



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 FREE!

The registration link will be distributed via email to all nurses listed on the ABN Listserv.

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