

ONLINE EVENT:

Provided increased access to online learning and educational opportunities for volunteers and staff within our member clinics, the VAFCC's Virtual Summit will offer a diverse array of content tracks.

Free and open to all clinic staff and volunteers, RSVP now for sessions and share with other staff so they can participate.

SCHEDULE:

Monday, June 10: Wellbeing & Resiliency Track

This track is facilitated by VITAL WorkLife, a leading provider of mental health and wellbeing services. **Sessions will NOT be recorded.**

- 9:00-10:00am: Achieving Work-Life Balance
    - Numerous studies have shown that job pressures are by far the major source of stress. When we add managing home-related responsibilities, relationships, families, and external factors, such as political concerns, social unrest, and health anxiety, it's no wonder unmanaged stress and lack of work-life balance has a negative impact. This session will focus on ways to assess your work-life balance and understand the importance of paying attention to all areas of your life more effectively. Attendees will increase self-awareness around the areas in our lives that are out of balance, understand why and begin to learn new ways to re-gain balance; set goals and develop skills around prioritization of time, lifestyle choices

and accepting support in order to create and/or improve balance; and cultivate new ideas for gaining balance and give attention to all the important elements in our lives.
        - Register Now
- 12:00-1:00pm: Reducing Stress and Developing Resiliency
    - When things are piling up, pressures can become anxiety-provoking and bring out the worst in us. Learning how to better manage stress and build resiliency won't make the things causing stress to go away, but it gives us some useful tools to help cope and interact more successfully when stress increases. Attendees will master the understanding of our behaviors as a choice and how those choices contribute to increased (or decreased) stress responses, identify effects of stress in three areas — emotional, cognitive, and physical functioning — and how to combat its negative impacts; and develop new skills for managing our own stress and dealing with the stressful reactions of others.
        - Register Now
- 3:00-4:00pm: Understanding Burnout and Compassion Fatigue
    - Compassion is a necessary trait in healthcare but over time, with long work hours and limited resources, many experience burnout and compassion fatigue, which can have negative effects on your ability to provide optimal care for patients. This experience can have a spillover effect with co-workers and even impact personal relationships. Thus, it's important for to understand compassion fatigue and develop ways to deal with it effectively. Attendees will understand compassion fatigue — its etiology and symptoms, incidence, and impact; identify organization, department, and individual risk factors and how to address them; learn how to prevent compassion fatigue and develop effective coping, self-care, and recovery strategies.
        - Register Now

Tuesday, June 11: Trauma-Informed Care Track

This track is facilitated by John Richardson-Lauve, LCSW, Senior Director of Community Outreach and Trauma-Informed Care Specialist. Sessions will be recorded.

- 9:00-10:00am: The Importance of Trauma-Informed Care
    - In this session we will lay the foundation for the remaining sessions today. We will discuss the origins of trauma-informed care (ACEs science) and define trauma in a variety of ways. We will unpack a variety of ways to understand the importance of trauma and how to message its importance to a variety of audiences.
        - Register Now
- 12:00-1:00pm: How Trauma and Adversity Impact People
    - To understand how to support people who have been impacted by trauma and adversity, it is vital that we understand how these experiences affect the brain and behavior. We will take a deep dive (in 60 minutes) into the neurobiological changes

that result from trauma and how they influence behavior. At the end, participants will have new insights on the explanations for the behavior in others and, possibly, themselves.
    - Register Now
- 3:00-4:00pm: Cultivating Resilience
    - Resilience is not an innate quality or skill in people. It is necessary to cultivate it through experience. We will discuss the essential elements of resilience and how they can be applied in a variety of ways in both personal and professional life. We will work to operationalize these elements so participants will walk away with tangible ways to apply this learning.
        - Register Now

Wednesday, June 12: Obesity Education Track

This track is facilitated by Novo Nordisk, a global healthcare company with almost 100 years of innovation and leadership in diabetes care. **Sessions will NOT be recorded.**

