

# Building a Better Recovery: Identifying Tools to Strengthen Resilience

## PROGRAM GOAL

Resilience is not some rare and special quality, instead it comes from the everyday, ordinary, normative human processes in the minds, brains, and bodies of children; it comes from relationships with family and others and comes from within their communities. This training focuses on the mental and emotional capacity of individuals to bounce back from adversity and explores what is needed to increase resiliency. Learners will be able to discuss risk and adaptive factors, identify the “targets of change” for resiliency, and understand the role that key messages have on increasing resiliency. Learners will understand how the “seeking pathway” offsets the fight or freeze responses in children. And lastly, practical action steps to foster resiliency in the lives of children will be explored.

## LEARNING OUTCOMES

At the close of this activity, participants will be able to:

- Explain the interplay of risk, protective, and adaptive factors that influence resilience
- Apply the concept of the three targets of change to strengthen resilience within my healthcare team practice
- Analyze emotional pathways and communication strategies that influence resilience development

## TARGET AUDIENCE

• Nurses • Social Workers • Physicians • Psychologists • Case Managers

## REGISTRATION

This course is accessible through [www.centeneinstitute.com](http://www.centeneinstitute.com). Once you have registered as a new user, navigate to the Activity Catalog. In the Activity Catalog, search for the course title and register by clicking on **ENROLL NOW**.

## AGENDA

0 min – 20 min: Defining resilience

20 min – 33 min: What impacts resiliency

33 min – 56 min: How to build resiliency

56 min – 61 min: Summary

## SPEAKER INFORMATION

Stan Waddell, LPC-S, started working with children and adolescents in the mid-eighties. He first worked in church settings and then in the early nineties, he started working in treatment foster care as a in-home therapist. He has managed several treatment foster care agencies in the Texas panhandle and New Mexico. In 2008, he started working for Centene Foster Care in Texas as a clinical manager, and in 2012 he started working for the training program. He is currently a Foster Care trainer in Texas. He is married and has two kids and three grandkids.

## CERTIFICATE OF COMPLETION

The completion of a course evaluation available 30 days from the activity completion date will serve as the final step of completing the course. After successfully completing the survey, the certificate will be available for immediate

download and printing. Go to **Learn** menu, click on **My Activities > Completed**.

## PROVIDER CONTACT INFORMATION

To contact the Centene Institute for Advanced Health Education, please email [Centene\\_Institute@centene.com](mailto:Centene_Institute@centene.com).

## CREDIT INFORMATION



In support of improving patient care, the Centene Institute for Advanced Health Education® is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



As a Jointly Accredited Organization, the Centene Institute for Advanced Health Education® 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 under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.00 general continuing education credits.

The Centene Institute for Advanced Health Education® designates this Internet Activity (Enduring Material) for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Centene Institute for Advanced Health Education® designates this Internet Activity (Enduring Material) for a maximum of 1.00 ANCC contact hours.



**AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION**

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.



This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to CCM® board certified case managers.

The course is approved for 1.00 CE contact hour(s). Activity code: I00064100 Approval Number: 250002395

To claim these CEs, log into your CCMC Dashboard at [www.ccmcertification.org](http://www.ccmcertification.org).