

2022 ANNUAL REPORT

University of Oklahoma Health
Sciences Center CE-CERT
Training Program

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Be
Well 

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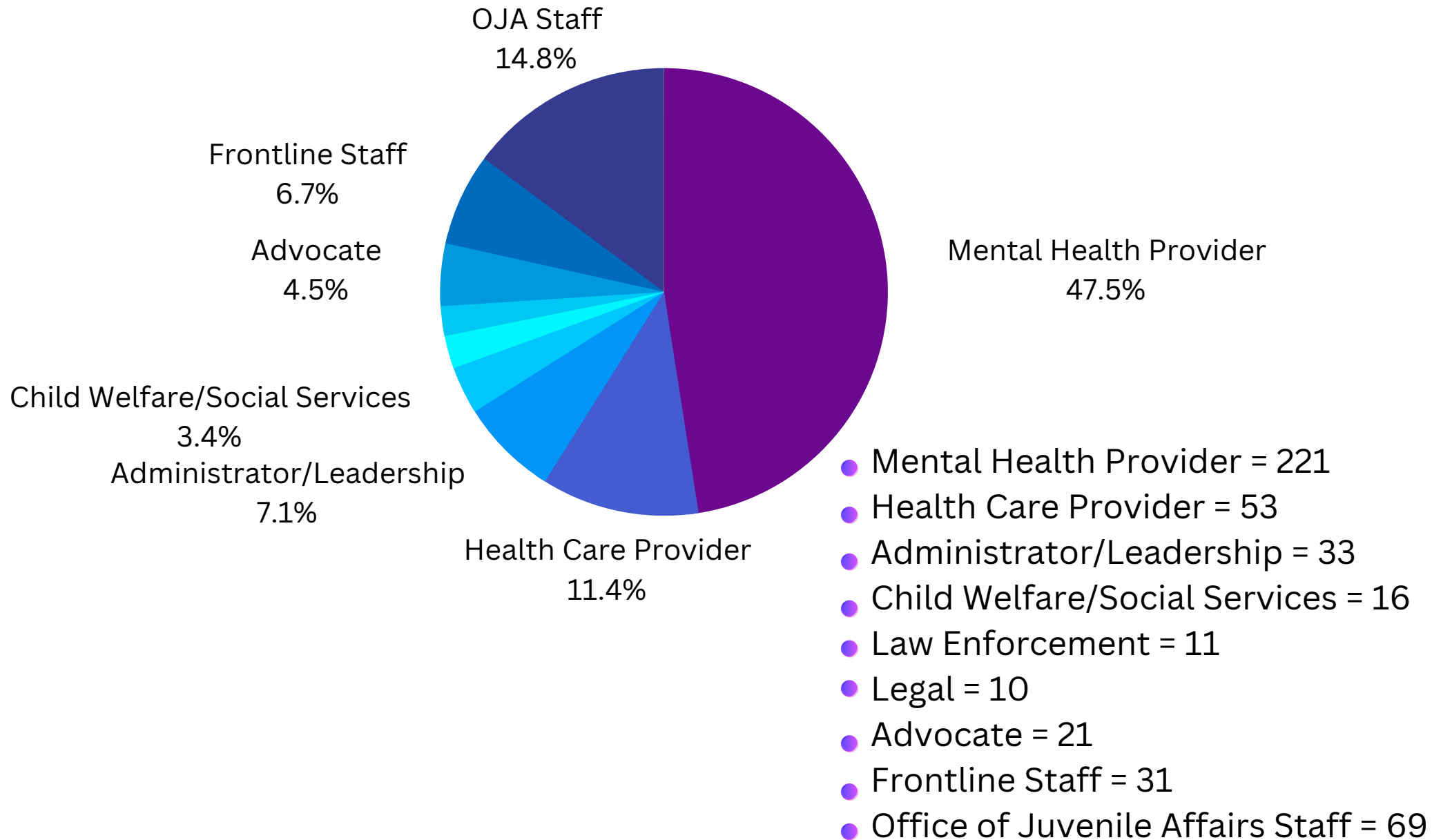
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A Note on 2022 Trainings and Data Collection

