



# BEYOND BURNOUT

Weaving Self Care as a Practice into Your Workday

May 31, 2023 • 2-3 p.m. EDT



This webinar was made possible by Award number H723IHS0007-01-01 from Department of Health and Human Services.  
This webinar is solely the responsibility of the National Council for Urban Indian Health and does not necessarily represent the official views of the Indian Health Service or the Department of Health and Human Services.

**Presenter: Todd Wilson, NCUIH Board Member, Executive Director  
Helena Indian Alliance-Leo Pocha Clinic**



# NCUIH

NATIONAL COUNCIL of URBAN INDIAN HEALTH

The National Council of Urban Indian Health (NCUIH) is the national non-profit organization devoted to the support and development of quality, accessible, and culturally-competent health and public health services for American Indians and Alaska Natives (AI/ANs) living in urban areas.

NCUIH is the only national representative of the 41 Title V Urban Indian Organizations (UIOs) under the Indian Health Service (IHS) in the Indian Health Care Improvement Act (IHCIA). NCUIH strives to improve the health of the over 70% of the AI/AN population that lives in urban areas, supported by quality health care centers.



# Disclaimer

**This event is made possible by the Indian Health Services Cooperative Agreement Funds**

**Award #**H723IHS0007-01-01

**FAIN #** H723IHS0007

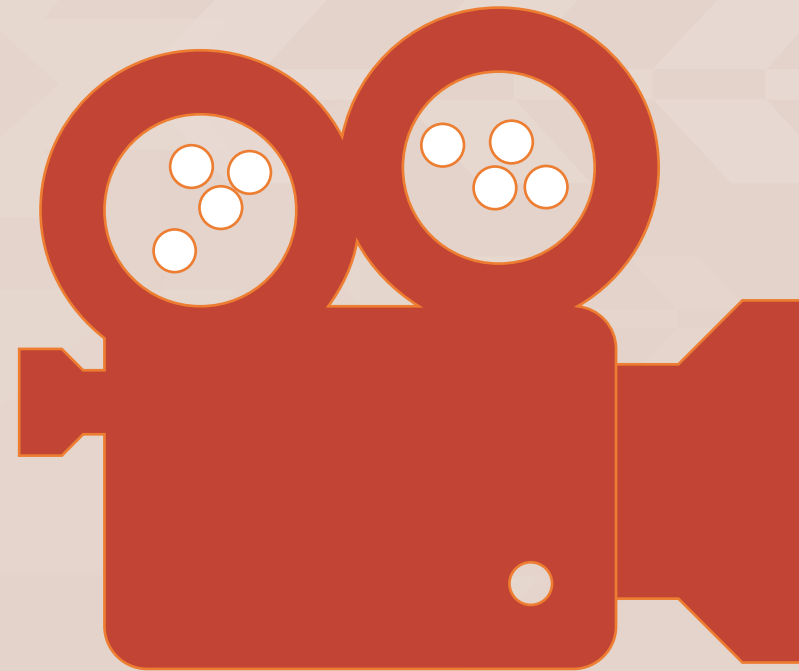
**Federal Award Date:** 12/13/2022

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# Audio and Visual Recording

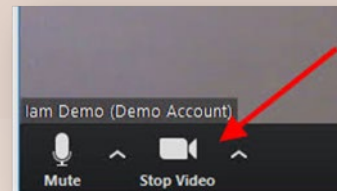
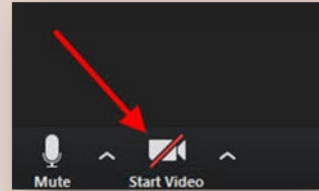
Please note that this session will be recorded for educational and quality improvement purposes.



