to live productive lives in the community.

Source:
www.samhsa.gov/prevention

Self-help

Guided Self-help

Brief Interventions

Residential/IOP/Outpatient
(Private Practice)

Addressing Burnout: Behavioral Health Continuum of Care

While just **one in five (20%)** reported receiving **treatment from a mental health professional** since the COVID-19 pandemic started, the vast majority of those (80%) agreed they benefited from receiving this treatment. On the other hand, more than a third of adults who did not receive treatment from a mental health professional since the COVID-19 pandemic started (35%) said they feel like they could have benefited from receiving this treatment.

APA, Stress 2022 Report

Self-help

Guided Self-help

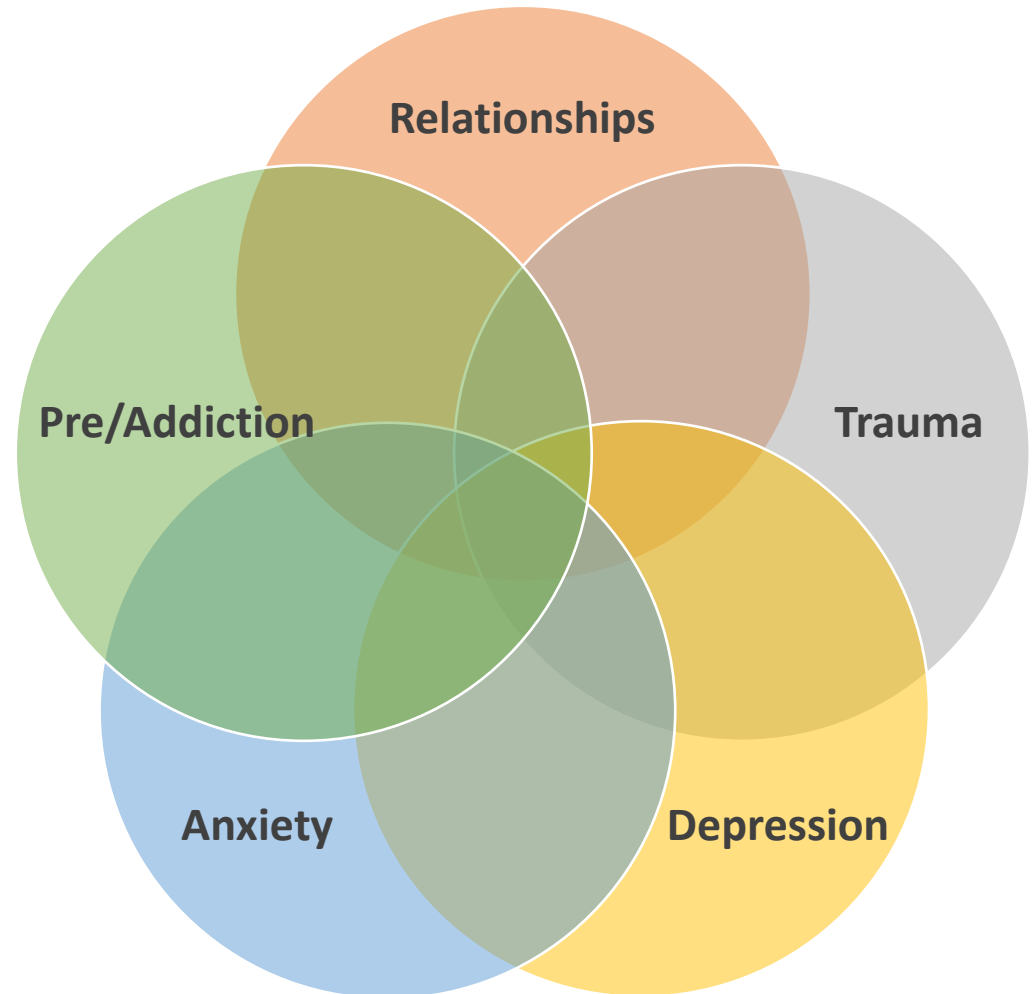
Brief Interventions

**Residential/IOP/Outpatient
(Private Practice)**

The 5-Actions Program: Beyond Addiction in 2023

The entanglement of mental illness and substance use disorders requires urgent action. Efforts to reverse the addiction and overdose crisis need to be multifaceted, **taking mental illness into account**. We have powerful, proven treatment tools for addiction, especially for opioid use disorder... But **expanded screening and care for mental illnesses including depression, anxiety, PTSD, and others** must be a component to successfully address the current addiction and overdose crises.

