
RESILIENCE

We all go through periods of stress and many of us have also experienced some kind of trauma. This course is built to teach anyone how to build the skill of resilience, which can help to protect against the impacts of stress and trauma. Based on up-to-date statistics from governing bodies and relevant scholarly articles, this series is full of learner focused activities, live-filmed videos and attractive animations. By taking this approximately 1 hour course, we hope that you will not only understand the impact of stress and trauma on mental health and physical wellbeing, but also know ways to measure and build your own resilience.

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COURSE OVERVIEW

ESTIMATED COURSE LENGTH: 1 hr 6 mins.

CE CREDITS: 1.75 CE

TARGET AUDIENCE: Mental Health and Medical Providers, Healthcare Staff, Case Managers, Employers, Caregivers, Coaches, First Responders, Teachers, Attorneys, and other pertinent professionals

LEVEL OF INSTRUCTION: Introductory

PREREQUISITE(S): None

INSTRUCTIONAL METHOD: Self-paced; interactive; hybrid of audio, text, video, and learning checks

ACCESSIBILITY ACCOMMODATIONS: Color contrast; transcripts of video components; closed captioning of audio and video components. *To request further accessibility accommodations, please email support@psychhub.com.*

REGISTRATION: To enroll in this or any other Psych Hub Learning Hub, go to lms.psychhub.com, click “Log In” to create a new account or access your existing account, return to lms.psychhub.com to access a list of Learning Hubs, click the title of the Learning Hub in which you are interested, and follow the instructions on the page.

LEARNING HUB PACKAGES & PRICING

- Price of Fostering Resilience: \$15/year
- Price of all 10 Mental Health Ally courses: \$99/year
- Psych Hub Subscription (all learning hubs): \$360/year (\$30/month)

LEARNING OBJECTIVES

After completing this course, you will be able to describe and employ the following:

1. Discuss the impact of stress and trauma on emotional and physical wellbeing.
2. Define resilience, including the various ways it is conceptualized and measured.
3. Describe ways to build resilience and protect against the impacts of stress and trauma at individual, community, and systems levels.

COURSE COMPLETION REQUIREMENTS

To complete the course, learners must do the following:

- Review all sections
- Take the post-course assessment (passing score: 85% or higher*)

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- Complete the course evaluation

**Learners may attempt the post-course assessment as many times as necessary to receive a passing score.*

CONTINUING EDUCATION INFORMATION

For more information on Psych Hub's continuing education programs, email ce@psychhub.com.

DISCLOSURES

Abigail Asper has no relevant disclosures to make.

Psych Hub receives financial support from organizations in the healthcare industry, but these entities do not control or direct Learning Hub content. Psych Hub as well as planning and review committees have no relevant financial interests to disclose. Psych Hub's Conflict of Interest Policy can be found in the footer of lms.psychhub.com.

CONFLICT OF INTEREST RESOLUTION

Conflicts of interest have been resolved through peer review of content by a non-conflicted reviewer.

COMMERCIAL SUPPORT

No commercial support was provided for this activity.

PROGRAM GOAL

The goal of this continuing education program is to provide professionals such as licensed or certified social workers, CCM® board-certified case managers, and national board certified health & wellness coaches with information on the range of severity of mental health issues, the impact of these issues on the community, and the dangers of stigma regarding mental health. Please note that this content is introductory, so it is best suited for professionals who are early in their career or looking to ensure that their foundational knowledge is up-to-date and accurate.

CURRENT APPROVALS

COMMISSION FOR CASE MANAGER CERTIFICATION (CCMC)



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 **1.75** CE contact hour(s). Activity code: H00048165 Approval Number: 210003532

To claim these CEs, log into your CCMC Dashboard at www.ccmcertification.org.

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ASSOCIATION OF SOCIAL WORK BOARDS (ASWB)



Psych Hub, #1750, 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.

Psych Hub maintains responsibility for this course. ACE provider approval period: 08/20/2020 – 08/20/2024.

Social workers completing this course receive **1.75** clinical continuing education credits.

NATIONAL BOARD FOR HEALTH AND WELLNESS COACHING (NBHWC)



This CE course is approved by NBHWC for **1.75** continuing education units (CEP # 100190).

CE CREDIT CALCULATION

Continuing education credits are calculated by averaging pilot test times, rounded down to the nearest quarter hour. This allows for inclusion of interactive elements (e.g., assessments) and learner variance. However, regardless of pilot test times, the number of continuing education credits will never exceed 2 hours more than the combined video and voiceover length.

Average Pilot Test Length: **1 hour 48 minutes**

TIMED COURSE OUTLINE

Since the course is interactive and each learner will proceed at their own pace, timing is not exact. These are approximations based on average pre/post-test time of pilot testers as well as the run-time of course videos and voiceover. This course does not have to be completed in one session.

COURSE ACTIVITIES FOR CE CREDIT (\geq 1 HOURS 22 MINUTES)

- Pre-Course Assessment (~5 minutes)
- Introduction (~10 minutes)
- What is Resilience? (~2 minutes)
- Stress and Trauma (~11 minutes)
- Building Resilience (~33 minutes)
- Conclusion (~10 minutes)
- Post-Course Assessment (~11 minutes)

COURSE ACTIVITIES NOT FOR CE CREDIT

- Participant Evaluation (5-10 minutes)
- (OPTIONAL) Supplementary Videos for Learner and Learner's Clients

OBTAINING CERTIFICATES OF COMPLETION

After reviewing all modules, completing the post-course assessment with a score of at least **85%**, and completing the participant evaluation, learners will automatically receive a certificate of completion.

ACCESSIBILITY ACCOMMODATIONS, GRIEVANCES, & REFUNDS

Psych Hub's [Grievance Policy](#), which includes information on filing grievances, requesting a refund, and requesting accessibility accommodations, can be found in the footer of lms.psychhub.com.

COURSE AUTHORS

To submit questions or comments for course authors, email ce@psychhub.com.

ABIGAIL ASPER, LMSW

CLINICAL RESEARCH MANAGER, PSYCH HUB

Abigail Asper joined the Psych Hub team in August 2019. In her role as Clinical Research Manager, she reviews existing literature and conducts original research; writes and reviews clinical content within Psych Hub Learning Hubs, videos, and other resources; and manages continuing education accreditation processes. Along with lived experience of mental illness and losing a loved one to suicide, Ms. Asper has years of professional experience in mental health, social justice, and clinical settings. She earned a B.S. in Psychology from College of Charleston Honors College and a Master's in Social Work from Fordham University Graduate School of Social Service. Before joining the Psych Hub team, she worked as an NGO Representative to the United Nations for the International Federation of Social Workers, a case manager on an assertive community treatment team for older adults with serious mental illnesses, a victim advocate at a rape crisis center, and a phone counselor at a crisis hotline. She is also a published author, editor, and researcher. Most recently, she was an editor of *Behavioral Science in the Global Arena: Addressing Timely Issues at the United Nations and Beyond, Volume I*, a text for which she authored two chapters: "Migrant Adaptation and Well-Being" and "Gender Equity and Reproductive Justice".

SYSTEM REQUIREMENTS

Accessing this Learning Hub requires an internet connection. The following technology can be used for access:

OPERATING SYSTEMS

- Windows 7/8/10, any edition
- macOS 10.6 and above
- Any phone or tablet with an internet browser

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INTERNET BROWSERS

- Any standard internet browser (i.e. Chrome, IE, Firefox, Edge, Safari)

ADDITIONAL INFORMATION

CONFLICT OF INTEREST DISCLAIMER

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COURSE CREATION DATE

10/19/2021

PSYCH HUB CONTACT INFORMATION

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