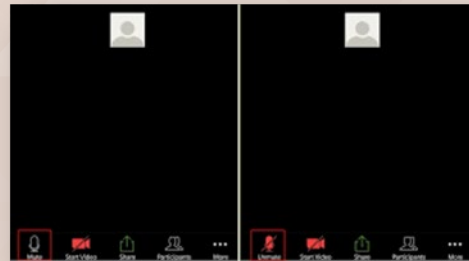


# Housekeeping

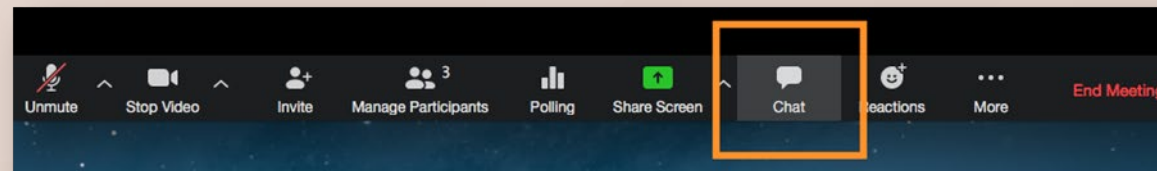
- Turn on Video



- Please Mute Your Microphone When Not Speaking



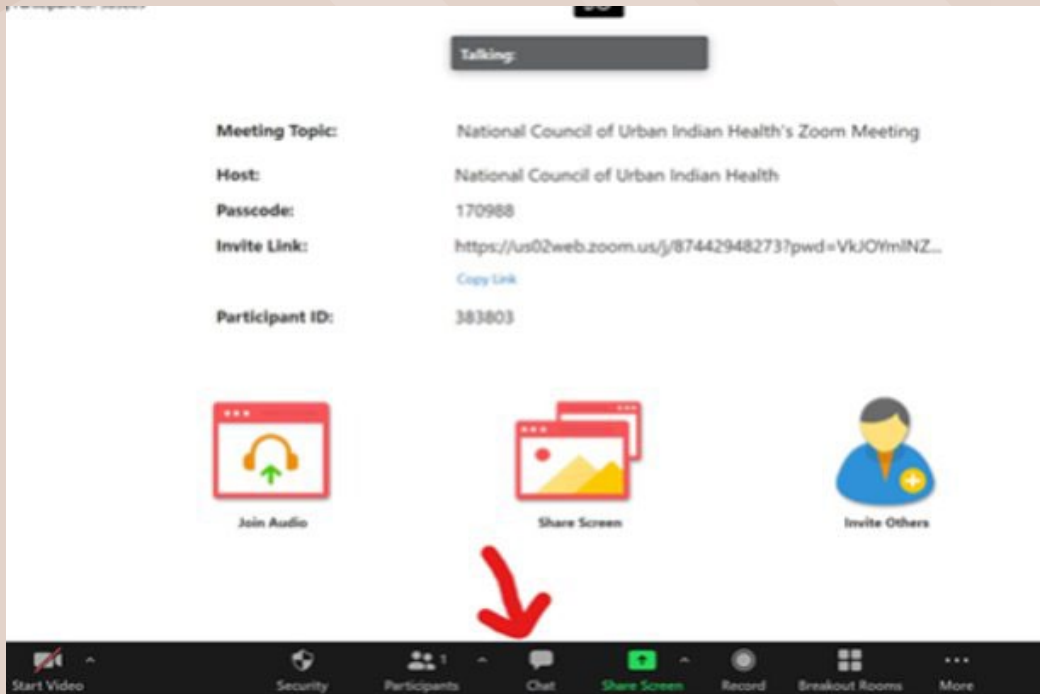
- Please Enter Your Name and Organization in the Chat Box