Dr. Nora Volkow, Director NIDA



Primary Reasons People Seek Professional Help

Relationship Problems
(Attachment)

Trauma & Stress
(PTS/PTSD)

Mood
(Depression – Unipolar & Bipolar)

Anxiety
(GAD, OCD, SA, Panic)

Pre-Addiction & Addiction
(Substances & Behaviors)



What accounts for positive treatment outcomes?

The Contextual Model

(Wampold & Imel, 2015)

Initial Therapeutic Bond



Three Change Pathways

1. Real (Healing) Relationship
2. Expectations (problem-solution)
3. Tasks/Goals/Intervention Actions



Good Outcomes

Symptom Reduction

Better Quality of Life

Step 1: Assess Degree of Symptoms

Problem Area	Screening Tool
Relationships	ECR
Trauma	PCL-5
Depression	PHQ-9
Anxiety	GAD-7
Pre/Addiction	AUDIT/TAPS

New Mexico 5-Actions Program™

- Get Started
- 24/7 Phone Support
- Learn
- 5-Actions to Wellness
 - Action 1: Motivate
 - Action 2: Evaluate
 - Evaluate Tools**
 - Action 3: Resolve
 - Action 4: Manage
 - Action 5: Create
 - Beyond Addiction
- Access Treatment
- Access Support Services
- Help for a Loved One
- Webinars
- Resources
 - CHES Health App
 - Self-Help Groups
 - Video Transcripts
 - New Mexico Interviews
 - Tribal Interviews
 - COVID Resources
- My Account
- Contact
- Log Out

Evaluate Tools

Below you will find all the evaluation and assessment tools in one place. Keep in mind the goal of using these tools is to gain a deeper understanding of the degree to which substances and/or behaviors, and mental health issues, may be a problem for you.

Results from these assessments do not provide clinical diagnoses which can only be done by a licensed professional. These tools screen for potential issues that may need further evaluation and attention, but they are not definitive evidence of a problem.

Please know that using these screening tools and learning the results may trigger unexpected responses including feeling anxious, confused, defensive, angry, or sad. If you have concerns about the results or are unclear what they mean for you, please contact your primary care physician or a licensed behavioral health professional. If you want immediate support, use the **24/7 phone support** that comes with this program and talk to a trained clinician.

Evaluation Tools Referenced in Videos

The following tools are downloadable PDF documents to assist you in evaluating your behavior, deciding when to seek expert help, and planning your change efforts.

Self-Evaluation Tool
5-Actions
Self-Evaluation Tool

Co-Occurring Disorders
5-Actions Program™
Co-Occurring Screening Tool

Expert Opinions
When to Seek an
Expert Opinion

RMC Organization
Resolve, Manage, Create
Organization

Change Plan
Roadmap for Action

Addiction Screening Tools

Alcohol

Comprehensive
Substance

Food

Gambling

Love

Sex

Technology

Mental Health Screening Tools

Adverse Childhood
Experiences (ACE) Score

Anxiety

Attachment Style

Attention Deficit Hyperactivity
Disorder (ADHD)

Bipolar Disorder

Depression

Eating Disorder

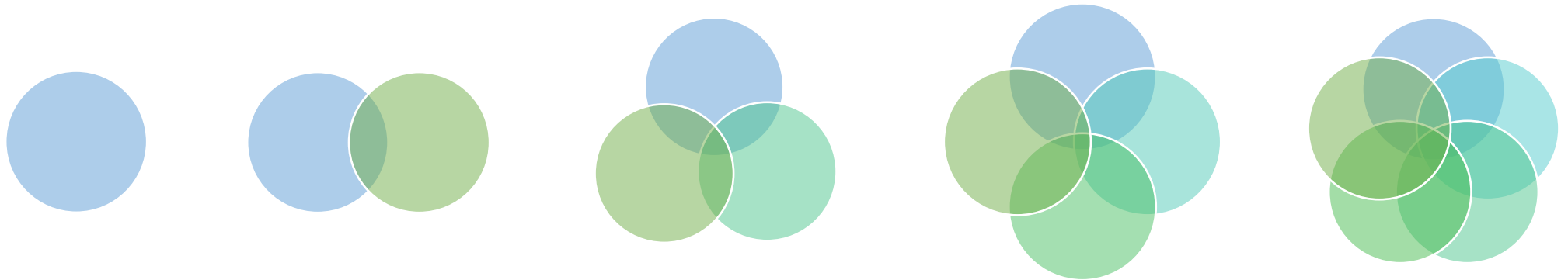
Obsessive-Compulsive
Disorder (OCD)

Post-Traumatic
Stress Disorder (PTSD)

