

Behavioral
Health
Workforce
Development



A Holistic Approach to
Professional Quality of Life,
with a focus on

Joy

Housekeeping



Join by Phone: Click Join Audio, Phone Call tab, dial the desired phone number, and enter Meeting ID and Participant ID.

01



Camera: Please keep your camera on unless you have low bandwidth.

02



Name: Please change your name to your actual name.

03



Live Captioning: Click CC Live Transcript to show or hide captions.

04



Chat: Click the Chat icon to open the Chat panel.

05



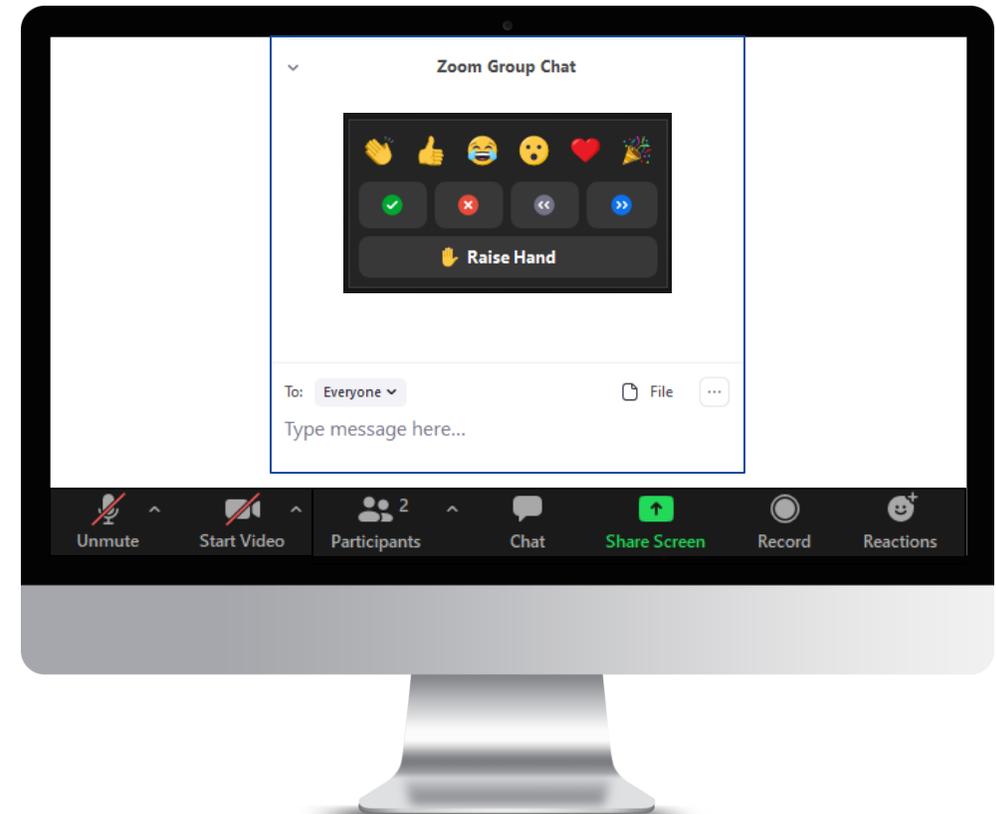
Reactions: Find them on the bottom toolbar.
Full-screen: Double-click to toggle.

06



Need help? Type in the Chat box!

07



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Indigenous Land Acknowledgement

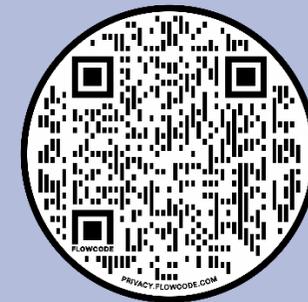
- We respectfully acknowledge that we live and work in territories where indigenous nations and tribal groups are traditional stewards of the land. Our California office resides in Tongva territory.
- Please join us in supporting efforts to affirm tribal sovereignty across what is now known as California and in displaying respect, honor, and gratitude for all indigenous people.

