

The Mental Health of Health Care Workers.

Learning Objective:

1. Participants will recognize their risk of mental health concerns as a future or current healthcare worker.
2. Participants will learn about the three categories of coping skills.
3. Participants will identify at least two ways to promote their own mental health.
4. Participants will learn about resources including when and how to seek help when in crisis.

Abstract: The mental health crisis among healthcare workers is cause for alarm. Healthcare workers are more likely than other professionals to be diagnosed with depression, anxiety, and post-traumatic stress disorder. In addition, healthcare workers are twice as likely to experience suicidal ideation when compared to the general population. This crisis also affects the quality and safety of patients and the sustainability of healthcare systems. Current and future healthcare workers must develop proactive skills to protect and promote their own mental health.

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Bio: Dr. Stephanie Hirons is the Director of Behavioral Health at Ascension St. Vincent. She is a board-certified psychiatric nurse and a licensed mental health counselor. Stephanie has bachelors' degrees in nursing and psychology, a master's degree in clinical mental health counseling, and a doctorate degree in nursing. Stephanie is passionate about trauma processing, the mental health of healthcare workers, and suicide prevention.