

Understanding Ethics and Self-Care

FEATURING:

1 ETHICS, CE Hour!

- An overview of how stress can affect the health and well-being of healthcare providers.
- Effective strategies for defining professional boundaries and practicing self-care.

**Tuesday
April 7, 2020**

11:45 am – 12:00 pm:
Log-In and Networking

12:00-1:00 pm: Presentation

Complimentary CE Event for Emory University Hospital

1365 Clifton Road, Atlanta

Virtual Livestream Training

*Space is limited. Please
register online at*

www.ceucrationsinc.com

**Technical Requirements:
The latest version of Chrome,
Firefox, or
Opera browser**



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Proudly presents:

Lunchtime Live Stream Series (Online Synchronous Training)

1 Credit Hour Approved For:

- Social Workers (ASWB ACE – 1 Ethics CE Credit)
- Case Managers (CCM - 1 Clock Hour)
- Nurses (CA Board of Registered Nursing – 1 Contact hour)
- Licensed Professional Counselors (NBCC– 1 clock hour)



Attendance or applied credit certificate available for other credentials.

Presented By:



**Jamie Lackey, LCSW,
CEO of the non-profit, Helping Mamas**

Thanks to our Sponsors:



PERSONAL CARE, INC



PLEASE NOTE: THESE CE CREDITS WILL NOT BE INCLUDED ON CEU CREATIONS' ON-LINE PORTAL. YOU MUST KEEP THE CERTIFICATE FOR THIS CE EVENT FOR YOUR RECORDS.

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Helping professionals face complicated and stressful work environments. Working with vulnerable populations can compound stressors felt in our personal lives. In order to maintain a healthy work-life balance and ensure ethical practice, setting boundaries and participating in self-care can prevent our professional lives from seeping into our personal lives. Each individual self-care plan may look slightly different - depending on the individual needs of the professional - but there are numerous options for incorporating self-care into your everyday actions. In this refreshing discussion by Jamie Lackey, LCSW, participants will learn how to define appropriate professional boundaries, set goals for self-care, and incorporate the practice of self-care into our everyday lives. Participants will leave this presentation invigorated and with a better understanding of how to balance their work and professional spheres while maintaining (and increasing) overall wellness.

Agenda:

11:45-12:00 pm: Log-In and Networking

12:00-1:00 pm: CE Presentation



By attending our workshop, you will be able to:

1. Describe how stress can affect professional practice and ethics.
2. Reiterate the NASW Impairment Standard and its application to professional boundaries and self-care.
3. Identify three potential self-care strategies.

SOCIAL WORKERS: CEU Creations, #1239, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. CEU Creations maintains responsibility for this course. ACE provider approval period: [11/22/18-11/22/21]. Social workers completing this course receive 1 Ethics continuing education credits.

In order to receive credit, you must attend the entire presentation and complete an evaluation. Certificates will be provided within 5 business days. Target audience: Social workers, case managers, discharge planners, nurses and other healthcare professionals – beginning to intermediate level of learning.

NURSES: 1 Contact Hour - CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP16563. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

LPCs: 1 NBCC hours - CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations via Anne McSweeney at info@ceucrationsinc.com or 770-880-9873.

Speaker Information:

Jamie Lackey is a leader and entrepreneur. She is a graduate of the University of Georgia where she earned her Master of Social Work degree (Go Dawgs!)



Since earning her degree, Jamie has helped lead and direct programs at several agencies including the National MS Society – GA chapter, Eastside Medical Center, and Catholic Charities of Atlanta.

In 2014, Jamie founded Helping Mamas and is the current CEO of the non-profit. The goal of the organization is to help mothers and children living in poverty in Georgia. The company distributes baby items – diapers and clothes – to those in need.

In 2015, Helping Mamas won the United Way of Greater Atlanta's Spark Prize for unique approach to battling poverty. And in 2016, they helped over 4,000 children by distributing over 200,000 baby items to mothers and their children.