Whose land are you on?

Option 1: Text your ZIP code to 1-907-312-5085

Option 2: Enter your location at <https://native-land.ca>

Option 3: Access Native Land website via QR Code





Advocates for Human Potential, Inc. (AHP) MIP Team



Kathleen West
Project Director



Tammy Bernstein
Deputy Director



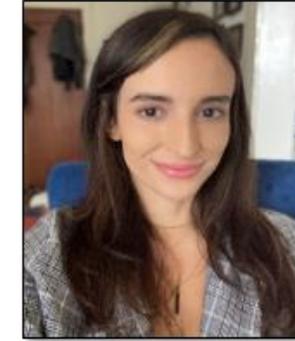
Kate Cox
Operations Manager



Allen Fowler
TTA Provider



Susan Lange
TTA Provider



Kayla Halsey
BHWD Data &
Analyses Manager



Caitlin Storm
Quality Assurance



Tiffany Malone
Lead Grantee Coach



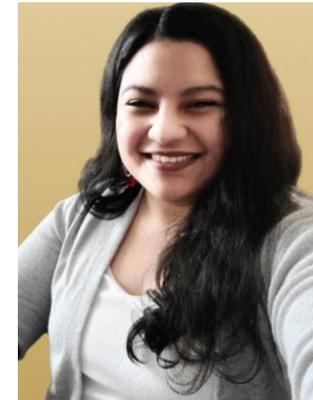
Cklara Moradian
Grantee Coach



Christian Citlali
Grantee Coach



Xiomara Romero
Grantee Coach



Aida Natalie Castro
Grantee Coach



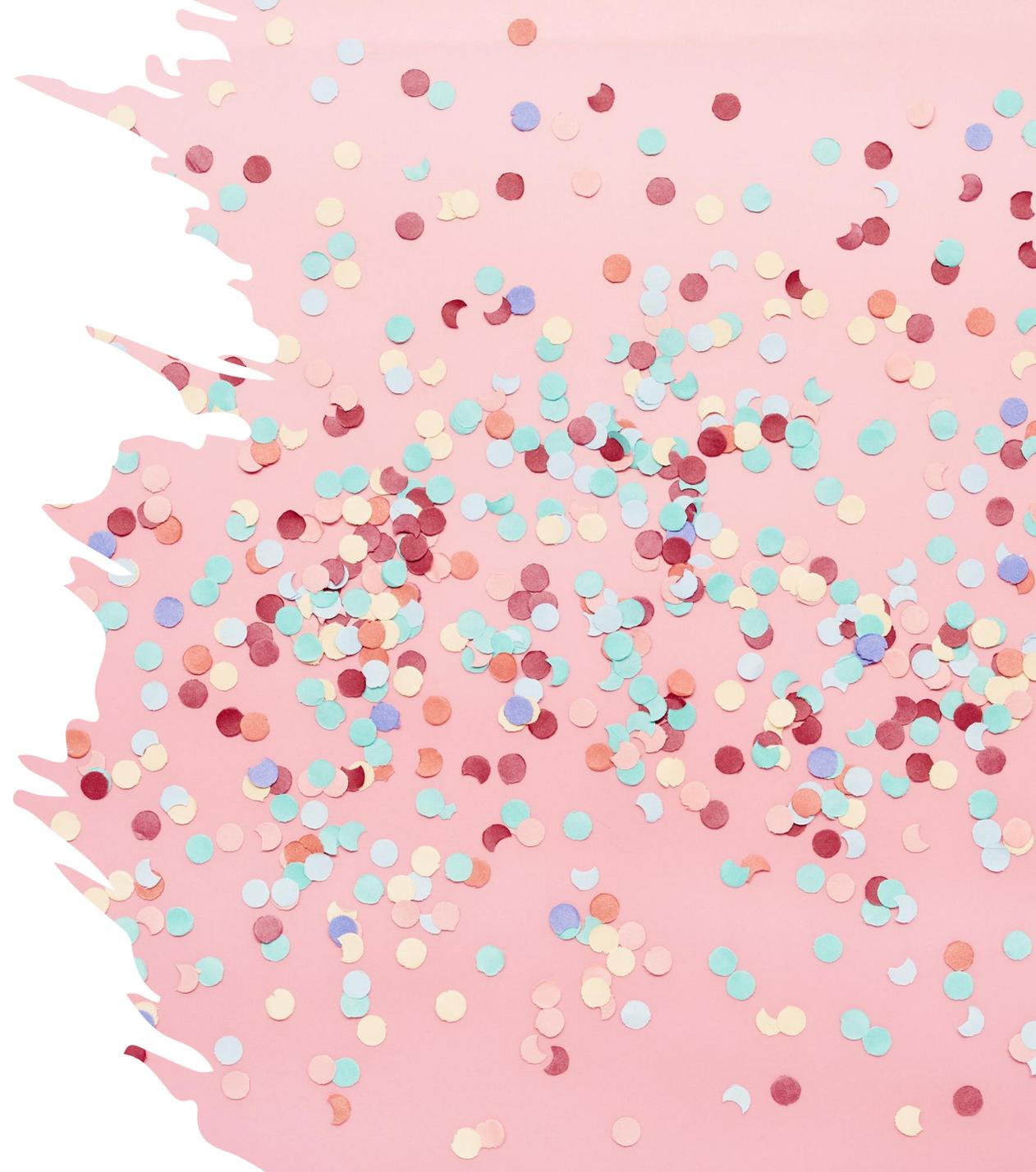
Vic Walker
Operations
Specialist



Krislyn LaCroix
Operations Specialist

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Alejandra Acuña, PhD, LCSW



Location of Self Introduction: Alejandra Acuña (pronouns she/her/ella)

Education:

- Ph.D., social welfare, UCLA
- M.S.W., UC Berkeley
- Pupil Personnel Services Credential (PPSC), CA Commission on Teacher Credentialing
- Licensed Clinical Social Worker (LCSW), CA Board of Behavioral Sciences

Work Experience:

- Associate professor of social work at California State University, Northridge (retired)
- Social work faculty, Children's Hospital
- Professional expert, school social worker, Los Angeles Unified School District

