

14TH ANNUAL ADOLESCENT HEALTH UPDATE

R & R: taking time for REJUVENATION & RESILIENCE BUILDING



Virtual
via **zoom**

Tuesday, April 27, 2021
Noon - 1:30 pm



Children's
of Alabama®

UAB MEDICINE



Registration

Register TODAY at
ChildrensAL.org/adolescent-health-center
Cost is \$15
FREE to UAB/Children's of Alabama employees,
UAB students and MCH partners, but advance registration
IS required. There will be no refunds.

Agenda

Tuesday, April 27, 2021, Noon - 1:30 pm

Welcome & Introductions

Tina Simpson, MD, MPH
Professor, University of Alabama at Birmingham
Director, Leadership Education in Adolescent Health
(LEAH) Training Project

Resiliency for Health Care Providers

Heather Austin, PhD
Associate Professor, University of Alabama at Birmingham

Amy Traylor, PhD, MSW
Associate Professor, University of Alabama

Jason Newell, PhD, MSW
Associate Professor, University of Montevallo

Learning Objectives

*Upon completion of this educational activity,
participants will be able to:*

- Describe professional resiliency
- Discuss how resiliency can be fostered personally and professionally
- Explain how building resiliency can be a protective factor against burnout, compassion fatigue and secondary trauma
- Give examples of ways that self-care can contribute to promotion of resiliency building

Continuing Education

Children's of Alabama designates this live activity for a maximum of **1.5 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Children's of Alabama is accredited by the Medical Association of the State of Alabama to provide continuing medical education for physicians.

This event has been approved for 1.25 Social Work contact hours by the UAB Civitan-Sparks Clinics, Provider #0604 for the Alabama State Board of Social Work Examiners.

This course has been assigned 1.8 ABN contact hours and 1.5 ANCC contact hours. Children's of Alabama is an Approved Provider of continuing nursing education by the Alabama Board of Nursing. ABNP0113; Expires: 06/29/2021.

Children's of Alabama is approved as an approved provider for continuing nursing professional development by The Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider number 5-173; Expires 02/01/2022

Questions? Contact Adrienne Marbury 205.638.6970 amarbury@peds.uab.edu