Sleep Disorder

Personalized Symptom Map

Increasing Complexity in Symptoms, Needs, and Interventions



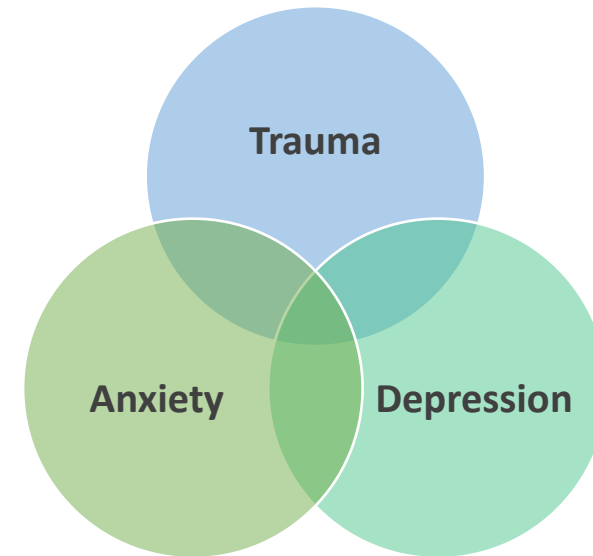
Step 2: Determine Your Profile

User Profiles

Clinical Area	1	2	3	4	5	6
Relationships	Y	N	Y	Y	N	N
Trauma	Y	Y	Y	Y	Y	Y
Depression	N	Y	Y	Y	N	Y
Anxiety	Y	Y	Y	Y	Y	Y
Pre/Addiction	Y	Y	Y	N	Y	N

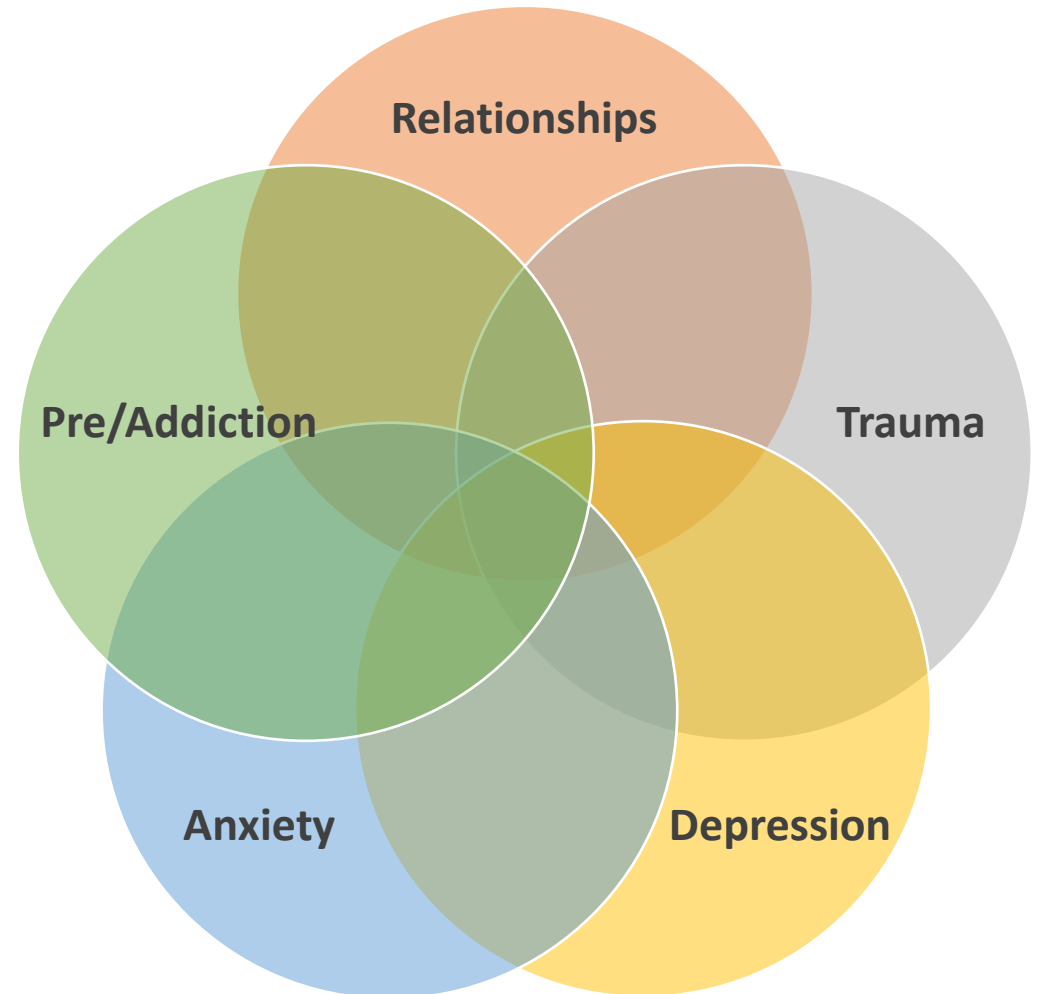


Summary Map



Step 3: Educate Yourself

- Search topics in the 5-Actions Program and webinar series
- Healthcare Professionals
- Websites (stick with national or government-sponsored sites (e.g., APA, NIDA, NIH, NAMI))
- Books/Audiobooks
- Podcasts



