



Mental Health and Wellness

Workshop Plan Prepared By Jorge Rojas-Alvarez

Partnership between

- University of Illinois - Community Data Clinic
- Parkland College - SWFT + Healthcare Program

Spring 2024

Mental Health and Wellness

Workshop Motivation

CNAs continuous physical stress leads to injuries and burnout. These experiences challenge their mental health. CNAs are also financially vulnerable requiring access to affordable healthcare services.

Learning goals (students will able to...)

- Define stress and stressors for several CNA activities.
- Understand physical and mental health vulnerabilities for CNAs career advancement.
- Learn strategies to confront stressors and take care of mind.
- Discuss community healthcare services and resources in the Champaign County.

Workshop's Agenda

- (15') Stress and stressors at LTCFs
- (15') Strategies to reduce stress
- (20') Community Insurance options
- (5') Emergency Childcare
- (5') Take aways and wrap-up

Suggested total time

- 1 hour

Announcements and Session Guidelines





Stress and Stressors at our Workplace

Answer in pairs

1. What is stress?
2. Share a situation you have felt stressed in your work experience or study.
3. Describe how you coped with that situation.

Time: 5'

Stress and Stressors in CNA Job



Healthcare practitioners hold the 4th highest rate of work related injuries and illnesses.



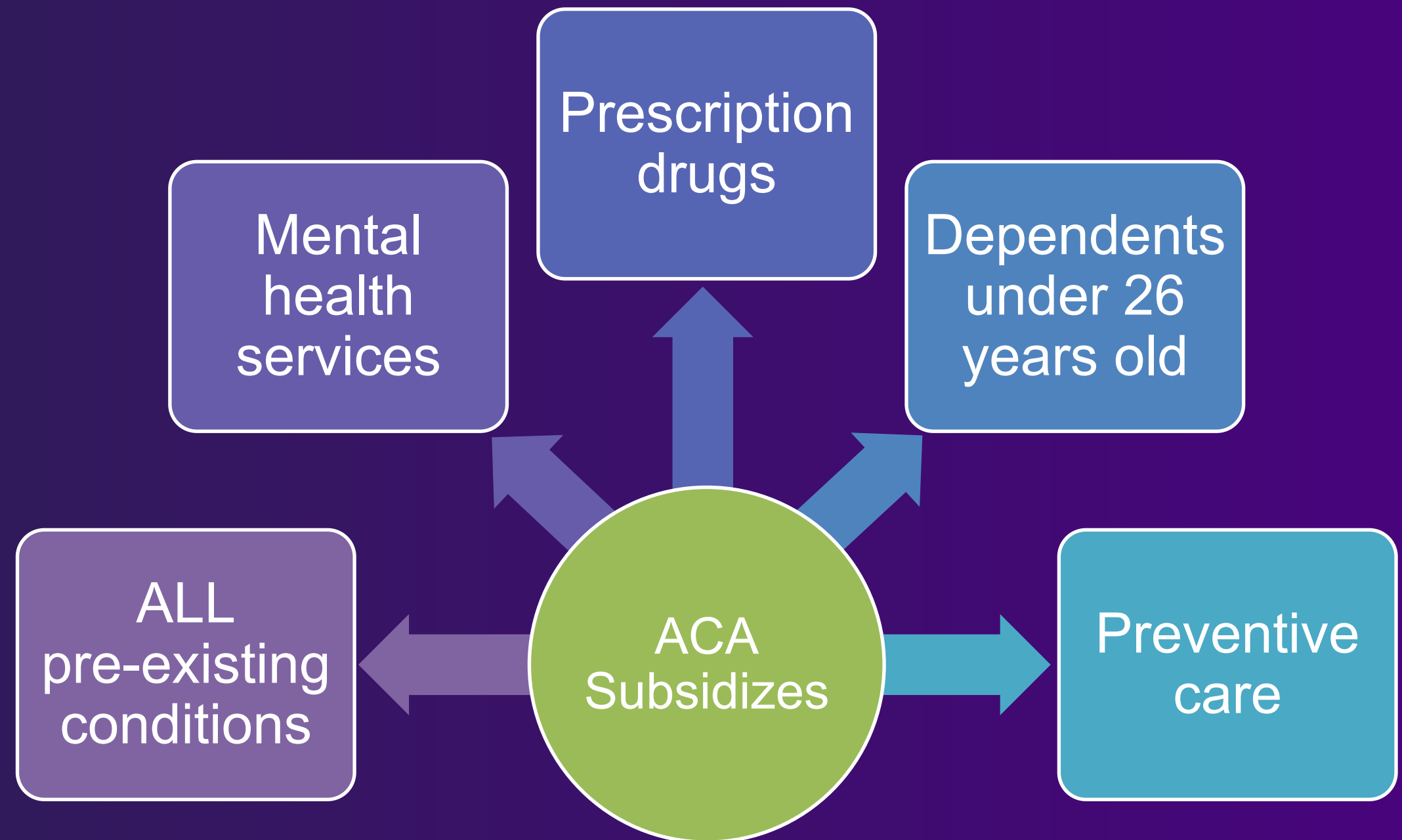
Musculoskeletal disorders made up 52% of all days away from work cases for NAs.