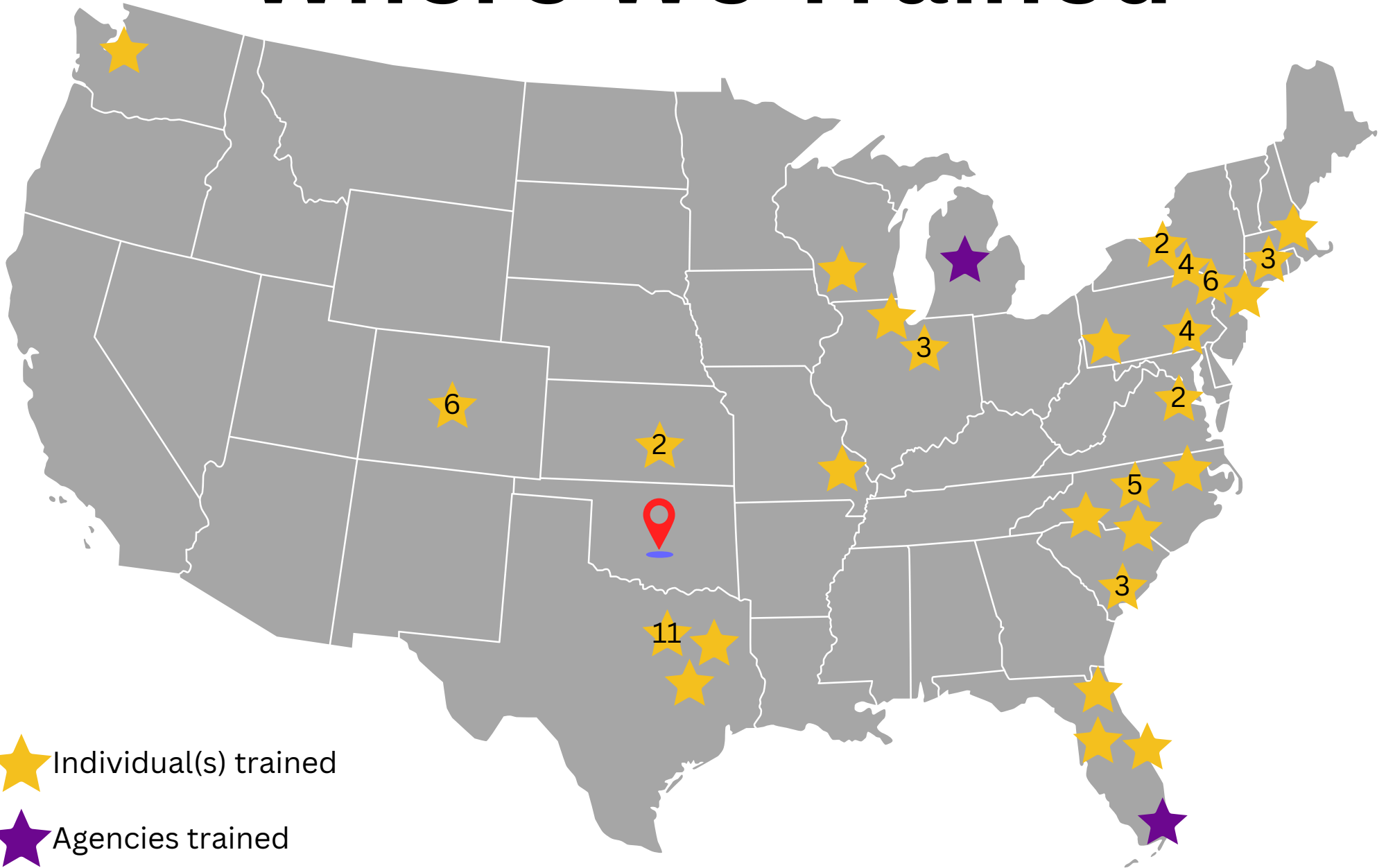
- ✦ OUHSC's CE-CERT Training Program conducted a total of **32** trainings and informational sessions in 2022
 - **17**, full-day (6-hour trainings)
 - **14** with follow-on consultation calls
 - **5**, 3-hour introductory trainings
 - **10** were 1-hour informational sessions
- ✦ Survey feedback was collected from a total of **477** training participants
 - Survey results were not collected after every training
 - Not all training participants completed a survey



