



Nursing home residents and staff have been severely impacted during the COVID-19 pandemic. Restrictions on social interactions and great loss of family and friends have reduced resident quality of life and affected the wellbeing of residents and staff. Supporting resiliency in those experiencing bereavement and grief, and reducing the loneliness of social isolation are key challenges facing nursing homes today.

WellbeingTREE is a Learning and Action Network (LAN) that offers Michigan nursing home leadership, staff, and residents tailored education to better understand and implement evidence-based strategies to address the social isolation, loneliness, bereavement, and grief that is experienced in nursing home communities.

Beginning in May 2022, WellbeingTREE will offer various one-hour sessions of learning and collaboration. Held virtually, each session will include interactive teaching from an expert trainer and will allow participants the opportunity to share experiences and learn from each other. Each session is followed by a six-week action period in which participants are encouraged to use newly acquired knowledge in their community and share their progress with fellow attendees.

WellbeingTREE seeks to:

- Establish an e-support system among Michigan nursing homes to learn about, test, and share practices that make a positive difference
- Focus on identifying person-centered care strategies that aim to improve mental wellbeing among residents and staff
- Empower staff and residents to become more comfortable with online training and collaboration

Who should participate?

WellbeingTREE is open to all staff from nursing homes in Michigan, including but not limited to administrators, nurses, CNAs, social workers, and therapists. In addition, residents and their families are invited to participate.

What is required?

Participation with WellbeingTREE is free. Attendees can participate in up to 11 LAN sessions over the course of 14 months beginning in May 2022. Each attendee is asked to complete a post-session questionnaire. Nursing homes are also asked to support resident survey activities.

Contact us today to learn more!

Sarah Slocum, LAN Project Director

Colleen Quintal, LAN Coordinator

WellbeingTREE@Altarum.org



FREE Continuing Education Credit Opportunity

Continuing education and training: Altarum is offering an opportunity for providers to earn **Continuing Education (CE) credits**. These credits will be offered to the following provider types who participate in WellbeingTREE *live webinar* sessions:

- Allopathic (MD) Physician
- Osteopathic (DO) Physician
- Nurse Practitioner (NP)
- Registered Nurse (RN)
- Licensed Practical Nurses (LPN)
- Licensed Master’s Social Worker (LMSW)
- Licensed Bachelor’s Social Worker (LBSW)

Also, participation in WellbeingTREE *live webinar* sessions **meets the requirements for in-service training for Certified Nursing Assistants (CNAs) in Michigan**. A certificate of participation will be provided to CNA attendees following successful completion of each LAN session and questionnaire.

Number of CE hours available for the Wellbeing TREE LAN: **11** (1 hour per session)
Bereavement and Grief Sessions: 6 CE hours
Social Isolation and Loneliness Sessions: 5 CE hours

For more information or questions about Continuing Medical Education:
1-855-4-Altarum | CE@altarum.org

<i>Bereavement and Grief Session Topics</i>	<i>Social Isolation and Loneliness Session Topics</i>
Staff and Residents can support each other during loss	Effects of social isolation and loneliness on wellbeing
Staff self-care while they help Residents with grief	Practices to improve social isolation and loneliness
Staff supporting Staff during times of loss	Building Resident input into activities and socialization
Planning for end-of-life care, basics of the MI-POST	Using tablets to promote Resident communication and joy
Ideas for memorials and remembering those who passed	Reflections on social isolation and loneliness
Sharing your best practices in bereavement care	

The *Bereavement and Grief* Learning and Collaboration Sessions begin on **May 12, 12-1 pm (ET)**.

Visit Altarum.org/WellbeingTREE to save your space today!



ALTARUM is accredited by the Michigan State Medical Society to provide continuing medical education for physicians.

Altarum designates this PI CME activity for a maximum of 11 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This course (Wellbeing TREE Learning & Action Network: Teaching Resilience to Empower Elders, *Bereavement and Grief* Segment) is approved by the **NASW-Michigan Social Work Continuing Education Collaborative**. Approval # 033122-01