

## Bimonthly Resource Digest

Highlights — August 24, 2020:

**Tools for Behavioral Health Professionals During a Public Health Crisis**, by Mental Health Technology Transfer Center Network (MHTTC) and SAMHSA

**Description:** Visual tip sheet for providers to prevent and reverse burnout during COVID.

- Learn to self-evaluate the common signs of burnout.
- Daily interventions to support you and your staff.
- Useful apps to support the unique needs of the behavioral health workforce.

**Supporting the Behavioral Health Workforce During the COVID-19 Response: Strategies for Providers to Sustain and Strengthen the Behavioral Health System**, by Health Management Associates (HMA)

**Description:** Landing page of 10 practical, self-help tips for older adults to cope with the emotional tolls of the COVID-19 pandemic, including isolation and fear of infection.

- Innovative solutions for leadership to support staff wellness and retention.
- Learn how to prevent burnout for yourself and colleagues.
- Tips for attuned clinical supervision using distance technology.

**COVID-19 Self-Care Resources**, by Association of Women’s Health, Obstetric and Neonatal Nurses (AWHONN)

**Description:** Comprehensive landing page of links to self-care apps, personal screening tools and tips designed to support nurses and other essential workers’ mental wellness during COVID-19.

- Find discounted (or free!) apps and mental health resources exclusively for health care professionals.
- Self-care podcasts speaking to the concerns and topics facing health care workers during COVID-19.
- Special resources just for critical care and perinatal specialists.

**Troubleshooting “Zoom Fatigue” in the Era of Telehealth**, by American Psychological Association

**Description:** Archived webinar to help providers identify risk factors for burnout, self-assess home workspace needs and intervene early and meaningfully to maintain work-life balance during the pandemic.

- A deep dive into what really comprises telehealth fatigue and burnout.
- Essential guidance on adapting your schedule to create optimal work-life balance in real time.
- Practical ideas to create your best home workspace today.



A master list of 100 resources identified by the CareOregon Behavioral Health Department can be found on the [CareOregon COVID-19 Provider Information webpage](#).

Thank you for the work you are doing, especially in these complex times.

Sincerely,

**CareOregon Behavioral Health Department**