***See Appendix A for complete list of sites trained and type of training conducted.*

Who We Trained



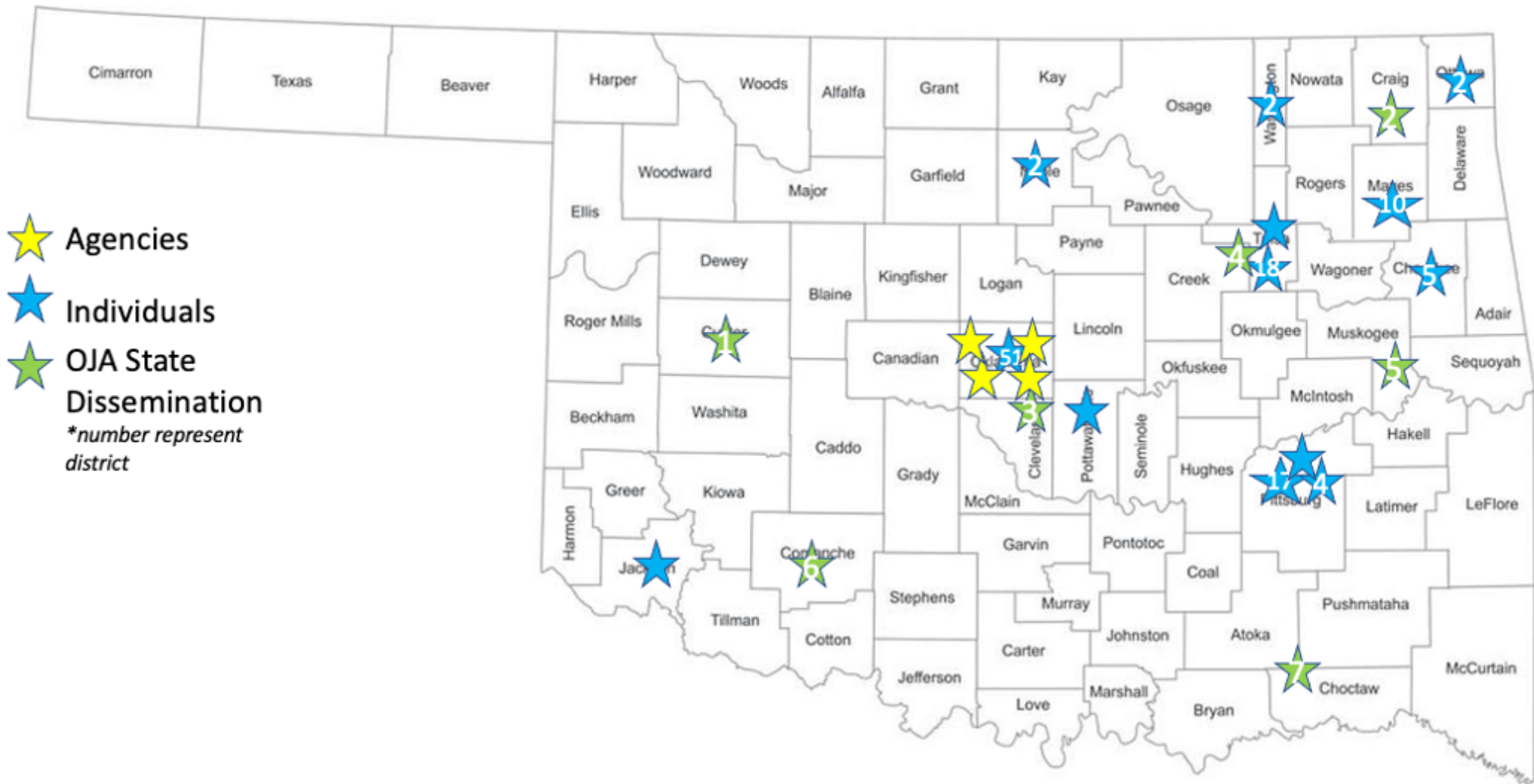
Where We Trained



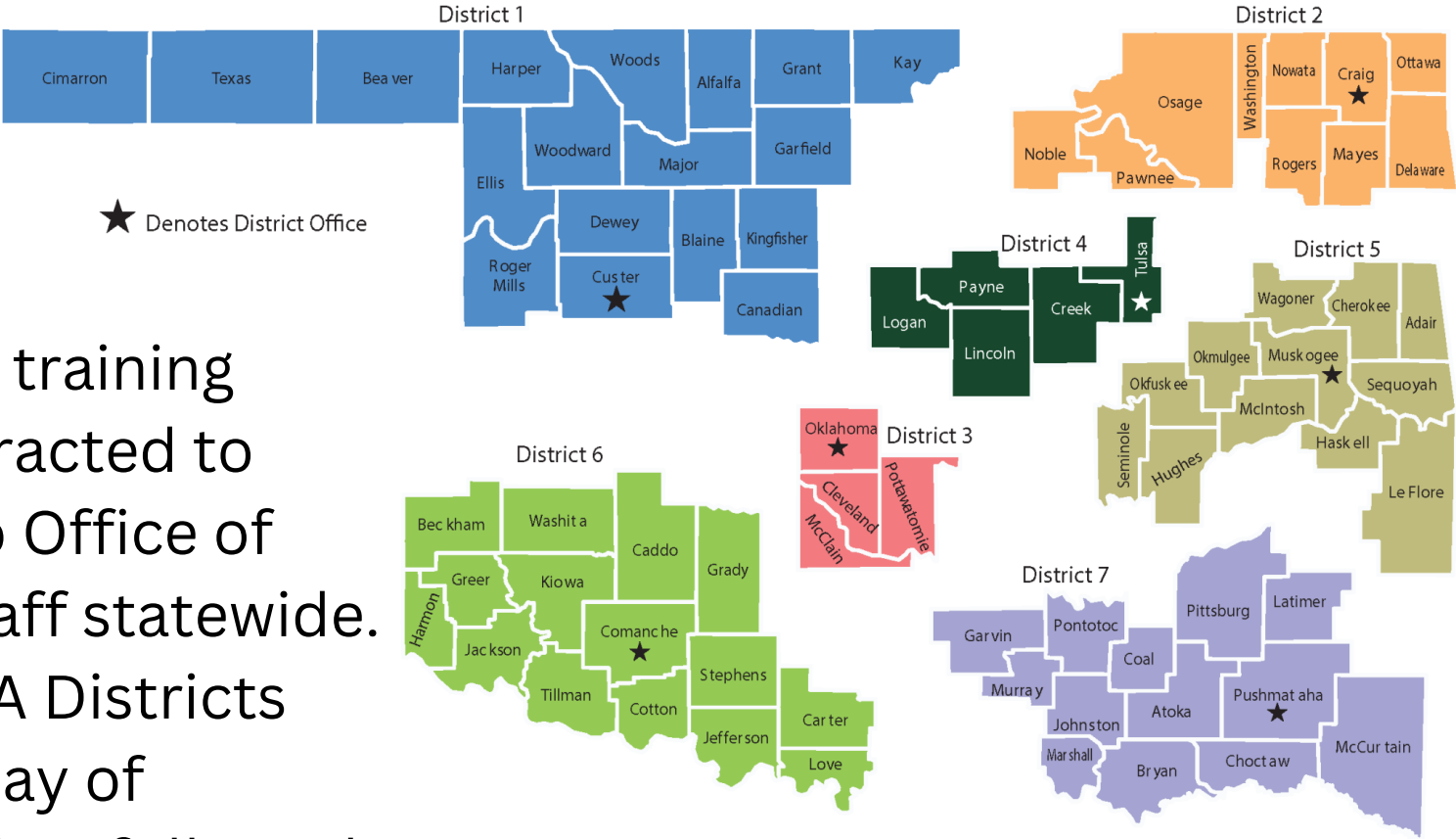
 Individual(s) trained
 Agencies trained

***Trainings conducted in the state of Oklahoma are represented on the following page.*

Where We Trained (OK)



Oklahoma - Statewide Dissemination Project: Office of Juvenile Affairs



OUHSC's CE-CERT training program was contracted to provide training to Office of Juvenile Affairs staff statewide. Staff from all 7 OJA Districts completed a full-day of introductory training, followed by supervisory consultation calls with 37 OJA supervisors.

