

PROMOTING RECOVERY & RESILIENCE IN THE WAKE OF DISASTERS**Erika Felix, Ph.D.****Gevirtz Graduate School of Education, UCSB****Assistant Professor, Department of Counseling, Clinical, and School Psychology, UCSB**

When communities suffer widespread tragedy such as the Thomas Fire and subsequent floods and slides in Montecito, how can professionals best assist the community to begin to heal? How can we anticipate and respond to our own and others' distress? How do we move forward from vicarious trauma toward coping? How can we promote resilience after tragedy?

At the conclusion of this presentation participants will be able to:

- Describe the different trajectories of adaptation following a disaster
- Describe factors in the recovery environment that affect risk and resilience post-disaster
- Explore the skills needed to promote resilience in our patients after tragedy

Dr. Erika Felix is an Assistant Professor in the Department of Counseling, Clinical, & School Psychology at UCSB, and is a practicing, licensed psychologist serving children and families in our community. She received her Ph.D. in Clinical-Community Psychology from DePaul University in 2002. She began trying to understand how children and families adapt and recover following collectively-experienced traumas following the 9/11 terror attacks. She received a competitive fellowship from the National Institutes of Mental Health for specialized education and research training, called Research and Education in Disaster Mental Health. In the course of her research, she has learned from the experiences of teachers following the 9/11 terror attacks, and children and families in Puerto Rico following Hurricane Georges; Santa Barbara County following the Tea and Jesusita fires; fires in Colorado; floods in Texas; and now young adults following Hurricanes Harvey, Irma, & Maria. Her disaster mental health research has been funded by the National Institutes of Health.

Dr. Felix has also engaged in clinical services and volunteer work to support survivors, including the 2004 tsunami in Sri Lanka, as an American Red Cross volunteer locally, and following the mass murder tragedy in Isla Vista. Through all these experiences with survivors of collectively-experienced traumatic events, she has strived to learn from them what will help others in the future when these types of events happen.

Santa Barbara Cottage Hospital Psychiatry and Addiction Medicine services invite you to attend its February 2018 presentation.

Wednesday, February 14th, 2018

12:00 - 1:30 p.m.

Burtness Auditorium

Santa Barbara Cottage Hospital

Erika Felix, Ph.D.

Program Coordinators:

Mari Mender, BSN, RNC,
Psychiatry Educator

Carole Reynolds Ingraham, LMFT

Education Consultant:

Christine Block, MSN, RN, CNRN

No host lunch is available for Psychiatric Grand Rounds. The link below will connect to the Cottage Café located just inside the original entrance on Bath St.

Please do not register on the site, you may place your order and pay as a guest. Remember to pick up your meal on your way upstairs.

<https://emenu.e-touch.com/Browse.aspx?s=313&ctx=new>

Grievances may be directed to the Education Department at 805-569-7325.

Grand Rounds will take place in Burtness Auditorium, Santa Barbara Cottage Hospital. No RSVP or advance registration is required.

Learn more about our Addiction Medicine services at:

cottagehealth.org/mentalhealth

CONTINUING EDUCATION UNITS

Physicians: Please note that due to changes in the requirements to qualify for CME's, Psychiatric Grand Rounds is no longer able to offer CME's.

Course meets the qualifications of 0.0 of continuing education credit for MFTs and/or LCSWs as required by the California Association of Marriage and Family Therapists (CAMFT Provider#57341) and Provider approved for 1 contact hour for RNs by the California Board of Registered Nursing (Provider #00252), through the Education Department, Cottage Health.

Free of charge for CH Employees and professionals affiliated to Cottage Health.
Others: \$15 unit.

Grand Rounds will take place in Burtness Auditorium, Santa Barbara Cottage Hospital