



Online Continuing Education Courses  
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AOTA Approved Provider #4023

**Course Title:** Mental Health 101

**Course Subtitles:** A Multi-Level Approach to Address Burnout in Healthcare Employees

**Target Audience:** OT/OTA's, PT/PTA's, All Healthcare Professionals

**Course Length:** 1 hour

**Course Instructor:** Erika del Pozo, MOT, OTR/L

**Educational Level:** Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

**Course Objectives:**

At the end of the course, participants will be able to:

- List components of burnout, causes of burnout, and personal and professional outcomes associated with burnout in healthcare employees.
- Summarize the Jobs-Demands Resource Model and its relevance to the challenges of burnout in healthcare employees.
- Describe the intrinsic personal factors aimed at reducing symptoms of burnout and enhancing personal well-being and work and life satisfaction.
- Recognize the extrinsic work factors aimed at reducing symptoms of burnout and promoting occupational justice in the healthcare work environment.
- Explain the relationship between the development of burnout in healthcare employees, external work factors, and leadership.

**Outline of Content:**

**Hour #1**

- Review educational objectives
- Introduction
- What is burnout?
- Development of burnout
- Causes of burnout
- Personal and professional outcomes
- Statistics in healthcare
- Assessments
- Job Demands Resource Model

- Personal factors
- Work factors
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**Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://www.OnlineCE.com) includes Audiovisual formatted course with downloadable course handout. See course formats for additional details.

**Course Completion Requirements:**

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

**AOTA Classification Codes:**

Category 1: Domain of OT

Category 2: Occupational Therapy Process

Category 3: Professional Issues

**Additional Policies:**

OnlineCE Policies are available by clicking on the tab – Policies – located in the left-hand navigation bar.

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