SATISFACTION

We evaluated participants' level of satisfaction and perceptions of the quality of the training. Overall, participant feedback was exceptionally positive.

99%

Nearly all (99%) participants reported the **training met their expectations.**

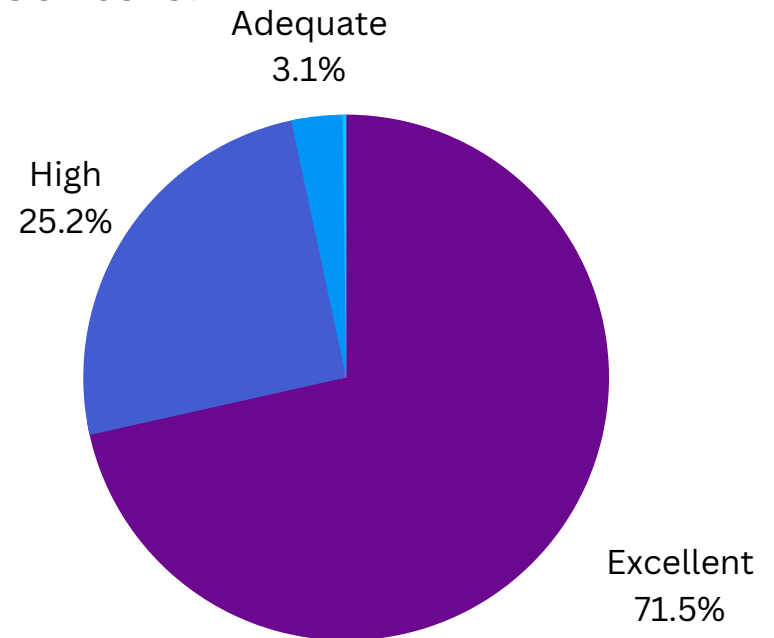
97%

97% (461/477) rated trainer **expertise** as **high or excellent.**

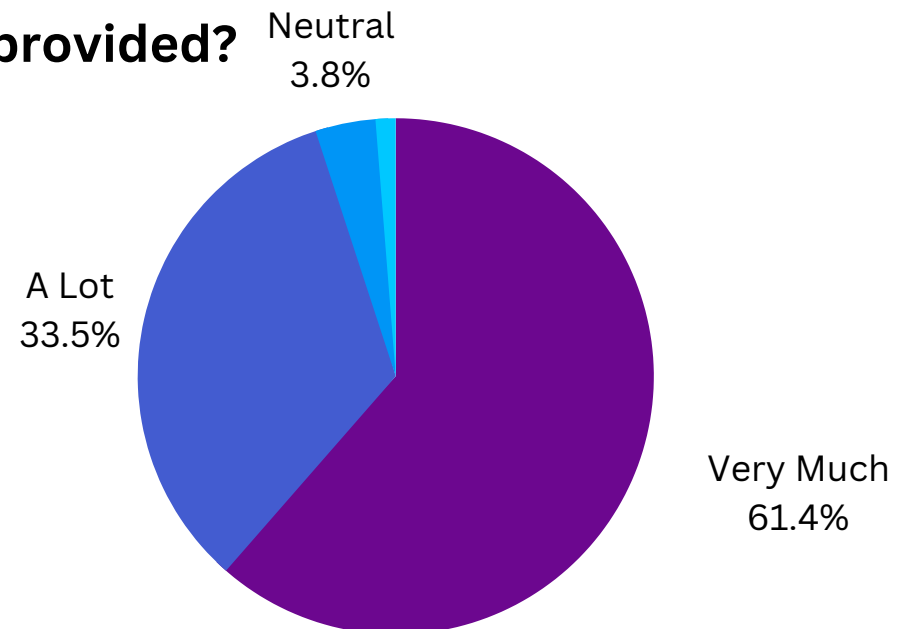
95%

95% (453/477) reported **high satisfaction** with the amount of new information.

Please rate the expertise of the presenters:



How satisfied were you with the amount of new information provided?



FEASIBILITY

We also evaluated feasibility; specifically, how relevant, practical, and valuable participants felt the CE-CERT content was to their work. Additionally, we asked participants to rate their degree of comfort using CE-CERT skills within their work. Overall, participants reported that the wellness skills taught were highly valuable, relevant, and practical for their setting.

94%

Rated the training as highly relevant to their work.

92%

Rated the CE-CERT skills as being very practical for use throughout their workday.