Check Out 5-Action Webinars

Relationship Problems
(Attachment)

Trauma & Stress
(PTS/PTSD)

Mood
(Depression – Unipolar & Bipolar)

Anxiety
(GAD, OCD, SA, Panic)

Pre-Addiction & Addiction
(Substances & Behaviors)




41:00

Healing Relationships

What role do relationships play in life, healing and overcoming addiction? We'll explore these topics, as well as attachment theory, the earliest template for building relationships. Learn how adverse childhood experiences impede a good life and more.

[WATCH](#)

April 17, 2021



45:00

Addressing Trauma & Addiction (Healthcare Providers)

Trauma is among the most common and least understood drivers of addictive behavior. Learn the nature of trauma, its relationship to addiction, and how you can use the 5-Actions Program in clinical work to enhance outcomes from treatment.

[WATCH](#)

June 5, 2021



45:00

Addressing Trauma & Addiction (Community)

Unresolved and unaddressed trauma can undermine your recovery and treatment efforts. Learn how to define trauma and its relationship to addiction, the consequences of it, and how to address the trauma in your life to support your change efforts.

[WATCH](#)

May 22, 2021



44:00

Growing Up Emotionally: Learning to Live from Your Head and Heart

A good life is built around nurturing relationships, and emotional attunement is necessary for healthy relationships. Learn how to grow up emotionally, self-regulate difficult feelings, and negotiate the difficult but rewarding terrain of relationships.

[WATCH](#)

July 16, 2022




56:00

What's New in Treating Alcohol Use Disorder (AUD)?

Recent data suggests the pandemic is responsible for at least a 20% increase in excessive drinking. This webinar reviews treatments that optimize positive outcomes and key ingredients in overcoming AUD.

[WATCH](#)

April 23, 2022



55:00

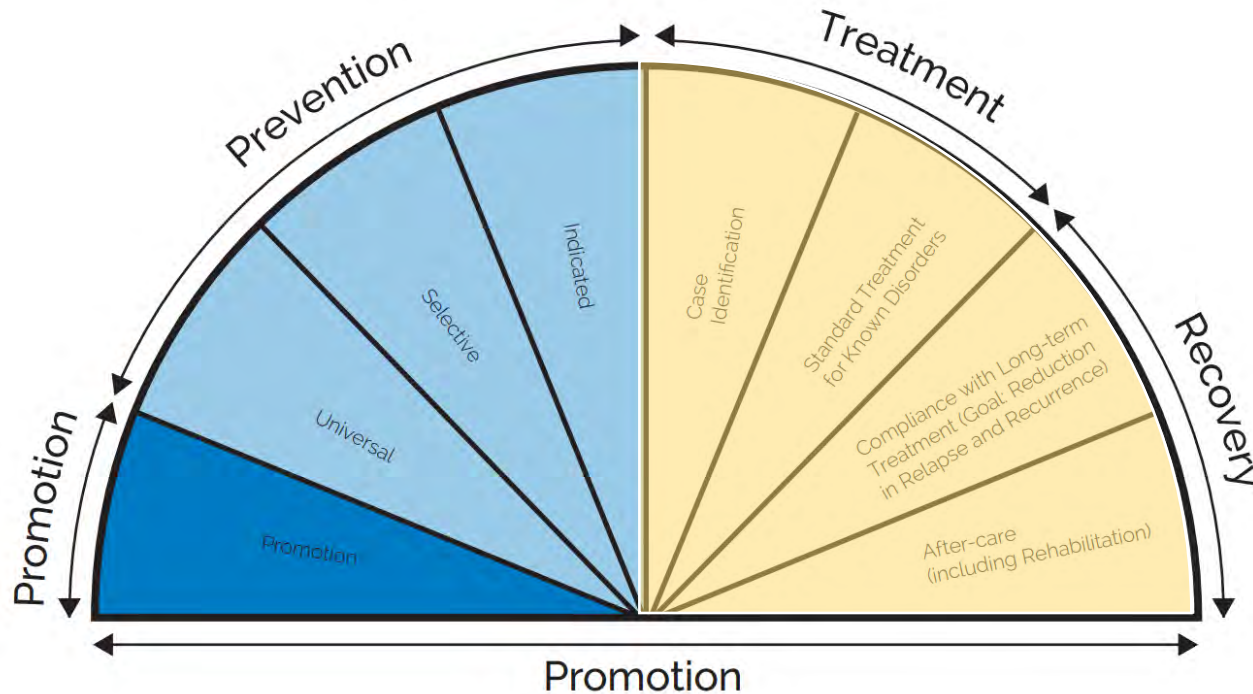
The CRAFT Approach to Helping Loved Ones with Addiction

Dominique Simon-Levine and Laurie MacDougall from Allies in Recovery discuss CRAFT (Community Reinforcement and Family Training) and why it has the highest success rate of any approach for helping loved ones struggling with addiction.