Ethnicity/Race: Chicana

Gender Identity: Cisgender female

Nationality: Born in East Los Angeles (Tongva Territory); immigrant parents from Northern Mexico

Family role: Mother of an NYU senior



Positionality/Location of Self

Reflection Questions

How does it feel to have a presenter who is or has these identities?

Does it raise concerns related to your status and to your perspectives?

How might the clients feel about having a provider who is or has your identities, status, and perspectives?

Body Check-In



How do I feel in my body right now?

What messages am I receiving from my body right now?

On a scale of 1 to 10, where:

1 = “not calm at all” and

10 = “the calmest I’ve ever felt in my life,”

where am I on this scale right now?

Loving-Kindness Meditation Reduces Implicit Bias & Prevents Burnout

Guided Meditations - MARC | UCLA Health

Research Findings:

- Increases positive emotions, feelings of social connection (vagal tone), and emotional regulation (gray matter volume)
- Decreases migraines, chronic pain, PTSD, schizophrenia-spectrum disorders
- Increases empathy, compassion, social connection
- Slows biological aging
- Decreases implicit bias
- Curbs self-criticism
- Is effective even in small doses

(Seppala, 2014)

An iceberg floating in the ocean. The tip of the iceberg is above the water surface, and the much larger, submerged part is below. The sky is blue with white clouds. The water is a clear blue.