- 9:00-10:00am: Pathophysiology of Obesity
    - This session will focus on understanding the multifactorial nature of obesity recognizing its complex interplay with social determinants of health (SDOH), genetics, and physiological factors; identifying key SDOHs contributing to the development and perpetuation of obesity including but not limited to socioeconomic status, access to healthy food options, neighborhood environments, cultural influences, and social support networks; examining the effects of stigma and weight bias on individuals with obesity and its impact on the quality of care they receive; and exploring the underlying physiological mechanisms contributing to weight regain following successful weight loss efforts.
        - Register Now
- 12:00-1:00pm: Obesity Guidelines – Lifestyle and Pharmacotherapy Interventions for Chronic Weight Management
    - This session will focus on reviewing obesity recommendations from national medical societies; providing an overview of FDA approved pharmacological therapies indicated for both short term and chronic use in the management of obesity, reviewing mechanism of action, efficacy, and side effects; and finally reviewing of medications associated with weight gain and weight neutral alternatives.
        - Register Now
- 3:00-4:00pm: Comorbidities Associated with Obesity and Impact of Weight Loss
    - This session will focus on providing an overview of the complications and common comorbidities associated with obesity and the health benefits of weight reduction; discussing the importance of addressing cardiovascular risk in patients with obesity;

and exploring strategies to mitigate cardiovascular risk factors and improve long term outcomes.
    - Register Now

Thursday, June 13: Clinical Services Track

This track focuses on key service lines offered in clinics including behavioral health, pharmacy, and dental. Sessions will be recorded.

- 9:00-10:00am: The Emergence and Promise of Telemental Health
    - With an eye on accessibility and removing barriers, telehealth is bridging a gap in mental health services for vulnerable patients. With the need for mental health services only increasing, telehealth is proving to be a systematic and low-barrier way to address the urgent need for services. In this session will focus on just-released data on the state of telemental health in Virginia and provide practical lessons learned for implementation at your clinic.
        - Register Now
- 12:00-1:00pm: Updates from the Board of Pharmacy
    - During this session, participants will learn about the inspection process for pharmacy permits and controlled substance registrations issued to free and charitable clinics. Information regarding the most cited deficiencies in this setting will be shared. Participants will also briefly learn about allowances for physicians, advanced practice registered nurses, and physician assistants to dispense drugs, drug donation programs, statewide protocols, and collaborative practice agreements.
        - Register Now
- 3:00-4:00pm: Addressing the Mental Health Crisis in Pediatrics
    - In the wake of a national mental health crisis for youth, Virginia has found itself facing a severe shortage of mental health experts to address critical needs. In this session you'll learn current data on the state of children and adolescent mental health needs as well as information on several resources available to equip primary care providers with the support and skills they need to care for the mental health of pediatric patients across Virginia.
        - Register Now

Friday, June 14: Workplace Productivity Track

This track is facilitated by Jerry Bridge and Kristyn Fowkes-Muto and will focus on topics that promote workplace productivity. Sessions will be recorded.

- 9:00-10:00am: A Whole New Approach to Time Management

    - The ‘time management model’ is simply not sufficient for managing the speed, volume, and complexity of information we’re expected to handle in the 21st century. In this session, we introduce a whole new approach to managing your time with new thinking and new habits for working on the most important tasks, increasing focus, and reducing the stress associated with trying to get it all done!
        - Register Now
- 12:00-1:00pm: Productivity Tools & Practices for Outlook
    - In this session we’ll demonstrate how to use Outlook for managing tasks and promises and calendaring your commitments along with best practices for managing communications and handling email, to-do’s, tasks, and projects. These tools and practices will help you more effectively deal with everything there is to do or handle. You’ll learn how to reliably capture your best thinking and ideas with more focus and less distractions.
        - Register Now
- 3:00-4:00pm: The Power of Effective Communication in the Workplace
    - Good communication in the workplace ensures employees have the information they need to perform well and is one of the foundations of a healthy workplace. Participants in this workshop will explore their own communication strengths, understand components of effective communication in the workplace, and learn specific strategies for improving communication. Special attention will be given to effective ways to deal with “difficult” interactions with coworkers, patients and in interpersonal relationships.
        - Register Now

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