

# Wellness Leadership Learning Collaborative

September 14<sup>th</sup> – October 26<sup>th</sup>, 2021 | 9:00-10:30am PST

Sponsored  
by the  
Northwest  
ATTC

## Course Description:

Leaders are faced with a difficult task of leading their “business” while continuing to care for their staff’s emotional well-being. This learning collaborative will utilize an evidence-based implementation model called NIATx to help leaders cultivate well-being practices within their organization. Leaders will be able to zero in on the current temperature of their staff’s well-being while learning how to redirect and support in order to greatly reduce burnout and compassion fatigue.

This experiential learning collaborative will focus on how to build well-being within your organization through six unique group learning sessions. Each session will identify areas of growth and offer suggestions on how to implement well-being strategies. We would like to invite you to identify two leaders who will participate in your application. Participants will have the opportunity to meet with the facilitator for two individual agency “team” coaching sessions.

## Learning Objectives:

- Define well-being, burnout, and empathy/compassion fatigue.
- Assess your current individual and collective well-being within your organization.
- Create your own call to well-being within your mission, vision, and values.
- Using NIATx, you will develop your well-being goal(s) and utilize strategies to implement change with your team.
- Develop a plan for sustainability.

## Learning Sessions

September 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, October 12<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup>, 2021  
All meetings will be held from 9:00-10:30am PST

**APPLY HERE!**

*In addition to these six sessions, participating agencies are also eligible for two individual agency “team” coaching sessions that will help you and your team to develop and implement a wellness project using the tools from the training. Individual agency “team” coaching session will be scheduled directly with the facilitator.*

**Must attend at least 5 out of 6 sessions to qualify for CE’s**

## Facilitator:

**Mathew Roosa, LSW-R** is a consultant, trainer, and coach, providing organizational and systems level support for change management, quality improvement, and best practice implementation in health and human service environments. He is the former Director of Planning and Quality Improvement for the Onondaga County Department of Adult and Long-Term Services in New York, providing support to mental health, substance use, corrections, ageing, and other service systems. Mat is the former Clinical Director of Central New York Services, a non-profit agency providing residential, forensic, and treatment services, and specializing in services for people with co-occurring chemical dependency and mental illness. His experience also includes agency-based and private psychotherapy practice, clinical supervision, and teaching as an adjunct faculty member of the Human Services Department at Cazenovia College and the Syracuse University Social Work Program.



**Contact:** Questions? Contact us at: [northwest@attcnetwork.org](mailto:northwest@attcnetwork.org)

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Northwest (HHS Region 10)

ATTC

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