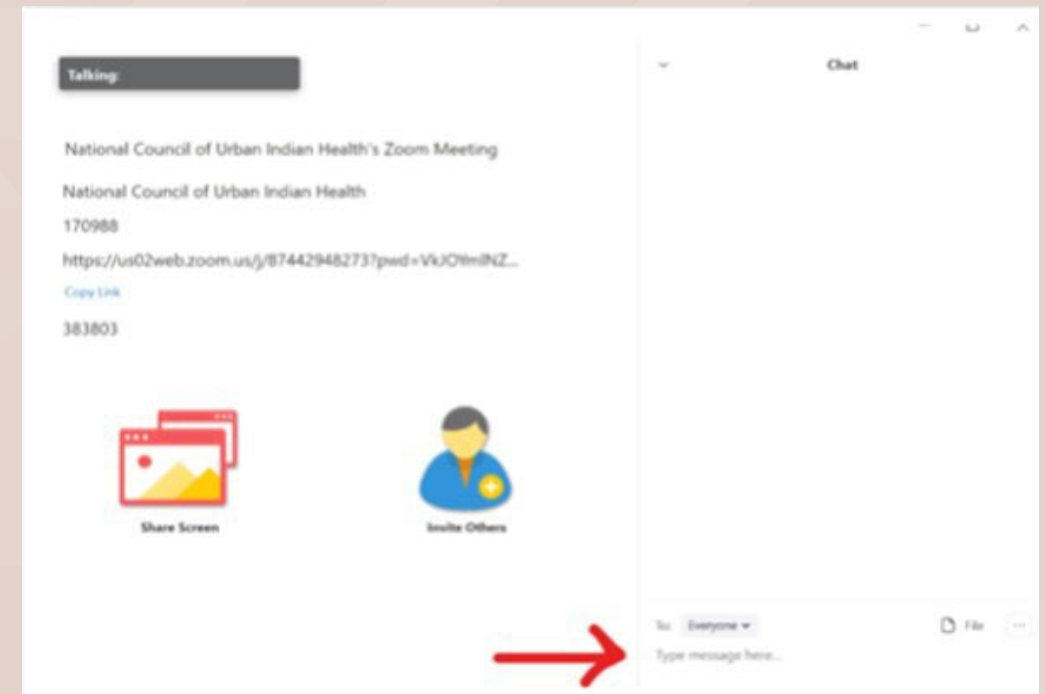


# ASK A QUESTION OR COMMENT

First, select “Chat” at the bottom of your ZOOM screen



Then type your question or comment into the chat box that will appear on the right





# POLL



# Agenda

TIME ALLOCATED	TOPIC	PRESENTER
2:00 PM EDT / 11:00 AM PDT	Welcome	Lyzbeth Best
2:02 PM EDT / 11:02 AM PDT	<ul style="list-style-type: none"><li>• About NCUIH</li><li>• Zoom Etiquette</li><li>• Introduction of Presenter</li></ul>	Lyzbeth Best
2:20 PM EDT / 11:20 AM PDT	Lecture	Todd Wilson
2:45 PM EDT / 11:45 AM PDT	Open Forum Discussion Beyond Burnout	Lyzbeth Best
3:00 PM EDT / 12:00 PM PDT	Adjourn	Lyzbeth Best





# Objectives

- Identify unique self-care challenges faced by providers/clinicians because of the COVID-19 pandemic.
- Identify strategies and create a plan to reduce stress in the workplace.
- Explore methods of transforming workplace culture that promotes wellbeing and resiliency.
- Open Forum Discussion: Beyond Burnout



## Presenter



Todd Wilson is a member of the Crow tribe, and the Executive Director of the urban Indian organization (UIO), Helena Indian Alliance-Leo Pocha Clinic, *Inc.* in Helena, Montana. He serves on the NCUIH Board of Directors and represents region 4.



## *Beyond Burnout: Weaving Self Care into Your Daily Practice*

### COVID-19 Pandemic challenges

- Being there every day, 5 days a week, throughout!
  1. Essential Vs Non-essential
- Continue providing services.
  1. Public service is not for everyone. We will be available for our clients and community
- Limitations on what we can and can't do.
  1. Get creative to find alternate solutions to the “rules”
- The unknown
  1. Support our staff in any way we can!



## *Beyond Burnout: Weaving Self Care into Your Daily Practice*

### Strategies

- Our plan was simple.
  - Follow the guidance issued by federal agencies.
  - Stay open for services only (no outreach or community programs)
  - Be there for our clients
  - Make alterations and adapt to the situation(s)
  - Think outside the box! Be creative and listen to your employees.



## *Beyond Burnout: Weaving Self Care into Your Daily Practice.*

Taking care of our own!

- Hazard pay: implemented a 20% differential for all onsite staff 1 week after MT Gov shut down the state.
- Paid admin leave for all staff that didn't need to be onsite (non-essential workers)
- Paid Internet and phone services for multiple employees to attend appointments, meetings, calls etc.
- Amended sick/leave policies to be more employee friendly (admin leave).



## ***Beyond Burnout: Weaving Self Care into Your Daily Practice.***

Taking care of our own!

- Provided drinks and snacks for employees at no cost
- Massage room









**What does burnout look like in your organization? What do you see as the biggest causes?**



**What are you doing at an individual level to counter burnout?**

**What is your organization doing to counter burnout?**



**As an employee and/or leader  
within your organization what  
are some things your  
employees need to further  
combat employee burnout?**



# Questions and Answers



## Evaluation

[https://ncuih.qualtrics.com/jfe/form/SV\\_0eT1u6SYtldudee](https://ncuih.qualtrics.com/jfe/form/SV_0eT1u6SYtldudee)





# Upcoming NCUIH Events

- June 8 @ 2 pm: Branching Out: Wellness Programming for Patient-Centered HIV Care from an Urban Indian Perspective
- June 22 @ 2 pm: HIT P2PSC



# NCUIH

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