

# Resources for Resilience™

Webinar: March 17, 2021  
2:00pm-3:00pm EST

The COVID-19 pandemic is ongoing and Home Care, Home Health, and Hospice agencies have been required to absorb an immense amount of information in a short time frame, adjust policies and procedures, learn new payer source policies, learn how to adapt to constantly changing infection control guidelines and other issues that are involved with a pandemic and public health emergency. Developing resilience and learning how to connect for resilience is important now and will be going forward. Resources for Resilience™ staff will provide a 60-minute virtual orientation to the Reconnect for Resilience™ curriculum. As a personal testimony from Kathie Smith at AHHC, “I have attended these trainings and found them practical and helpful in how to *connect in the moment* for resilience. I hope your agency’s staff will find this beneficial as well.”

## Participants will learn about Reconnect for Resilience™ resiliency tools:

1. They will be able to describe how the resiliency tools help reduce trauma symptoms in a nervous system that is out of balance.
2. They will be able to explain how resiliency tools help people get back into or remain in their resilient zone in the face of stress or adversity.
3. They will be able to utilize 2-3 of the seven tools in the Resources for Resilience curriculum.

Participants will become familiar with the Adverse Childhood Experiences study and will be able to discuss the role of the autonomic nervous system.



**About the Presenter:** Ashley Putnam, QP, is a native of western North Carolina, and graduated from UNC-Asheville with a BA in Psychology. She is a certified Resiliency Educator and serves currently as the Program Director for Resources for Resilience™. She began her career working in community provider agencies where she supported families and their children with developmental disabilities and connected them to available resources and services. It was through this work that her deeper interest in the North Carolina system of care for behavioral health developed. She spent several years in a managed care setting working with community collaboratives across western

North Carolina; there, she helped communities identify gaps and barriers around their behavioral health systems, provided training, and worked with them to build bridges, find solutions, and advocate for their identified needs.

Ashley is dedicated to community education and awareness efforts, and has trained on topics such as suicide prevention, child abuse prevention, adverse childhood experiences, trauma, and resiliency. She is a certified Mental Health First Aid and Youth Mental Health First Aid instructor; a certified Darkness 2 Light: Stewards of Children facilitator; and a former QPR: Suicide Prevention trainer. She has provided trainings and delivered presentations to diverse groups in communities across the state, including law enforcement and first responders, faith based communities, families, schools, healthcare providers, and community stakeholders.



**Continuing Education:** This activity is eligible for 1.0 nurse contact hours.

The Association for Home & Hospice Care of North Carolina is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

The Association for Home & Hospice Care of North Carolina

Resources for Resilience

Webinar: March 17, 2021 | 2:00pm-3:00pm EST

**Convenience:** Enjoy the convenience and cost-efficiency of a webinar – watch the speaker’s slide presentation on the internet while listening by telephone or through your computer’s microphone and speakers (VoIP). There is no limit to the number of attendees from your agency who may participate at your site using one phone line and a computer with internet access.

**Confirmation:** Prior to the webinar, a Zoom link will be e-mailed to you. You will need to register through this link to attend the webinar. After registering via Zoom, you will receive a confirmation email which will include a join link to access the webinar, a dial-in number and an access code to listen in via telephone. You will also be sent any pertinent handouts if available.

**Registration Fee:** Registrations may not be shared between agencies – the agency’s registration covers the access of only one phone line/computer access to the webinar. Multiple site participation for your agency will require a separate registration fee for each connection. Please note: if your agency has sent in 1 registration but 3 people from your agency register through the Zoom link, your agency will be invoiced for the additional 2 registrations. The handouts will be emailed to you to the email address you provide. Please feel free to provide an additional email address as a backup.

**Cancellation and Substitution Policy:** Fees will be refunded, or invoices will be adjusted, only if written notice of cancellation is received by AHHC one week prior to the event. In the event of cancellation, AHHC will retain, or charge, 50% of the initial registration fee, per registrant, to cover administrative overhead. Once written cancellation is received, an AHHC staff member will review for approval. If your cancellation is approved, we will email back a signed and dated copy of the cancellation that your agency should retain on file in case of questions. Refunds will not be given after materials and the access link have been emailed to registrants. Substitutions may be made up to the day of the event. Please contact Richard Lawrence if you have any questions at richard@ahhcnc.org.

**Recording:** The recording for this webinar will be made available for 30 days following the webinar.

Please Make Your Selection Below:		
Association Members	\$99	
Potential Members	\$199	

Amount Enclosed	
Attendee Name	
Agency Name	
Agency Address	
City State Zip	Phone
Attendee Email	Alternate Email

*If paying by check, please make payable to AHHC*

Credit Card Number	Exp. Date
Name (as it appears on card)	
Address of cardholder	
Email Address for CC receipt	
Signature (required)	

**Registration must be received in writing and will not be accepted without payment. Three easy ways to register:**

- |    |                                                                                                                                          |
|----|------------------------------------------------------------------------------------------------------------------------------------------|
| 1. | Online Registration - please visit <a href="http://www.ahhcnc.org/events">www.ahhcnc.org/events</a>                                      |
| 2. | Mail registration form with total registration fees (check or credit card) to:<br>AHHC, 3101 Industrial Dr., Ste. 204, Raleigh, NC 27609 |
| 3. | Fax form with total registration fees (credit card) and signature to 919.848.2355                                                        |

Contact Richard Lawrence with questions: 919.848.3450 or [richard@ahhcnc.org](mailto:richard@ahhcnc.org)