[WATCH](#)

February 26, 2022

Step 4: Engage in the Appropriate Level of Care



Promotion — These strategies are designed to create environments and conditions that support behavioral health and the ability of individuals to withstand challenges. Promotion strategies also reinforce the entire continuum of behavioral health services.

Prevention — Delivered prior to the onset of a disorder, these interventions are intended to prevent or reduce the risk of developing a behavioral health problem.

Treatment — These services are provided for individuals diagnosed with a substance use or other behavioral health disorder.

Recovery — These services support individuals' abilities to live productive lives in the community.

Source:
www.samhsa.gov/prevention

Self-help

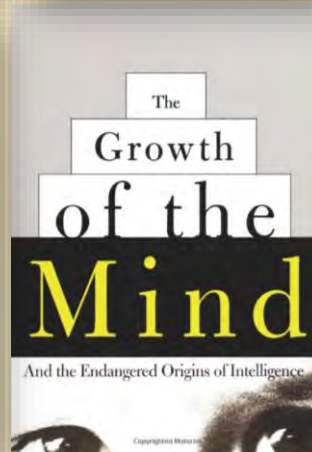
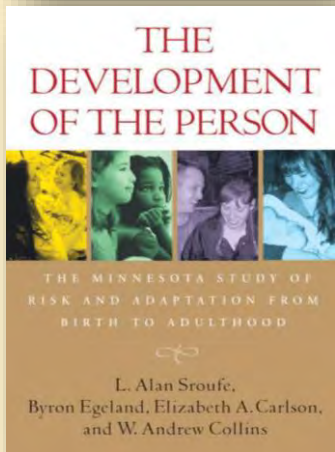
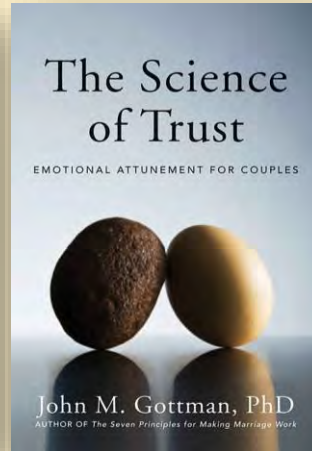
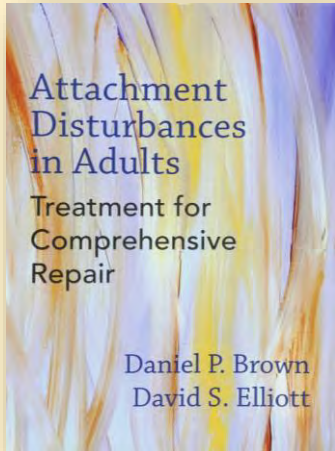
Guided Self-help

Brief Interventions

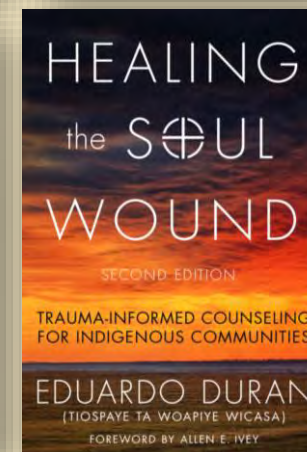
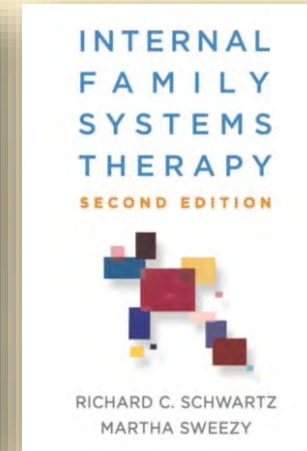
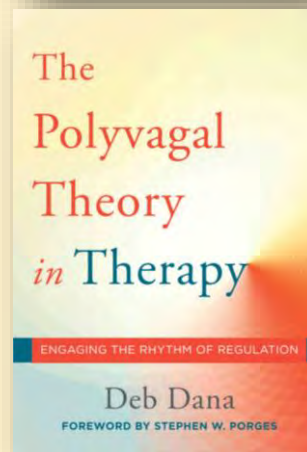
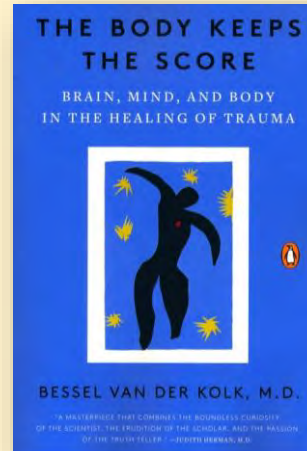
Residential/IOP/Outpatient
(Private Practice)

