



THE ALABAMA BOARD OF NURSING'S LEADERSHIP INSTITUTE PRESENTS:



RESILIENT NURSES, SAFER CARE: ADDRESSING MENTAL HEALTH IN THE WORKFORCE

FRIDAY, SEPTEMBER 18 | 7:30AM - 3:35PM



LOCATION: PELHAM CIVIC CENTER
500 AMPHITHEATER ROAD, PELHAM, AL 35124

REGISTRATION IS FULL

FOR QUESTIONS, COMMENTS, OR CONCERNS, PLEASE CONTACT US AT: LEADERSHIPINSTITUTE@ABN.ALABAMA.GOV

OBJECTIVES

- Identify occupational, emotional, and personal factors that contribute to mental health challenges among nurses, including burnout, compassion fatigue, moral injury, workplace violence, grief exposure, and staffing shortages.
- Examine the effects of chronic workplace stress and cumulative trauma on nurses' psychological well-being, professional performance, patient outcomes, and workforce retention.
- Recognize early warning signs of mental health distress, burnout, substance misuse, and impaired coping among nursing professionals across healthcare settings.
- Apply Trauma-informed communication principles and strategies that promote psychological safety, trust, empathy, collaboration, and positive outcomes for patients, colleagues, and students.
- Explore evidence-based individual and organizational approaches that support nurse well-being, resilience, recovery, and healthy workplace cultures while reducing stigma surrounding mental health concerns.
- Discuss strategies for identifying, addressing, and supporting nurses experiencing substance use disorders while maintaining public protection and professional accountability

AGENDA

7:30 - 8:15AM	REGISTRATION/CHECK-IN/CONTINENTAL BREAKFAST
8:15 - 8:30AM	OVERVIEW OF SCHEDULE/HOUSEKEEPING
8:30 - 8:45AM	WELCOME: DR. NATALIE BAKER, DNP, ANP-BC, GNP-BC, CNE, FAANP, FAAN
8:45 - 9:45AM	DR. SKYLAR COUCH, DNP, CRNP
9:45 - 10:45AM	DR. HELEN CORONEL, DNP, FNP-BC, PMHNP-BC,
10:45 - 11:00AM	BREAK
11:00 - 12:00PM	PANEL DISCUSSION: PROMOTING POSITIVE WORK ENVIRONMENTS & EMPLOYEE ASSISTANCE PROGRAMS
12:00 - 1:30PM	WORKING LUNCH
1:30 - 2:30PM	DR. DAVID TYTELL, PHD
2:30 - 2:45PM	BREAK
2:45 - 3:30PM	DR. LADONNA MARSH, PHD, MSN, RN, CEN, FRE
3:30 - 3:35PM	CLOSING REMARKS: DR. BERNADETTE POWE, EDD

THIS PROGRAM HAS BEEN APPROVED FOR 8.2 CONTACT HOURS BY THE ALABAMA BOARD OF NURSING, ABNP0001, EXPIRATION MARCH 18, 2029