Thoughts, Feelings & Behaviors

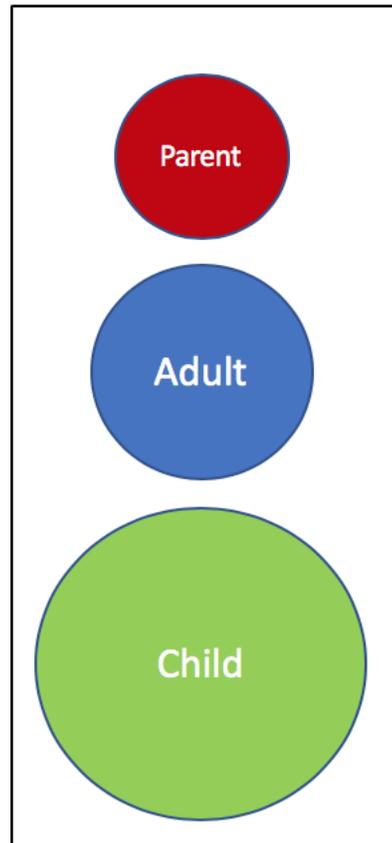
Beliefs

The Parent, Adult, and Child Ego States

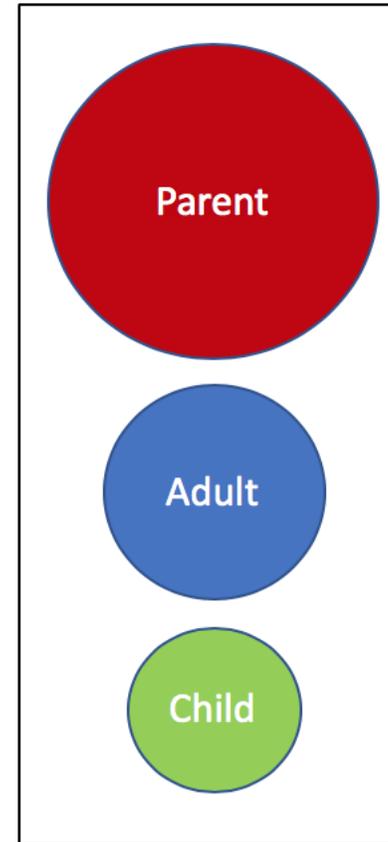


The Parent, Adult, and Child Ego States

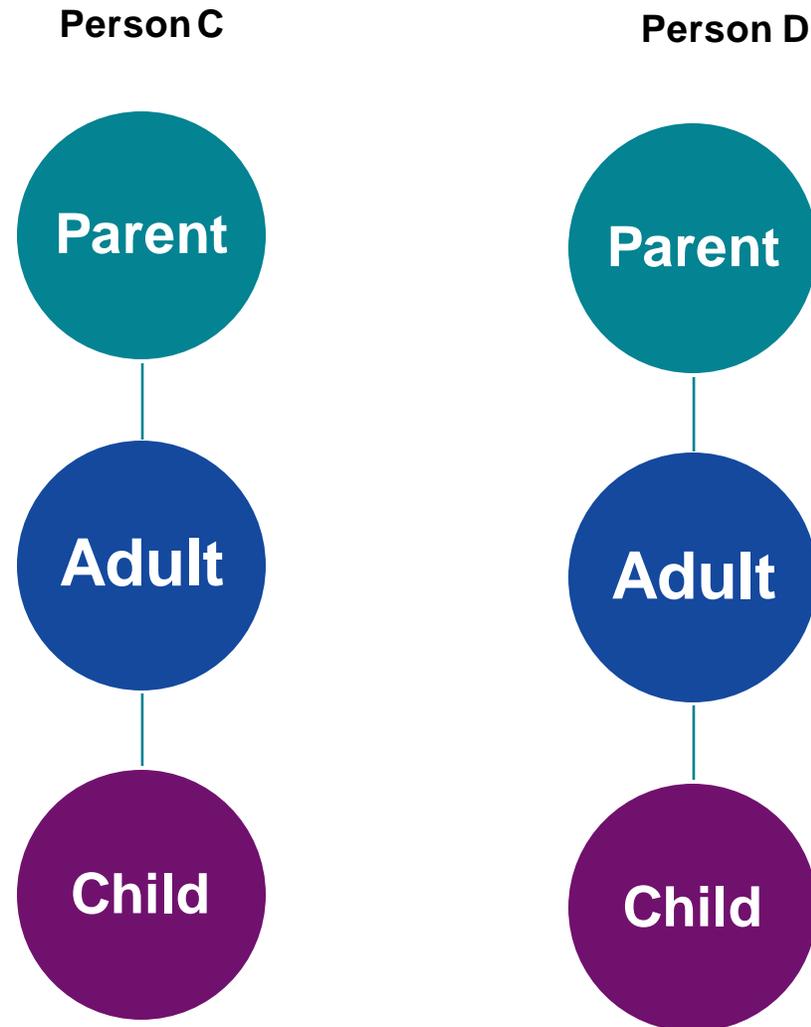
Person A



Person B



The Parent, Adult, and Child Ego States



Joy

Most of us know that we can reduce stress through eating well, getting quality sleep, exercise, and meditation, but a less commonly cited way is the value of pursuing the things that make us happy and fulfilled.

@DRMARKHYMAN



Joy

Joy results from...

- something that we have been longing for
- something that indicates we have been blessed or favored
