

WELCOME TO 2024 LEADERSHIP CONVENTION

Session will begin soon



A graphic of the state of Utah with a white outline. Inside the outline, the words 'DEVELOP', 'ADVOCATE', and 'ENGAGE' are stacked vertically in large, blue, distressed-style capital letters. A vertical dark green bar runs through the center of the state, containing the word 'UTAH' in white, distressed-style capital letters.

DEVELOP
ADVOCATE
ENGAGE

UTAH

Develop programs, resources, and leadership skills that enhance the lives of all children, youth, and their families.

Advocate by speaking on behalf of all children and youth in schools, in the community, before governmental bodies, and before other organizations that make decisions affecting children.

Engage the public in united and equitable efforts to secure the physical, mental, emotional, spiritual, and social well-being of all children and youth.

REVITALIZE YOUR PTA EXPERIENCE: BANISH BURNOUT AND CRUSH STRESS!

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I do not have any financial relationships to disclose



COMMUNITY HEALTH VISION

How We're Building Alignment

Community Health is driven by the needs of our communities and grounded in local perspectives and voice, as captured in community health needs assessments (CHNAs) and community health improvement plans (CHIPs).



We align with Intermountain's mission, vision, values, and strategy



We uphold and support the organization's nonprofit status



We achieve our goals through collaboration



We convene subject matter experts to guide our work



We use data to evolve our strategies and measure our impact



Improve mental well-being



Improve chronic & avoidable health outcomes, including injury prevention



Address & invest in social determinants of health

Within each priority area a framework including key health outcomes, equity, access, and value will be created:



Overall performance on key community and system outcome metrics



Disparities in outcomes by equity measures



Level of access to services/ programs



Value to the health system and community







HEALTHY LIFESTYLES

Healthy Bodies • Healthy Minds • Healthy Earth



HOPEFUL TAKE-AWAYS FROM OUR RESILIENCY & FLEXIBILITY TRAINING

Defining
Resiliency
& Flexibility

Some
Resiliency
& Flexibility
Skills, Tools
&
Resources

What is
resilience,
flexibility?
How do you
define
them?

What will I
commit to
do?

HOW RESILIENCE IS DEFINED IN THE LITERATURE

Resilience entails the maintenance of normal functioning despite negative events or circumstances, disruptions, or changes in demands.

Resilience refers to overall physical, mental, emotional, spiritual and psychological health, and has been described as the ability to “bounce back from adversity”.

It was once thought that resilience was rare and that you were either resilient or you weren't, like how we used to think you were just good at math or you weren't.

Internal and external factors affect your resilience.
What do you think some of those factors are?

FIVE DIMENSIONS OF HUMAN HEALTH: INTERNAL AND EXTERNAL FACTORS

Five
Dimensions:
Emotional,
Family,
Physical,
Social,
Spiritual

Positive
Emotionality,
The Tendency
to Search for
Benefits
through
Adversity

Hardiness,
Optimism,
Self-efficacy,
Coping
Strategies

Community
Support,
Friendships

Parental
Influence,
Opportunity,
Education



We're Better Together

FEELINGS WHEEL



Growth Mindset VS Fixed Mindset

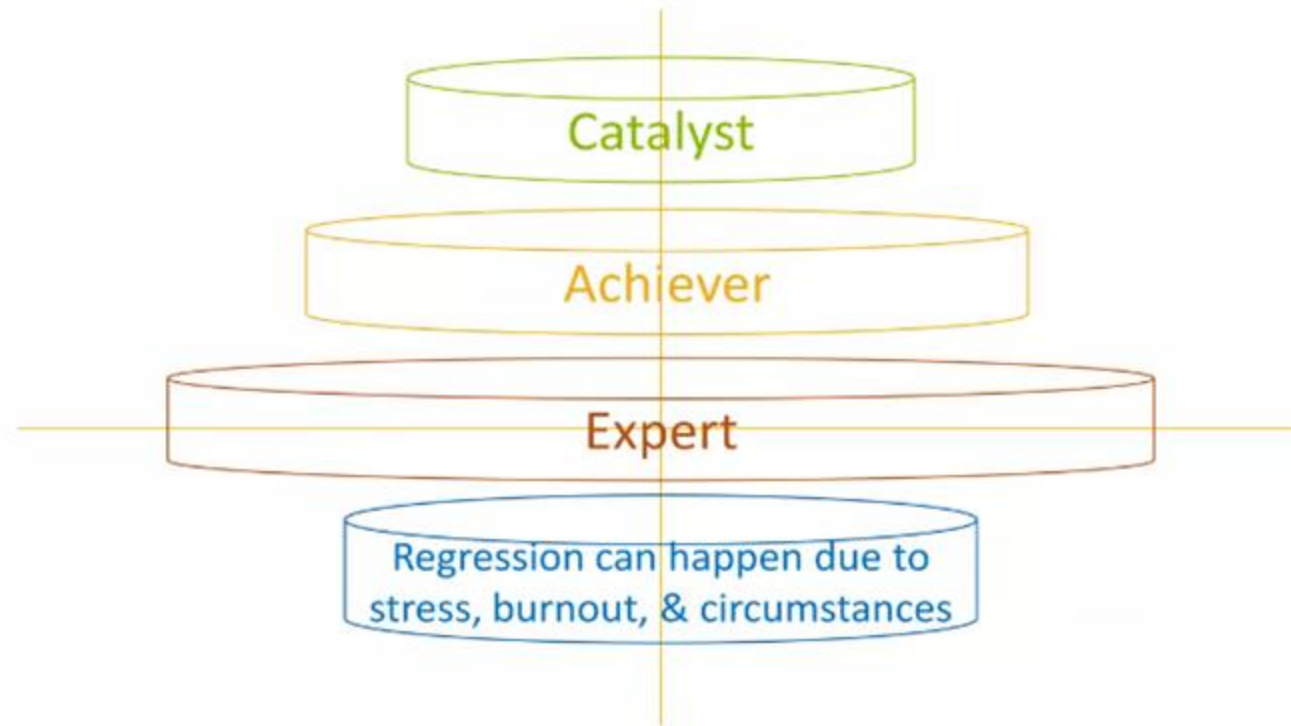


Developing Agile People is Enhanced by Coaching Conversations

A focus on both lateral and vertical development results is **greater agility**.

