

Mississippi Health Care Association

“The COVID-19 Pandemic: Addressing Trauma, Grief and Coping”

Presented by

Barbara Speedling, Quality of Life Specialist

March 24, 2021 1:00 p.m. to 3:00 p.m.

March 25, 2021 1:00 p.m. to 3:00 p.m.

MHCA Virtual Training

Overview:

Part I:

The trauma of the COVID-19 Pandemic has impacted people all around the world. Everyone is in a sustained state of grief as we face an uncertain future. While everyone is feeling the stress of separation and working to adjust to a new way of living and working, the pandemic has caused many to also sink into depression and despair. For residents, this is particularly challenging, as so many already grieve the loss of their life as it once was. Understanding how grief is influencing the mood and behavior of your community and how to develop effective, person-centered interventions are the focus of this discussion.

Part II:

Traumatic events impact people in different ways. Recognizing changes in mood and behavior as trauma-related is the challenge. This session highlights the signs and symptoms of post-traumatic stress disorder (PTSD): what it is, what it looks like, and the most effective ways to approach person-centered care in the face of the COVID-19 Pandemic for residents and staff.

LEARNING OBJECTIVES: At the conclusion of this series, the participant will be able to:

1. Recognize the stages of grief and that individual expressions of grief will be varied.
2. Describe the impact of the COVID-19 Pandemic relative to trauma and stress-related reactions; and
3. Develop trauma-informed approaches to the care of residents and staff with mental health needs.

Audience: Appropriate to all clinical disciplines and positions

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Barbara Speedling

Personally dedicated to the creation of meaningful, satisfying lives for all those who rely on another’s care.

An inspirational and motivational speaker, Barbara is an author, educator and management consultant at the forefront of person-centered care.

An innovator with more than 30 years of practical experience within the adult care community, she is the expert providers turn to when they want to ensure that the services they provide meet not only the physical needs of their residents, but their emotional and psychosocial needs as well.

In addition to her degree in healthcare administration, Barbara is an accomplished musician and artist. She uses those talents to develop new and creative ways of reaching out to those who are cognitively diminished. She was also certified in 2015 by Dr. Susan Wehry as a Master Trainer for the

OASIS education program for improved care of residents with dementia. The author of two books devoted to common sense advice for meeting the holistic needs of an increasingly diverse and challenging community, both *Why is Grandma Screaming* and *Toward Better Behavior: Yours Mine & Everyone Else’s*, are now widely distributed to staff members at community, residential and long-term care facilities across the country and in Canada.

NAME OF ATTENDEE(s)

EMAIL ADDRESS (for receipt of handouts)

MHCA Members - \$100.00 per Attendee

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Facility Name: _____ Phone # _____

Address: _____

Contact Person Email Address _____

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Method of Payment: Check# _____ Total Amount Paying _____

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For Questions call 601-898-8320

NOTE CHANGE OF ADDRESS:

Mail Registration & Payment to:

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Mississippi Health Care Association

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303 Brame Road Ridgeland, MS 39157

Note: MHCA Educational Policies can be found on the
MHCA website at www.mshca.com

If you need special aids for services identified under the
Americans with Disabilities Act, please call MHCA at 601-898-
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