- something that indicates a turning of fortune, that life is working out well, and that life is being well lived

(Watkins et al., 2018)

Joy

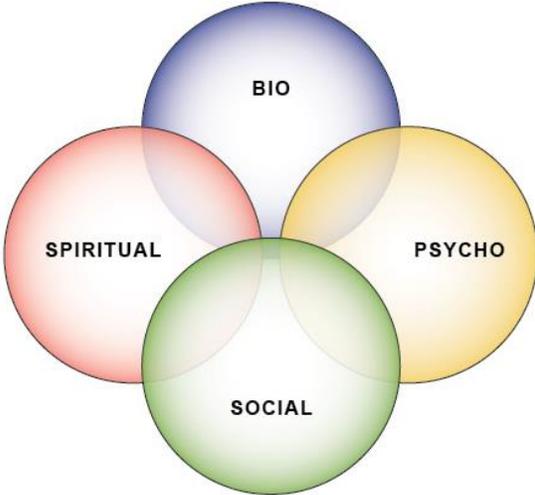
“When you move toward that which is most fulfilling and life-enhancing—with joy and pleasure, healing follows.”

—Christiane Northrup, M.D.

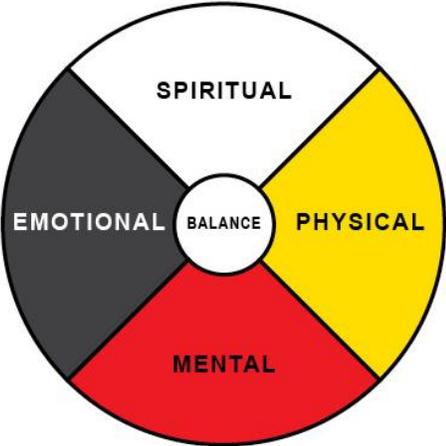
Whole Person Health



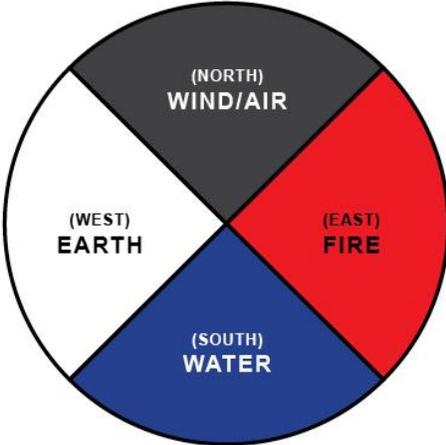
West African Cosmogram



Biopsychosocial Spiritual Approach



Native American Medicine Wheel



Mexico (Aztec) Medicine Wheel

(NCCIH, n.d.)

2. Facing our fears, worries, doubts, questions, and concerns



3. Turning Limiting Beliefs into Affirmations

Create affirmations that address each of your psychological barriers/limiting beliefs.



