

26th Annual "Because We Care" Workshop: When the Cape Gets Heavy, Even Superheroes Need a Reset

Sept. 29, 2022

8 am – 3:30 pm

Ardmore Baptist Church
Winston-Salem, N.C.



Program Overview and Objectives

The 2022 Because We Care (BWC) workshop will focus on the impact self-care has on how health care professionals interact with patients, families and colleagues. We will also discuss various ways to support families after the loss of a pregnancy/baby/child.

"Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch." - **Parker Palmera**

Upon completion of this program, participants will be able to:

- List ways staff can support bereaved families through keepsakes.
- Demonstrate how to create keepsakes for families.
- Identify ways to help families cope before, during and after a loss.
- Describe how families experienced support after a loss.
- Identify healthy self care rituals.

Who Should Participate

This workshop will be beneficial to nurses, social workers, child-life specialists, counselors, chaplains, and other care providers or interested professionals.

As part of its commitment to diversity and inclusion, the Northwest AHEC and Wake Forest Baptist Medical Center provides compassionate education and respectful care for all, regardless of sexual orientation, gender identify or expression.

Jointly Provided by:

The "Because We Care" Bereavement Follow-Up Program of Brenner Children's Hospital and Northwest Area Health Education Center (AHEC), a program of Wake Forest University School of Medicine and part of the NC AHEC System.



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Faculty

Shannon G. Hanson, PhD, MPH

Dr. Hanson is an Assistant Professor of Pediatrics, Section of Neonatology, at the Wake Forest School of Medicine. She earned her BS in Conservation and Resource Studies at the University of California, Berkeley, her MPH in Health Policy, Resources and Administration at the Yale University School of Medicine and her PhD in Social and Behavioral Sciences at the Johns Hopkins Bloomberg School of Public Health. In the Dale and Karen Sisel Neonatal Intensive Care Unit (NICU) at Atrium Health Wake Forest Baptist Brenner Children’s Hospital, she provides a consultation liaison service as the NICU Family Behavioral Specialist. This includes the identification of vulnerable families with premature or critically ill infants in the NICU that require interventions for stress management, coping, bonding and attachment during their baby’s NICU stay as well as referral for outpatient mental health services. Her research interests include identifying modifiable risk factors for parental psychological distress and poor parent-infant interaction, and implementing interventions that reduce the effect of NICU stressors, promote parental presence and participation, and improve parent-infant interaction in the NICU and post-discharge. She is a certified Compassionate Bereavement Care® provider and a founding member of Care Always, the Neonatal Perinatal Palliative Care Service. She is also the Assistant Program Director, Pediatric Residency Program, Resident Wellness and the facilitator for Brenner Children’s Hospital Schwartz Rounds.

Angel Mitchell, RN, MSN, CPN

Angel has been the program manager for “Because We Care” for the past 18 years. As manager, she ensures each family that experiences a loss, whether in the Birth Center or Brenner, is offered support through the bereavement program, “Because We Care.” Angel teaches staff how to follow families with support, while making keepsakes for the them and supports staff as they care for bereaved families. She has coordinated the annual BWC staff workshop for the past 15 years. She cares deeply about identifying best practices for professionals and the reduction of compassion fatigue.

Credits

- 0.6 CEUs
- 6.0 Contact Hours

Nurses: This educational activity with 6.0 hours can be applied toward your continuing competence plan for maintaining your current licensure with the North Carolina Board of Nursing.

Credit will be awarded based on participant selection at time of registration. Before selecting credits, please review our general [Credit Glossary](#) but note not all programs offer all credits.

Criteria for successful completion requires attendance for at least 90% of the activity and submission of the evaluation.

Location

Ardmore Baptist Church

501 Miller Street, Winston-Salem, NC 27103

Parking: Guest parking is available in front of the sanctuary, on the corner of Miller and Elizabeth streets.



[> Click Here for Directions](#)

Directions will also be sent with your confirmation letter.

