

“Resiliency and the Health Care Worker”**Lisa Roth, LISW-S**Wednesday, April 8th, 2009

Noon to 1 p.m.

Education Building NA5-08(Lerner Research Institute)

This activity has been approved for *AMA PRA Category 1 Credit™*.

Abstract: This presentation will encourage participants to find examples of resiliency in their own lives by defining and giving examples of resiliency in other health care workers. Attention will be focused on identifying the many strengths and abilities used to survive adversity and participants will learn to turn potentially negative experiences into opportunities for personal and professional growth. Numerous exercises will be provided to develop or hone skills and Cleveland Clinic resources will be identified. These resources can be used to guide, support and encourage employees on their pathways to success and their quests for a more meaningful life.

Bio: Lisa Roth is a seasoned mental health professional with over 20 years experience presenting educational and training programs throughout the state of Ohio. She has been an invited speaker for international conferences in the United States and Canada and her venues vary from disaster relief operations to the Cleveland Museum of Art. As a national trainer for the American Red Cross, she educates licensed mental health professionals to provide support and compassion to disaster relief volunteers and those who have felt the direct impact of a disaster. As the coordinator of the ALERTeam, Ms. Roth assisted in the writing of crisis and disaster plans for the school systems in Cuyahoga and its contiguous counties. In addition, she provided trainings on the topics of *Suicide Prevention, Crisis Management, Critical Incident Stress Management, Grief Work with Children, Customer Service, and Safety in the Workplace*. She also co-wrote and co-directed a one-hour live television program for *The Morning Exchange*, a local talk show on “Teen Suicide Prevention.”



Ms. Roth has contributed significant volunteer hours to the American Red Cross, and as a national trainer, she educates other licensed mental health professionals to provide support and compassion to disaster relief volunteers and those who have felt the direct impact of a disaster. Other volunteer activities have included Michael’s House (Center for Grieving Children), the Critical Incident Stress Management Team of Cuyahoga County, and the Cleveland Museum of Art.

Currently, Ms. Roth provides training and program development services for the Cleveland Clinic Healthcare System as the Impairment Prevention Specialist. As part of the Licensed Professionals Health Program and Occupational Health, she is available to speak for institutes, departments, units or specific professional groups. Her schedule is flexible to accommodate the training needs of shift work and continuing education requirements. She formerly worked as a behavioral health therapist for CONCERN EAP.

Please join us for this event by attending the presentation or visiting the Employee Wellness Web site, cchs.net/wellness, to view the presentation live from your computer. In addition, a live video conference may be available at community hospitals and family health centers.