4. Turning Limiting Beliefs into Affirmations

Rate each affirmation on a confidence scale of 1 to 10, where:

- 1 = *“I’m super skeptical about it, I don’t buy it”*, and
- 10 = *“I have all the confidence in the world that it’s true!”*

5. Affirmations 2.0

Tweak your affirmation until you believe it...

Even though it's scary, I believe I can...

I will keep trying until I figure it out.

I am loveable.

Piensa en ti misma. Apapachate tu. Ve lo que vales como mujer.

Somos causa y efecto. Piensa en lo que quieres.

I can do it once I set my mind to it!

I am deserving.

My brain is always rewiring and can make healthier connections.

I can create anything my heart desires.

6. Strengths?

1. Relationships
2. Service
3. Life Skills
4. Humor
5. Perceptiveness
6. Independence
7. Positive View of My Future
8. Flexibility
9. Love of Learning
10. Self-motivation
11. I'm Good at Something
12. Self-worth
13. Spirituality
14. Perseverance
15. Creativity

7. Support?



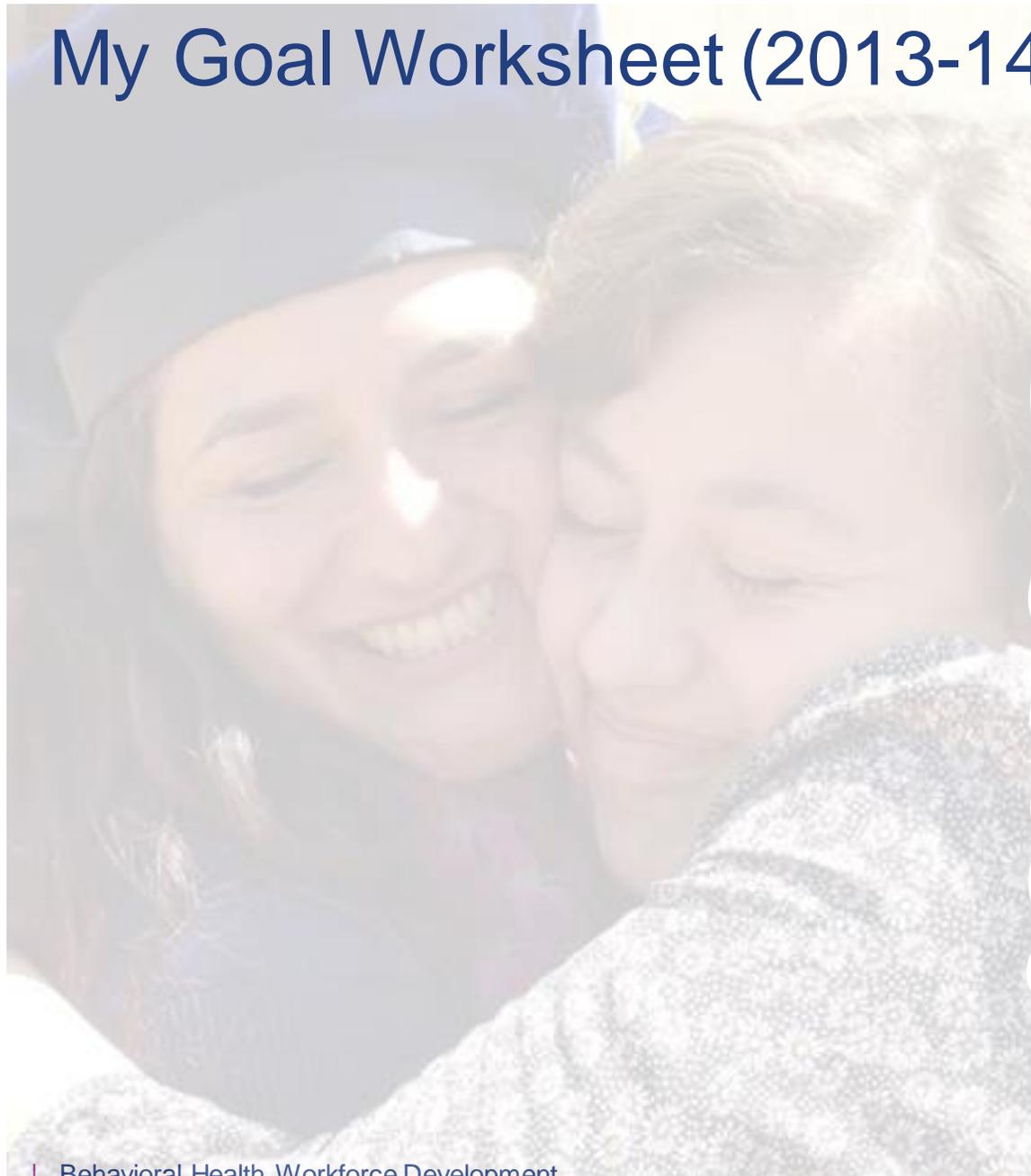
8. Action Steps?