94%

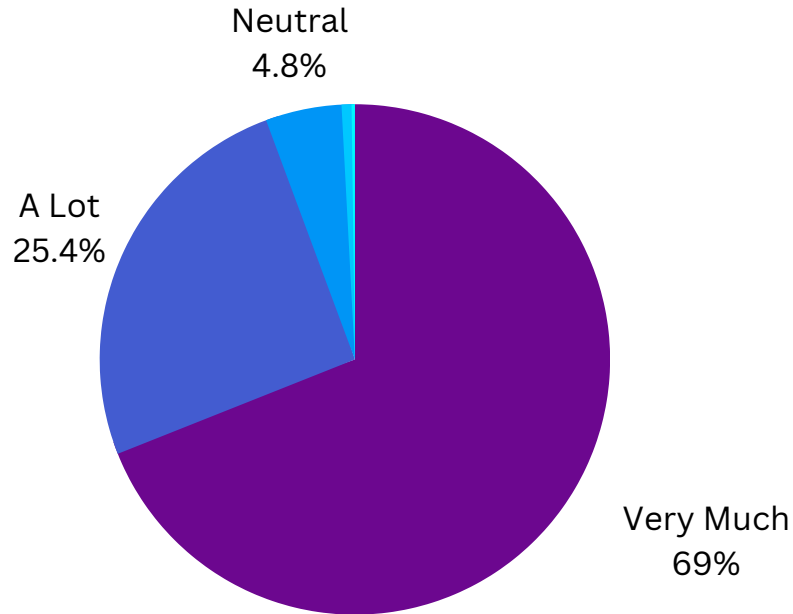
Rated the CE-CERT skills as being very valuable/helpful to them.

92%

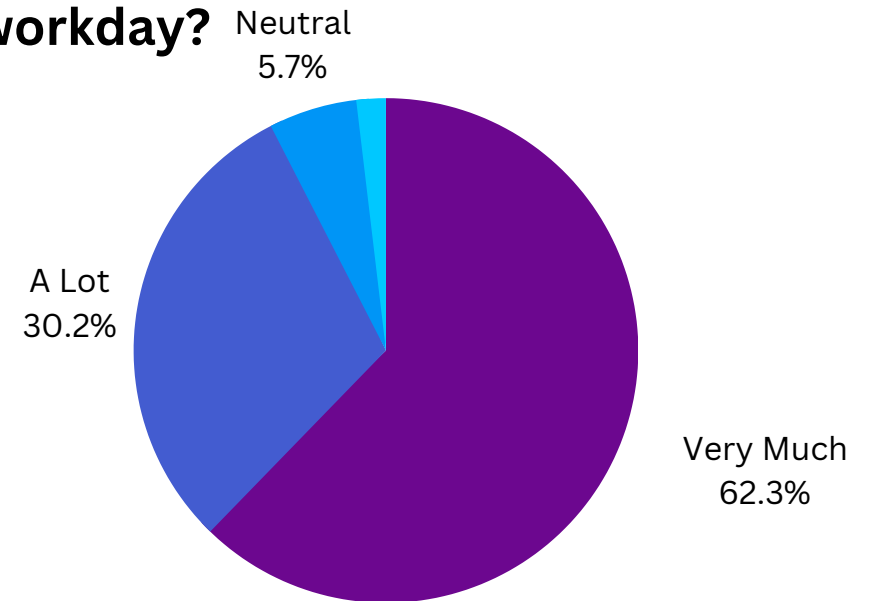
Rated themselves as very comfortable with using CE-CERT principles in their work.

**Question-specific pie charts are presented on the following page.*

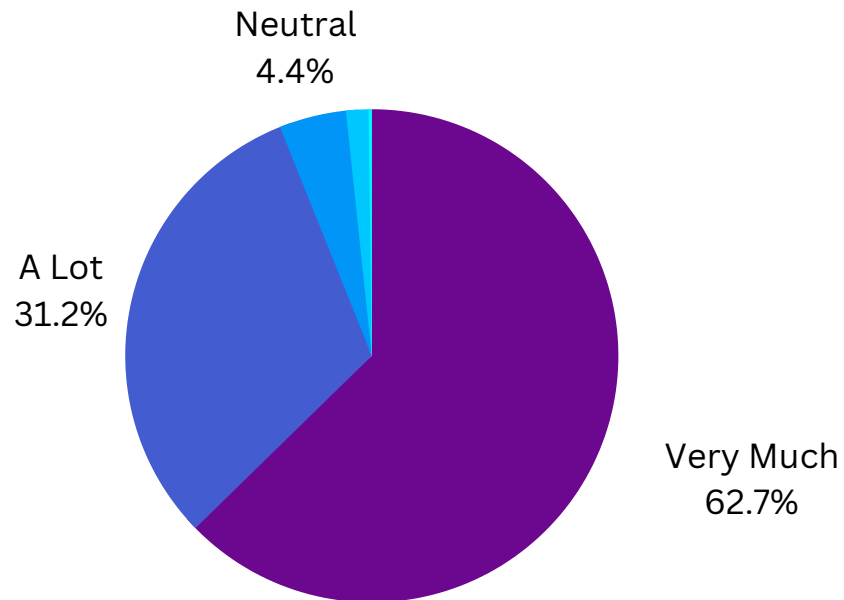
How relevant was the CE-CERT training to you and your work?