For More Information or Assistance

If you have not received your confirmation within 24 hours of the program date or have questions regarding the event, registration or fee(s), please contact Marie Simos at 336-713-7721 or email msimos@wakehealth.edu.

We want to assure that all participants can benefit from our program. If you need auxiliary aids or special services to attend this program, please call Marie Simos at least five working days prior to the program.

Registration

\$30—Atrium Health Employees Fee (promo code needed)

\$90—Registration fee (all others)

The first 100 registrants are receiving a \$30.00 discount due to a generous donation in honor of Bryon Burdick and in gratitude for healthcare workers through the pandemic. The registration fee will increase by \$30.00 after 100 participants have registered.

Register and pay online at www.northwestahec.org or complete and return the attached registration form. Payment by credit card (Visa, MasterCard, Discover and American Express) or WFBMC internal transfer accepted online. Personal check, corporate check, or money order is accepted by mail.

Payment Policy—Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received prior to the activity start date, you will be required to provide a personal credit card or check. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment. If and when the corporate payment is received, Northwest AHEC will issue a full refund based on your original form of payment.

Refund Policy—Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100% refund. Registrants cancelling between two weeks and two full business days **prior to the first day of the event** will be refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than two days before the activity.

Cancellations must be in writing (fax, email or mail). You may send a substitute in your place.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as meeting room rentals, food, equipment, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

Note— Attendance at this activity grants permission for Northwest AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify a Northwest AHEC staff member if you have concerns.

Agenda

7:30 am **Registration and Breakfast**

8 am **Welcome**
Angel Mitchell, RN, MSN, CPN

8:15 am **Memory Making (photography, water immersion photography, impressions and prints)**
Conversation Techniques When Speaking/Supporting Families Before/After Loss
Angel Mitchell, RN, MSN, CPN

10:15 am **Breaks and Exhibits**

10:30 am **Parent Panel**

Noon **Lunch (provided)**

1 pm **Self Care, Filling Your Cup, Avoiding Burning Out/Compassion Fatigue**
Shannon G. Hanson, PhD, MPH

3:15 pm **Parting Thoughts & Evaluations?**
Angel Mitchell, RN, MSN, CPN

Registration Form

"Because We Care" Workshop

Register online at northwestahec.org

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Please check if needed:

Vegetarian Meal

Gluten-free Meal

Lactation Room

Please select registration fee:

- \$30—Atrium Health Employees Fee (promo code needed)
- \$90—Registration Fee (all others)

The first 100 registrants are receiving a \$30.00 discount due to a generous donation in honor of Bryon Burdick and in gratitude for healthcare workers through the pandemic. The registration fee will increase by \$30.00 after 100 participants have registered.

Last 4 digits of Primary Phone #: * required

 First Name MI Last Degrees (e.g., MD)

 Profession Job Title

 Home Address City State Zip County

 Home Phone Cell Phone

 Employer

 Employer Address City State Zip County

 Employer Phone Employer Fax

Email Required:

Preferred Email Home Email Work Email

By providing your fax number, email address and telephone number, you have granted permission for us to contact you via the numbers and address indicated.

Please register **ONLINE** at www.nwahec.org/68978 (Recommended)

OR select one of the following options:

- Make check payable** to "Wake Forest University Health Sciences" and mail, with registration form, to:
 Wake Forest School of Medicine / NW AHEC
 Medical Center Boulevard, Winston-Salem, NC 27157-3311
 Attention: Marie Simos
- Atrium Health Internal Transfer:** _____ **Project** _____
Comp Op Unit Cost Ctr Nat Acct Program Fund
- Employer Payment:** Supervisor completes below and faxes registration to 336-713-7701.

 Supervisor's Name (Printed) Signature Phone

By signing, I am certifying that agency payment will follow. If you have a balance due and do not attend or send a substitute, you will be invoiced for the full program fee.