Things to Do:

- 1.
- 2.
- 3.
- 4.
- 5.

My Goal Worksheet (2013-14)



Goal affirmation: I am filing my dissertation by June 2, 2014!! I am graduating!! June 2014! ✓

Psychological barriers: Filed Dec. 2014 Jan. 2015

There are things out of my control. There are people who may not be supportive for various reasons.

Associated Feeling:
helpless, powerless

Affirmations: And we know that God causes all things to work together for those who love God, to those who are called according to his purpose. Romans 8:28

1. The Universe is conspiring to make this happen - the path is being cleared.
2. I have everything I need to complete this dissertation. FOR Irene + Paulina
3. In 2013-2014, I will achieve an important milestone. this is dedicated to my mentors, family, friends, colleagues + students. It takes a village to complete a dissertation.
4. Estoy pizando un exito. Yo voy a salir adelante.
5. If God is for us, then who can be against us?

To-do list:

1. Collect 120-150 surveys total by March 15.
2. Collect 100 additional completed surveys by March 15
3. Submit results and discussion chapters to committee by April 1.
4. Schedule and pass dissertation defense by May 1. ✓
5. File dissertation by June 2.
6. Repeat affirmations for energy blocks and barriers (3x/day min).
7. Make a list of those you wish to forgive & record commitment to state forgiveness.
8. Include your soul-to-soul conversation. ✓
9. read about interactions in logistic regression ✓ understand + interpret

List synchronicities (small manifestations):

- Carlos, Silvia, Patricia + Liz agreed to help ✓
- Prelim analyses Witold showed sig correlations + log reg model was sig ✓
- ~~interns~~ gave approval to use surveys!!! ✓
- interns are committed to helping. ✓ ✓

Write down the date and time that your desire manifested into your life, and record how you felt about it. Record your progress and what it took to get there.

- 2/26 59 surveys to date!
- 3/3 84 surveys to date + counting!!
- Passed defense w/ revisions May 2014 SUMMER 2015 ✓
- Graduated June 2014 MARCH
- Filed Dec 2014
- Filing accepted Jan 2015 ✓
- diploma on the way!