Step 5: Leverage the Best Interventions

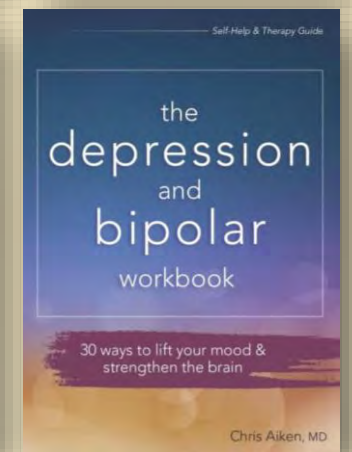
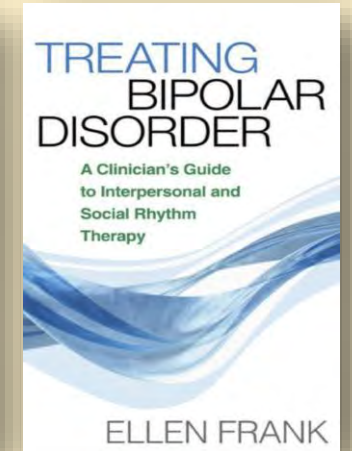
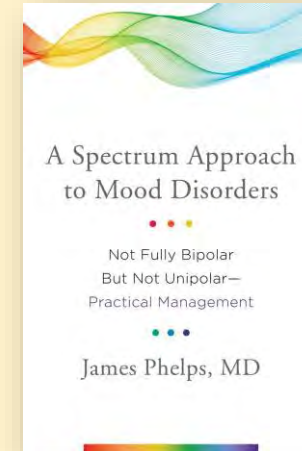
Relationships



Trauma



Depression (Mood)