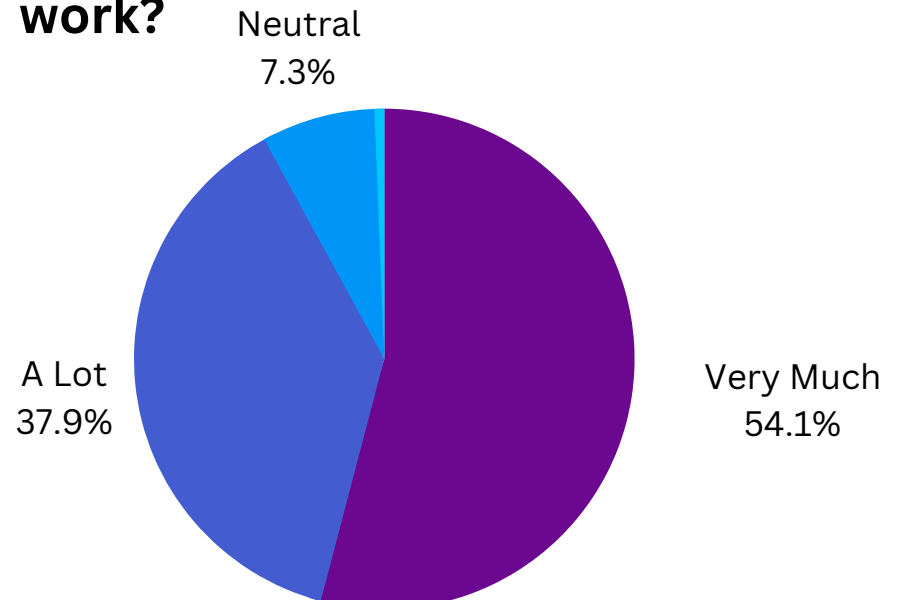
How practical are the CE-CERT skills for use within your workday?



How valuable (helpful to you) are the CE-CERT skills?



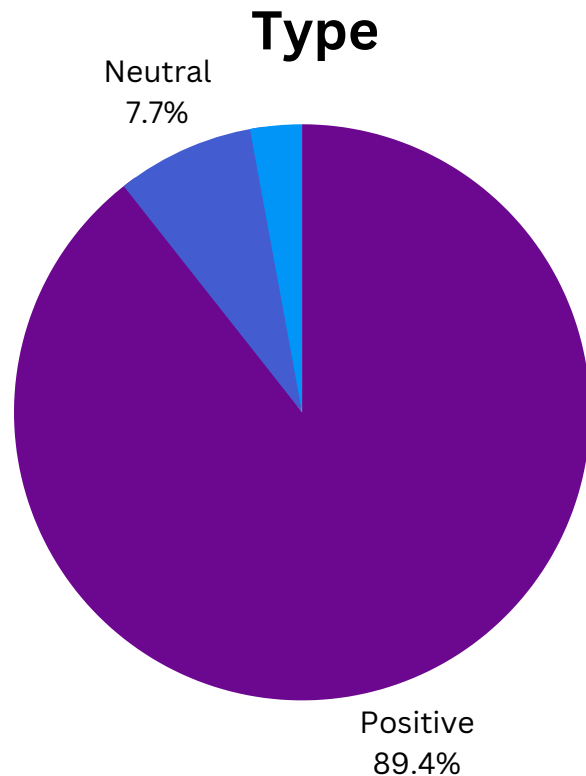
How comfortable are you using the CE-CERT principles in your work?



ANALYSIS OF QUALITATIVE RESPONSES

We sought qualitative feedback to better understand how the training was received and any information that may guide further agency consultation and support. Participants were asked, "Please share your thoughts about training on this wellness model." All comments were first divided into one of three possible categories (i.e., generally positive comments, neutral comments, constructive comments). Representative comments for each category are displayed in the table below. Notably, not all participants who submitted survey responses provided qualitative feedback (i.e., 446 of the 477 total respondents provided commentary). Blank responses and responses denoted as N/A were removed, resulting in a total number of 414 qualitative responses. Representative comments for each category are also displayed below.

Comments by Overall



Representative Comments:

POSITIVE	NEUTRAL	CONSTRUCTIVE
<ul style="list-style-type: none">• "It was amazing and I learned a lot."• "All great skills."• "Great informative training."• "A plus!"• "Amazing presentation!"• "Cognitive behavior based, and I love it."• "Excellent and insanely useful for my life."• "This was excellent. I am hoping to use it for myself as well as staff I supervise."	<ul style="list-style-type: none">• "Thanks"• "Thank you"• "Thank you for providing this training!"• "Neutral"• "Takes practice"• "Lots of information given. It will take work and practice to implement."	<ul style="list-style-type: none">• "In my professional opinion, wellness models are great to have available for staff to attend, participate and engage with others; however, this should never be required or mandatory to attend"• "More practical exercises."• "Can be challenging for staff to digest when struggling with depression."

ANALYSIS OF QUALITATIVE RESPONSES

To better understand the quality of the feedback, comments were grouped by theme. The three most commonly observed themes were: (1) Need/ request for ongoing support/ training/desire to learn more skills (2) Quality of trainers, level of engagement, and the interactive nature of training, and (3) Feasibility (applicability/ utility/ practicality/helpfulness) of information presented. Notably, not all comments fit into one of these three themes. Additionally, some comments fit into more than one theme and are reflected in the count for each theme they represent.