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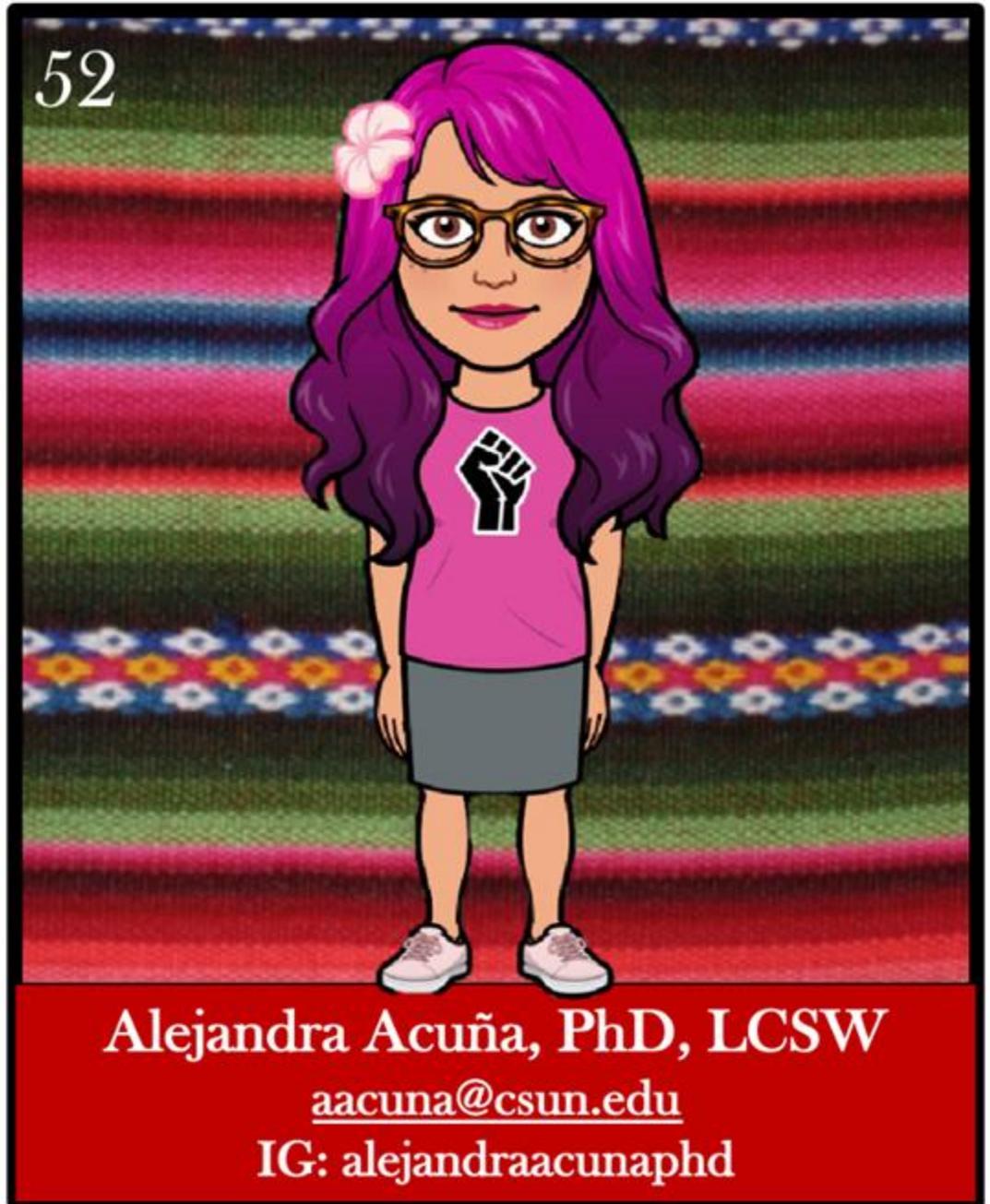
Q & A

Save the Dates!

- Open Office Hours: January 12, 2023
 - Mentor – 12:00 pm – 1:00 pm
 - Intern – 2:00 pm – 3:00 pm
- Lunch & Learn : Culturally Responsive Care : Incorporating Holistic Approaches to Care
 - January 17, 2023 -12:00 pm – 1:00 pm :
- Continuing the Conversation : Culturally Responsive Care : Incorporating Holistic Approaches to Care
 - January 18, 2023 -1: 00 pm – 2:00 pm

An email with registration links for all events can be found on the MIP Website. Additionally, it will be emailed via constant contact. If you have any questions, please contact your Grantee Coach or the general MIP inbox: ca_mip@ahpnet.com.

Stay in Touch!



Thank You!