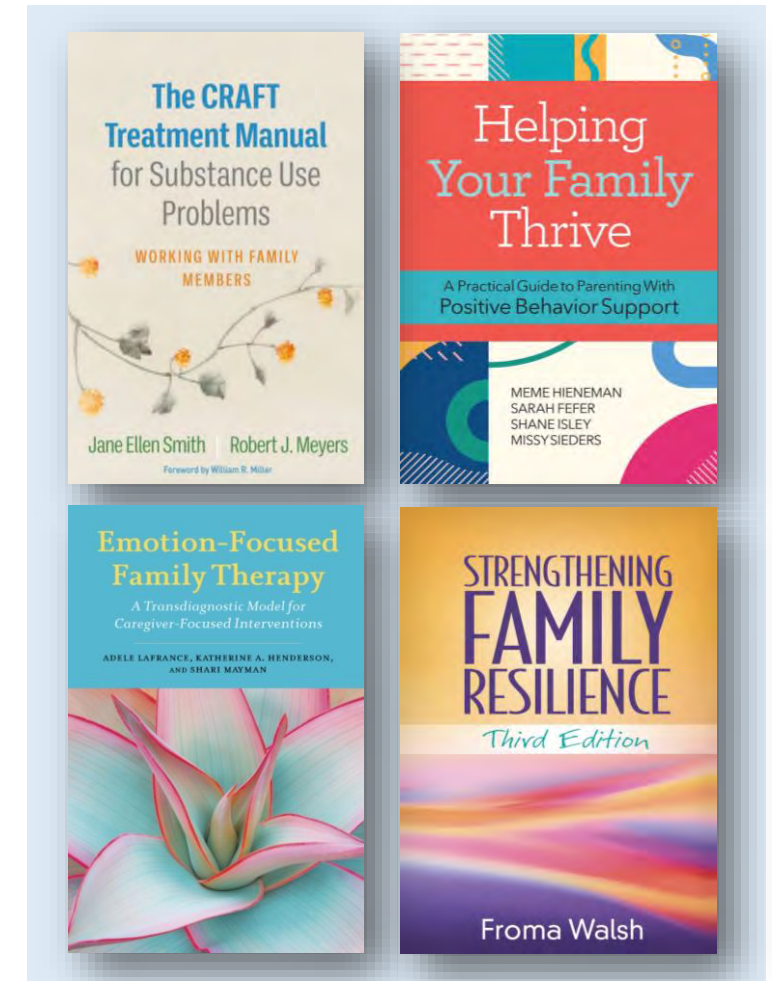
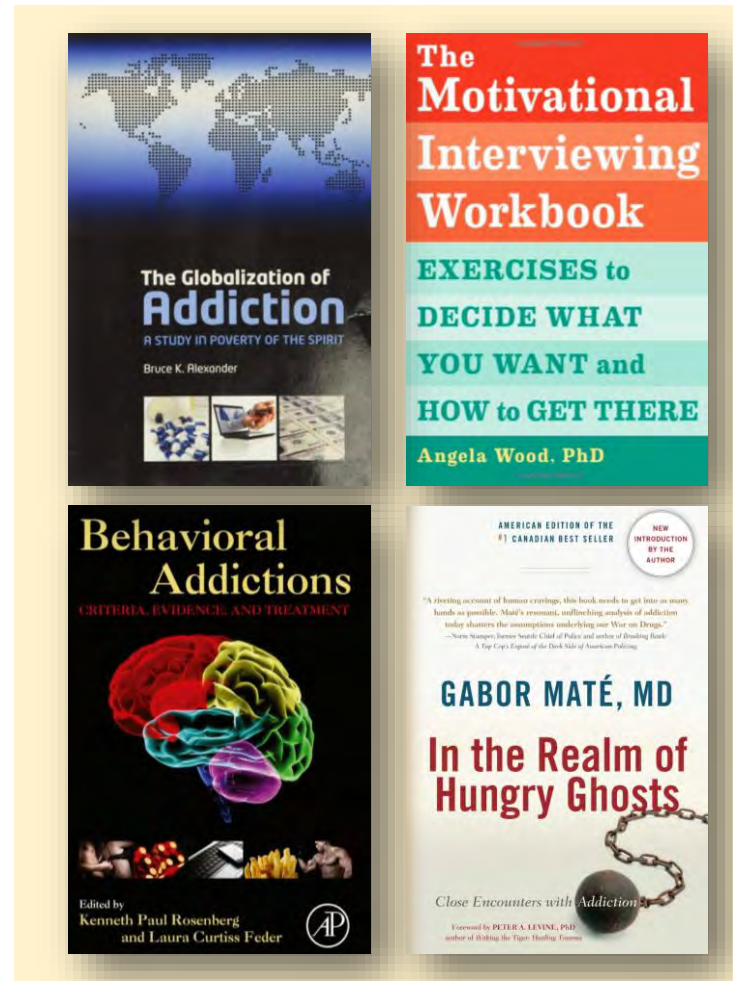


Step 5: Leverage the Best Interventions

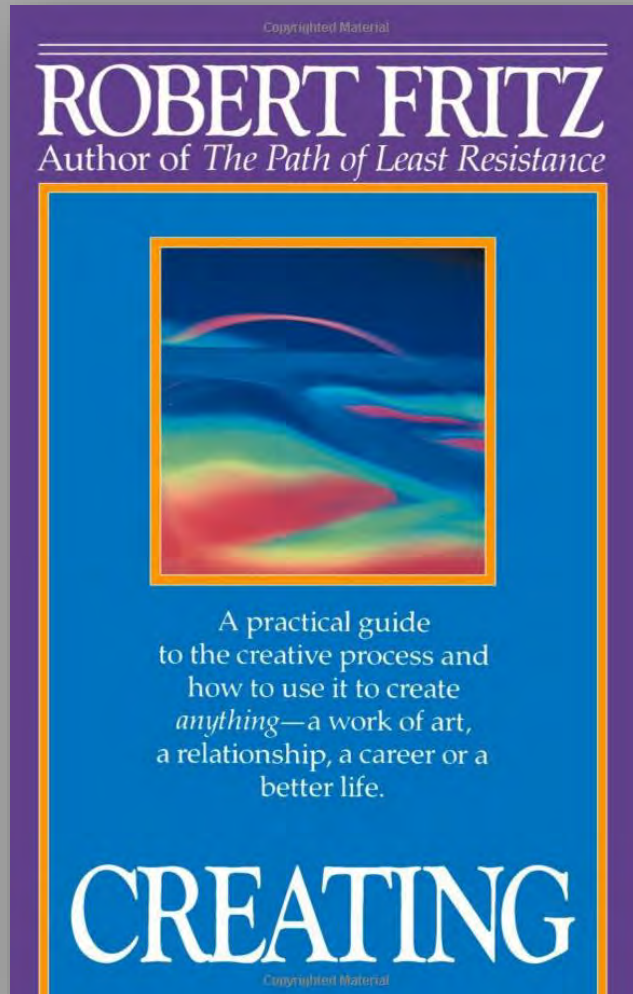
Anxiety

Pre/Addiction

Family



Step 6: Don't Just Focus on Symptom Reduction!