CNAs are exposed to diverse illnesses: MRSA, bladder infections, diabetes.

Affordable Care Act / “Obamacare” / Marketplace

It is a platform to help subsidize people seeking an affordable health insurance.



Marketplace Enrollment Challenges

Marketplace enrollment can be confusing and overwhelm for subscribers:

- Open enrollment and Special enrollment periods selection.
- Choose the best plan your own case.
- Amount of technical terms to learn (e.g., deductibles, premium tax credit).
- Relationship with Medicare and Medicaid.





Enrolling to Marketplace (“Obamacare” / healthcare.gov)

Demo on enrolling to healthcare.gov

Time: 15'



Tips to Succeed in a Marketplace Enrollment

Find Advice

Take advice from an independent organization to help you with enrollment and plan selection.

Enrolling dates

- Open enrollment: Nov 1st to Jan 15th for the next year.
- Special enrollment period: anytime when you find a job with uncovered insurance!

Estimate income: prefer to go higher to avoid taxes issues.

Select your plan

- Understand deductibles and co-payments to avoid expensive payments.
- Check whether your preferred doctor belongs to your new plan network.
- Check how your prescriptions are covered by your plan.

Need help with health insurance?

We've got you covered!

- ✓ Marketplace (“Obamacare”/ *healthcare.gov*)
- ✓ Medicaid
- ✓ All Kids
- ✓ Medicare Part D & Advantage plans*
- ✓ Employee health insurance ♦
- ✓ Retiree health insurance ♦

... and more!

** We also help with applications for financial assistance programs like Extra Help and Medicare Savings Program.*



Champaign County Health Care Consumers

- **Trained, certified, and experienced staff.**
- **Attention in English and Spanish.**
- **All services are free.**
- **Hours: Monday – Friday, 9am – 5pm**
- **Contact:**
 - **Phone: (217) 352-6533**
 - **Email: cchcc@cchcc-il.org**
 - **Address: 44 E Main St. Suite 208, Champaign, IL 61820**
 - **<https://www.healthcareconsumers.org/>**

Unsure of what you might be eligible for, or would like help applying? please contact CCHCC at (217) 352-6533

♦ CCHCC can help people understand their benefits through their employer or their retirement options. CCHCC does not enroll in their employer/retiree benefits.

Why do Healthcare Workers are Reluctant to Seek Mental Health Support?

- Weaponization of mental health information to limit ability to practice

Career
implications



- Worry that seeking help cause them to be perceived as weak or inept.

Stigma



- Healthcare workers expectation that they should be capable of managing their mental health without assistance.

Self-care
Misconceptions



- Complications finding time for appointments due to their demanding schedules.

Logistical
Barriers



Strategies to cope with stress by actual CNAs



Things I Wish I Knew Before Becoming a CNA

- Nursing Unveiled YouTube Channel
- Organize for a shift and communication
- <https://www.youtube.com/watch?v=IMEnwozF8Ys>



A Day in the Life of a Nursing Assistant

- Auhneja's YouTube Channel
- Stocking carts and self care
- https://www.youtube.com/watch?v=CgR_F1dwWQM



The Body Scan relaxation technique

Explain and practice The Body Scan relaxation technique

Time: 5'

(Hedman et al., 2022 p. 420)