NEED/REQUEST FOR ONGOING TRAINING

n = 47

PRESENTERS/ENGAGING/ INTERACTIVE

n = 94

FEASIBILITY (PRACTICAL, HELPFUL, USEFUL)

n = 116

*Representative comments for each category are displayed on the pages that follow.

QUALITATIVE THEME # 1

NEED/REQUEST FOR ONGOING SUPPORT/TRAINING/DESIRE TO LEARN MORE SKILLS

- Excellent course that much needed for OJA employees!
- A great model. I look forward to the supervisor consultations.
- I enjoyed it. I really needed it. I have been overwhelmed at work.
- I think this would be helpful for all Child Welfare front line staff!
- THIS WAS AN EXCELLENT TRAINING THAT SHOULD BE REQUIRED FOR ALL MENTAL HEALTH WORKERS!
- It was great! I probably would not have left my last job if I had developed these skills.
- Great training!! Thank you :) The military could greatly benefit from a training like this.
- The skills provided during this training were vital for me moving forward in my career of doing therapy with children.
- This should be mandatory training for child welfare staff! Many staff are struggling right now and there is a retention crisis, this could help workers sustain in the field. As a supervisor, it is getting increasingly harder to support staff in this environment and I am grateful for this training.
- Loved it and would love to bring it to my agency on an annual basis!
- I wish this would have been taught in my first couple of classes in my masters classes. It was very helpful for what I do currently as well as when I start this new trauma focused journey. Thank you for this.
- I absolutely loved this training and plan to learn more about the C-CERT model. The skills taught were practical. This was also a thought provoking day and helped me learn areas I can improve on to reduce my stress and burnout.
- This was INCREDIBLE! I wish I would have had this years ago. I feel like i may have job hopped less from burnout.
- Very likely to maintain my mental health in continuing a career and therapy and to be the best-emotionally present wife and mother.

QUALITATIVE THEME #2

QUALITY OF TRAINERS, LEVEL OF ENGAGEMENT, AND INTERACTIVE NATURE OF TRAINING

- Great training! Presenters were amazing with keeping us engaged. Felt very useful to everyday stress that we encounter. Thank you!
- Helpful information presented in a manner that will make it easy to apply the skills.
- Loved how interactive it was. Very practical!
- The presenters were fantastic. They gave helpful tips and were easy to engage with for everyone.
- This training exceeded my expectations. Very helpful and encouraging while making sure everyone felt heard and included in discussion.
- Awesome presenters! Great interaction and reading the room with conversation. Thanks!
- Both were very good speakers- engaging. Approachable- they conveyed their points in a meaningful way.
- Excellent job presenting the material. The inclusion of polls helped keep me engaged
- Excellent training. Loved the interaction and knowledge of the presenters.
- Great training. Engaging trainers made it easy to follow
- I loved it. The instructors were amazing and were ready and willing to answer any questions that I may have had.
- I loved this content and you both did an amazing job. Thank you for making this training interesting and adding your own flair. It is appreciated.
- I really enjoyed how inclusive they made me feel.
- It was great! All three presenters were engaging, knowledgeable, and encouraging.
- It was very engaging and easy to follow. Presenters were very passionate about their work and very encouraging to open conversation
- Very well done. Captivating generally. Presenters were knowledgeable and people oriented.
- Very well done. The first speaker did a really good job of keeping it going and keeping us engaged since it was so early. The second did a great job giving examples and stories
- Well put together presentation and facilitated discussion well.

QUALITATIVE THEME #3

FEASIBILITY - APPLICABILITY/UTILITY/PRACTICALITY/HELPFULNESS OF CONTENT

- Extremely helpful to my work as a supervisor!
- Great tools to use and great training. This information is very important for workers. Great Job!
- Helpful information presented in a manner that will make it easy to apply the skills.
- I believe that all of the information provided will be helpful for me.
- I like the five-step model and the structure it provides. It provides both psychological and physiological strategies to cope with secondary trauma.
- I'm excited to utilize what I've learned today I to my daily work and grateful for this new knowledge.
- It was helpful and I think it will be good accountability to practice what I teach others.
- Loved the info, applies to work and personal life in so many meaningful ways. And can be adapted to situations across the board. Thank you for sharing.
- Loved the training. Introduces techniques that I can easily apply.
- Much more practical and fitting with the real world than some
- The stopping the spin skill was extremely beneficial to learn for my work life and personal life, I'm excited to be aware of how it affects me and work on changing my thinking patterns!
- They are easy skills to use during the day.
- This training left me feeling recharged and full of hope. I also gained tools that I can use on a daily basis in my job and at home.
- This training was very helpful. It has helped me to put things into perspective about self-care and how it important it is for me and the clients that I serve. Also finding the joy in little things. Practice, Practice self-care! The presenters were well-informed, Provided good content and material.
- This was extremely beneficial and so much more than I expected. Great training!
- Well done. Love that the training comes with practical strategies. Good job.