Horizontal: occurs through many sources; expands what we currently do and our current mental models

Vertical: much rarer: how we learn to see the world through new eyes; how we change; new mindsets and mental models



Cook-Greuter, Susan. (2004) (Updated 6/2016) Making the case for a developmental perspective. Industrial and Commercial Training. Vol 36 (7)

New Question - HOW will Leaders Become More Effective at Balancing Team Performance and Health?

Achievement

How a team **delivers** on service and quality, and performs **financially and operationally**



Wellbeing

How a team **collaborates**, **learns**, and **renews** themselves to achieve their highest aspiration



Music is the shorthand of emotion. Emotions, which let themselves be described in words with such difficulty, are directly conveyed to man in music, and in that is its power and significance.

Lea Tolstoy

WHAT SONG COULD BE YOUR THEME SONG FOR RESILIENCE AND FLEXIBILITY, YOUR BURNOUT PREVENTION SONG?

THE POWER OF MUSIC, OUR MIND AND EMOTIONS

- **This is my fight song
Take back my life song
Prove I'm alright song
My power's turned on
Starting right now I'll be strong
I'll play my fight song
And I don't really care if nobody else believes
'Cause I've still got a lot of fight left in me.**



Potential Personal Resources

[THE PARENT GUIDE TO RESILIENCE](#)



[BIG JOY](#)



[5 SIMPLE DAILY MINDFULNESS TIPS](#)



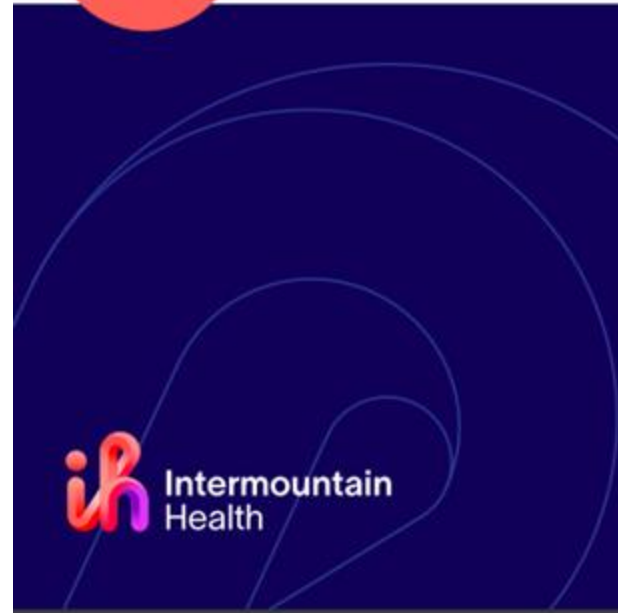
[MENTAL HEALTH](#)



52 weeks of individual and team activities in five categories:

Huddle Up Lift Up

52 prompts for each week of the year to support your emotional well-being



Mindfulness

Workplace

Gratitude

Social Connection

Self-Care & Growth



HUDDLE UP LIFT UP



WEEK

• 3 •

A Picture is Worth a Thousand Words

Find three pictures that make you laugh. Share one of these pictures with your team and talk about why this picture or experience makes you smile.

 Team Activity

“

Laughter is the language of the soul.

— PABLO NERUDA

”

WEEK

• 6 •

1-Minute Breath Meditation

Close your eyes and pay attention to your breath as you inhale and exhale for one full minute. Experience the breath coming in and the breath going out. Notice the path your breath takes through your body as you inhale and exhale.

 Team Activity

“

Pausing even for one minute can lower your blood pressure and ease your mind.

”

WEEK

• 22 •

Practice a Gratitude Moment

Share one thing that you are grateful for today, whether it is to be something at work or personally.

 Team Activity

“

Gratitude and attitude are not challenges; they are choices.

— ROBERT BRAATHE

”

+

If you have some of your own, great! If not google it, a picture is worth a thousand words, and these ones are worth as many laughs.



1-Minute Meditation with Breath Focus

gratitude

19



“The most authentic thing about us is our capacity to CREATE, to OVERCOME, to ENDURE, to TRANSFORM, to LOVE and to be greater than our suffering.”

**Ben Okri, Author of
“The Famished Road”**

“The most dangerous stories we make up are the narratives that diminish our inherent worthiness.”





“Change is hard. We can fight it and not survive. We can accept it and have a chance. Or we can lead it and prosper.” Mike Leavitt





Questions & Answers

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We're Better Together



CONNECT WITH US ON SOCIAL MEDIA



FACEBOOK

- Utah PTA
- Utah PTA Advocacy
- Utah PTA Super Secondary
- Utah PTA Excellent Elementary
- Utah PTA Treasurers
- Utah PTA Reflections
- Utah School Community Councils
- Real Men of Utah PTA

CONNECT WITH US ON SOCIAL MEDIA



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X - @UtahPTAOneVoice



PINTEREST - Utah PTA



YOUTUBE - Utah PTA One Voice

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