

# Health Occupations Providing Excellence in Workforce Wellconess and Resiliency

Melissa Reitmeier, PhD, LMSW, MSW  
Clinical Professor  
UofSC College of Social Work



## Description

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**AHEC:** This program is approved for 0.15 CEU's (1.5 clock hours) of continuing education by Mid-Carolina AHEC, Inc. and meets the SC AHEC Continuing Education Best Practice Standards.

Participants must attend 90% of the program to receive a certificate of attendance. No partial credit will be given.

**COUNSELORS & THERAPISTS:** This program has been pre approved for 1.5 hours of continuing education by SC AHEC under its accreditation by the SC Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists and Psycho-Educational Specialists.

**NURSING:** Nursing: Mid-Carolina AHEC is approved as a provider of nursing continuing professional development by South Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This nursing continuing education activity has been approved for 1.5 hours.

**SOCIAL WORKERS:** This program has been approved by the SC Board of Social Work Examiners for 1.05 clock hours of social work continuing education.

**PHARMACY:** The University of South Carolina College of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. Please see individual activity listings in the flyer (pages 2-3) for specific information about CEU designations, learning objectives, and activity types. Participants must sign-in/register, participate in all active learning activities, respond to all learning assessment questions, and complete the online evaluations of each activity at <http://cop.sc.learningexpressce.com> in order to obtain credit. Detailed instructions on how to claim CPE credit will be provided.



These activities have been submitted for CME credit(s) and are pending approval.

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**No Program Fee**  
This program is free to attend but registration is required.

\*\*\*To receive credit you must attend each session.



To register please contact Ala Bengel:  
[abengel@email.sc.edu](mailto:abengel@email.sc.edu)



UNIVERSITY OF  
SOUTH CAROLINA  
College of Social Work

This flyer & trainings are supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,706,573 with 0% financed with non-governmental sources. The contents are those of the author(s) & do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](http://HRSA.gov).

# Health Occupations Providing Excellence in Workforce Wellness and Resiliency Leadership Series

## ACPE Activity Announcement

July 13, 2023 12:00pm – 1:30pm	<b>Introduction to Organizational Burnout and Psychological Safety</b> Melissa Reitmeier, PhD, LMSW, MSW; Clinical Professor, USC College of Social Work <i>ACPE UAN 0062-9999-23-115-L99-P/T, 1.5 contact hours, application-based activity</i> <i>At the completion of this activity, the participant will be able to:</i> <ol style="list-style-type: none"><li>1. Identify organizational burnout and organizational health</li><li>2. Discuss the components of psychological safety</li><li>3. Examine the importance of psychological safety</li><li>4. Apply techniques to a case scenario</li></ol>
August 3, 2023 12:00pm – 1:30pm	<b>The Cost of Burnout through the lens of Quadruple Aim</b> Melissa Reitmeier, PhD, LMSW, MSW; Clinical Professor, USC College of Social Work <i>ACPE UAN 0062-9999-23-116-L99-P/T, 1.5 contact hours, knowledge-based activity</i> <i>At the completion of this activity, the participant will be able to:</i> <ol style="list-style-type: none"><li>1. Identify the impact burnout has on the healthcare system</li><li>2. Deconstruct the costs of burnout for organizations</li><li>3. Discuss the relationship between retention and burnout</li></ol>
September 7, 2023 12:00pm – 1:30pm	<b>Overcoming the Culture of Burnout</b> Melissa Reitmeier, PhD, LMSW, MSW; Clinical Professor, USC College of Social Work <i>ACPE UAN 0062-9999-23-117-L99-P/T, 1.5 contact hours, application-based activity</i> <i>At the completion of this activity, the participant will be able to:</i> <ol style="list-style-type: none"><li>1. Discuss the culture of burnout in organizations</li><li>2. Identify the importance of employee wellness</li><li>3. Compare the different types of self-care</li><li>4. Promote self-care throughout their organization</li></ol>
October 5, 2023 12:00pm – 1:30pm	<b>Examine the Wellness Culture to Boost Resiliency in the Workplace</b> Melissa Reitmeier, PhD, LMSW, MSW; Clinical Professor, USC College of Social Work <i>ACPE UAN 0062-9999-23-118-L99-P/T, 1.5 contact hours, application-based activity</i> <i>At the completion of this activity, the participant will be able to:</i> <ol style="list-style-type: none"><li>1. Identify the components of a psychologically healthy workplace</li><li>2. Define wellness culture</li><li>3. Clarify the domains of resilience</li><li>4. Discuss techniques to build resiliency</li><li>5. Address the impact of employee wellness on the culture of burnout in an organization</li></ol>
November 2, 2023 12:00pm – 1:30pm	<b>Integrating Wellness Programs</b> Melissa Reitmeier, PhD, LMSW, MSW; Clinical Professor, USC College of Social Work <i>ACPE UAN 0062-9999-23-119-L99-P/T, 1.5 contact hours, application-based activity</i> <i>At the completion of this activity, the participant will be able to:</i> <ol style="list-style-type: none"><li>1. Reiterate the importance of self-care</li><li>2. Describe the relationship between employee wellness and organizational morale</li><li>3. Demonstrate the importance of integrating wellness</li><li>4. Identify the pros and cons of wellness programs in case scenarios</li></ol>
December 7, 2023 12:00pm – 1:30pm	<b>Reviewing Wellness Programs and their Benefits</b> Melissa Reitmeier, PhD, LMSW, MSW; Clinical Professor, USC College of Social Work <i>ACPE UAN 0062-9999-23-120-L99-P/T, 1.5 contact hours, application-based activity</i> <i>At the completion of this activity, the participant will be able to:</i> <ol style="list-style-type: none"><li>1. Review the impact of wellness programs in small and large organizations</li><li>2. Discuss the benefits of integrating wellness plans in the healthcare system</li><li>3. Develop plans for a wellness program at small and large organizations</li></ol>

## Continuing Pharmacy Education:

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