APPENDIX A

DATE	PARTICIPANTS	TRAINING TYPE	TRAINERS
February 10, 2022	Mental Health Professionals	3-hour Intro	Elizabeth Risch, Amanda Mitten
February 11 and 18 2022	Child Welfare/Social Services	6-hour w/ consultation	Amanda Mitten
February 14, 2022	Office of Juvenile Affairs	6-hour w/ consultation	Elizabeth Risch, Ashley Galsky
March 7-8, 2022	Multidisciplinary Audience	6-hour w/ consultation	Elizabeth Risch, Susan Schmidt, Ashley Galsky
March 10, 2022	Multidisciplinary Audience	6-hour w/ consultation	Susan Schmidt, Amanda Mitten, Ashley Galsky
March 16, 2022	Multidisciplinary Audience	1-hour informational	Ashley Galsky
March 23, 2022	Mental Health Professionals	1-hour informational	Amanda Mitten, Ashley Galsky
March 22, 2022	Office of Juvenile Affairs	6-hour w/ consultation	Amanda Mitten, Ashley Galsky
March 24, 2022	Healthcare Professionals	6-hour intro training	Amanda Mitten, Ashley Galsky
April 5, 2022	Psychology Trainees	1-hour informational	Ashley Galsky
April 7, 2022	Office of Juvenile Affairs	6-hour w/ consultation	Amanda Mitten, Ashley Galsky
April 13, 2022	Multidisciplinary Audience	6-hour w/ consultation	Elizabeth Risch, Elena Dosky, Amanda Mitten and Ashley Galsky
April 20, 2022	Multidisciplinary Audience	1-hour informational	Amanda Mitten
April 28, 2022	Office of Juvenile Affairs	6-hour w/ consultation	Amanda Mitten, Ashley Galsky
May 17, 2022	Office of Juvenile Affairs	6-hour w/ consultation	Elizabeth Risch, Ashley Galsky
May 18, 2022	Multidisciplinary Audience	1-hour informational	Ashley Galsky
June 2, 2022	Mental Health Professionals	3-hour Intro	Susan Schmidt, Amanda Mitten, Ashley Galsky
June 16, 2022	Multidisciplinary Audience	1-hour informational	Elizabeth Risch
June 23-24, 2022	Multidisciplinary Audience	6-hour w/ consultation	Susan Schmidt, Amanda Mitten, Ashley Galsky
June 24, 2022	Child Welfare/Social Services	3-hour Intro	Amanda Mitten
June 30, 2022	Office of Juvenile Affairs	6-hour w/ consultation	Elizabeth Risch, Ashley Galsky
July 14, 2022	Office of Juvenile Affairs	6-hour w/ consultation	Elizabeth Risch, Ashley Galsky
July 19, 2022	Mental Health Professionals	3-hour Intro	Elizabeth Risch, Amanda Mitten
July 20, 2022	Multidisciplinary Audience	1-hour informational	Susan Schmidt
July 20, 2022	Multidisciplinary Audience	6-hour w/ consultation	Elizabeth Risch, Ashley Galsky
September 21-22, 2022	Multidisciplinary Audience	6-hour w/ consultation	Amanda Mitten, Ashley Galsky
October 6, 2022	Mental Health Professionals	3-hour Intro	Amanda Mitten, Susan Schmidt
October 21, 2022	Healthcare Professionals	6-hour intro training	Amanda Mitten, Ashley Galsky
October 28, 2022	Healthcare Professionals	6-hour intro training	Amanda Mitten, Ashley Galsky
November 10, 2022	Multidisciplinary Audience	1-hour informational	Ashley Galsky
November 18, 2022	Psychology Trainees	1-hour informational	Ashley Galsky
December 7, 2022	Multidisciplinary Audience	1-hour informational	Elizabeth Risch, Amanda Mitten and Ashley Galsky

STANDOUT COMMENTS

- I needed this. It gave me wings again.
- Excellent training experience. Best one I've been to ever. Great job!
- I am so grateful for you all taking the time and energy into these trainings. It is so helpful and it grounds me into really focus on being present in the moment and really reflecting what I can learn from these experiences in/out of work. Thank you!
- I appreciate have an actionable plan beyond "practice some self-care."
- I appreciated this training for mental health professionals, especially relevant during this pandemic. I will share these strategies!
- I did not know what to expect from this training but it was wonderful. I'm thankful to work at an organization that has prioritized addressing provider burnout and has given us tools and seminars to build our skills. This training in particular was so helpful with the populations I serve and fit so nicely with the self work journey I've been on. Thank you.
- I enjoyed every second
- I enjoyed the hands on practice for the skills! It was nice to do them together rather than just talk about them.
- I loved it. I feel as if this is what separates the longevity of people in our professions and can help reduce turnaround in the workplace.
- I think that this training was really helpful to me because it gave me a different perspective on how I do things, and that could make it easier.
- It was great. It helped me think about some of the issues I've experienced at work that we NEVER talk about. I will definitely use some of the things I learn and be more intube with my feelings and emotions. Thank you again.
- It was greatly needed and very useful. The training had a massive impact on me and how to manage my life and job.
- One of the best trainings ive had
- Really made me think about where I am in my professional journey and what I need to do to keep myself healthy!
- The skills will help to keep me working in my position.
- This is like our 4th anti-burn out training, and the first really good, useful one. Hearing practical things from people who work in our field is great. How great? It's friday and my day off and i have to drive home to norman in traffic and I'm not even mad about it. And when i get home i'll be telling my husband how great it was.
- This training was wonderful! This is my first training as a counselor-in-training, so this session set my expectations pretty high! The skills shared helped me shift my outlook on the profession and I am looking forward to sharing this perspective with my classmates as well as friends and family. I noticed myself already practicing some of the skills after the training finsished. I appreciate the thoughtful considerations and engagement that was present throughout the training.
- This was one of the most helpful trainings I have attended in my 10+ year long career.