Therapy Aid Coalition

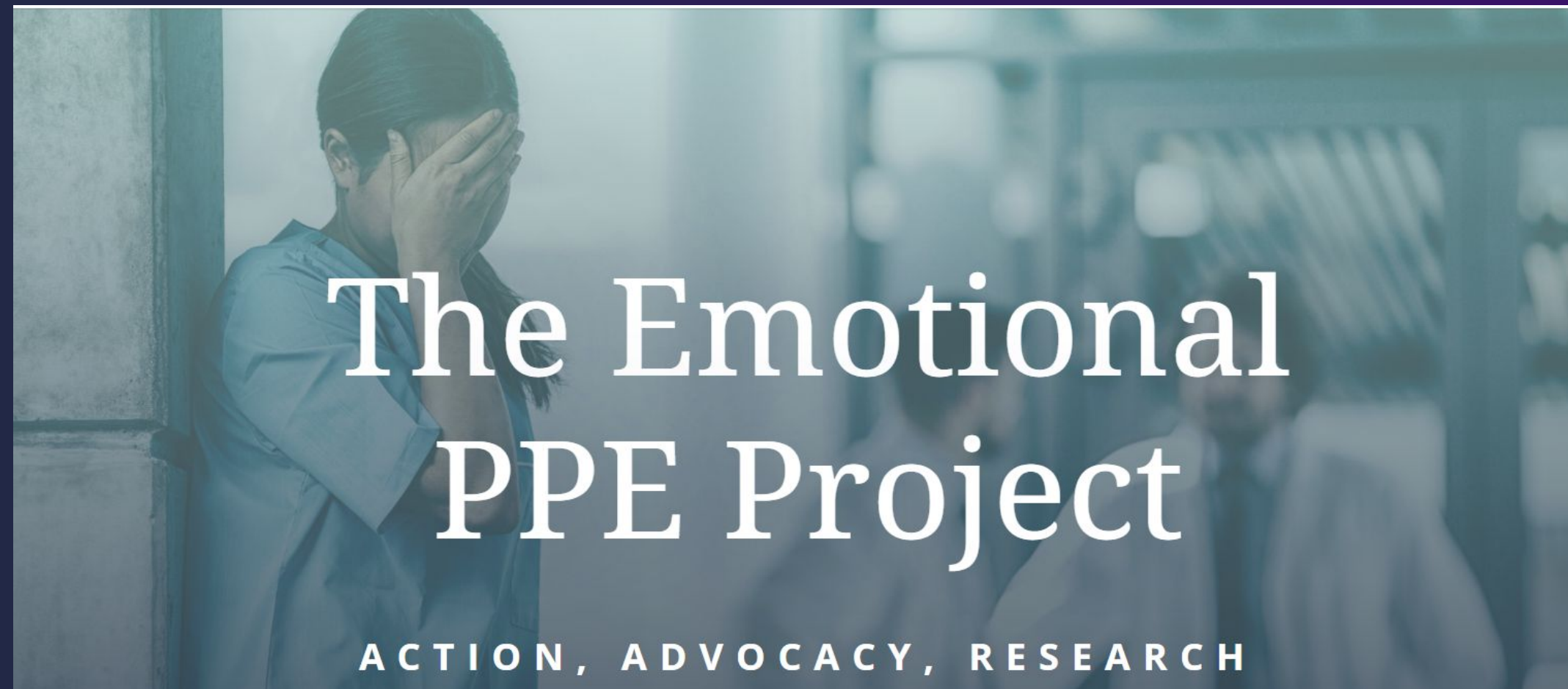


- Free and low-cost sessions for healthcare workers and first responders.
- Free online, peer-led support groups for nurses and healthcare professionals.
- Contact:
 - <https://www.therapyaid.org/>
 - <https://www.facebook.com/therapyaidcoalition>

Sessions are only for United States healthcare workers and first responders.



The Emotional PPE Project



Source: <https://emotionalppe.org/>

- **Free and low-cost therapy sessions for healthcare workers.**
- **Directory that provides contact information of volunteer mental health practitioners**
- **Online training in worker burnout prevention**
- **Contact:**
 - **Website:**
<https://emotionalppe.org>
 - **Directory:**
<https://directory.emotionalppe.org/healthcare-workers-landing>
 - **Email:**
contact@emotionalppe.org

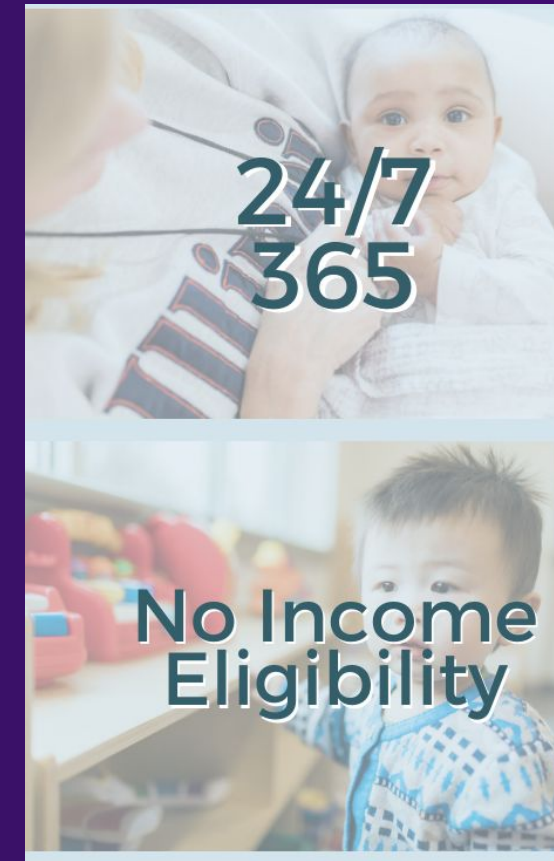
Crisis Nursery

Reasons to Call Crisis Nursery:

- No safe option for childcare while you attend a court or health-related appointment
- Going through a transition period with work
- Daycare cancellation putting your job or school at risk
- Experiencing a medical crisis or unexpected hospitalization
- Experiencing domestic violence

When you call the Nursery

- You will speak to a Crisis Advocate.
- While at the Nursery, children are cared for by trained, professional staff.



Contact:

- 24 Hour Crisis Line: (217) 337-2730
- Address:
1309 West Hill Street,
Urbana IL 61801
- <https://crisisnursery.net>



Carle Financial Assistance

<https://carle.org/Patients-Visitors/Financial-Assistance>

Free or discounted care through Carle financial assistance programs

General Guidelines About the Program:

- Eligibility is based on your household's adjusted gross income
- Carle's Case Management department will be happy to help you fill out application forms
- Discounts will extend for one year from the date of approval and are renewable
- Uninsured hospital patients who meet certain requirements may qualify for an uninsured discount through Carle's Illinois Hospital Uninsured Patient Discount Program

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Thank you!

**Please let us know if you
have any questions.**