Creating is not designed to heal you, fix you, or satisfy you, but a way in which you can bring your talents, energies, actions, imagination, reason, intuition, and yes, even love to the creation you desire...

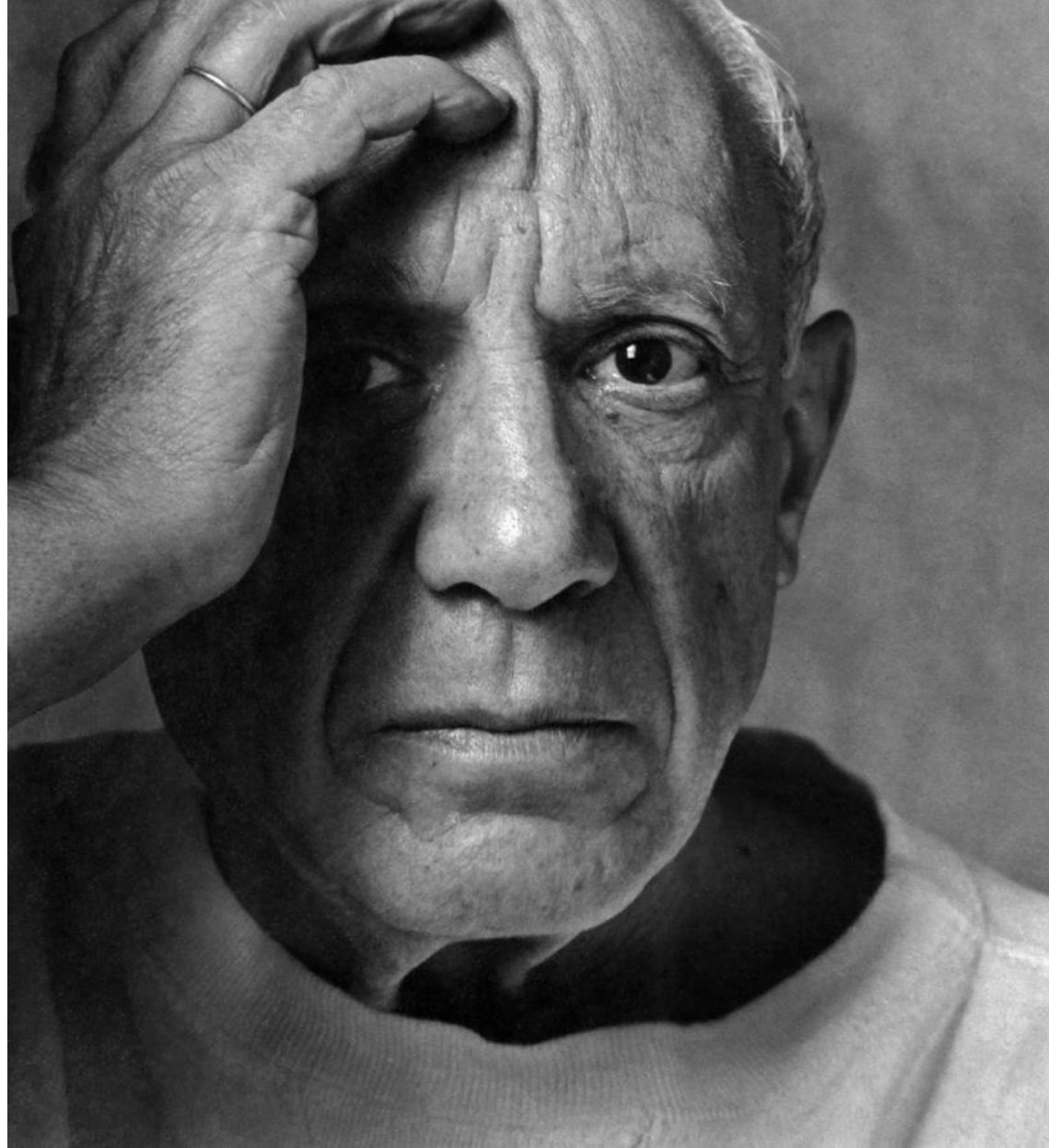
Love is what creating is all about.

Sir Ken Robinson: Do schools kill creativity?



Picasso once said...

“All children are artists. The problem is how to **remain an artist** once he grows up.”



Don't forget to play and have fun!

“People say that what we're all seeking is a meaning for life. I don't think that's what we're really seeking. I think that **what we're seeking is an experience of being alive**, so that our life experiences on the purely physical plane will have resonances with our own innermost being and reality, so that we actually feel the rapture of being alive.”

Joseph Campbell



Questions & Discussion

