

WHAT'S IN YOUR FIRST AID KIT?

Resources and Tools to Help You Survive and Thrive



First Aid 
TOOLKIT



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What's in Your First Aid Toolkit?

Our Mission

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.





Jamie Aten, Ph.D.

**Founder and Executive Director,
Humanitarian Disaster Institute**

Keeping Your Battery Charged

Fortitude for the Wore Out

**First Aid 
TOOLKIT**

PRESENTER DISCLOSURE

Presenter Disclosure

Faculty: Jamie Aten, Ph.D.

I, Jamie Aten have no financial relationships or affiliations to disclose



Agenda

1

Rethinking Resilience

Why we need resilience, grit, and *fortitude*.

2

The New Science of Fortitude

When “bouncing” back isn’t possible.

3

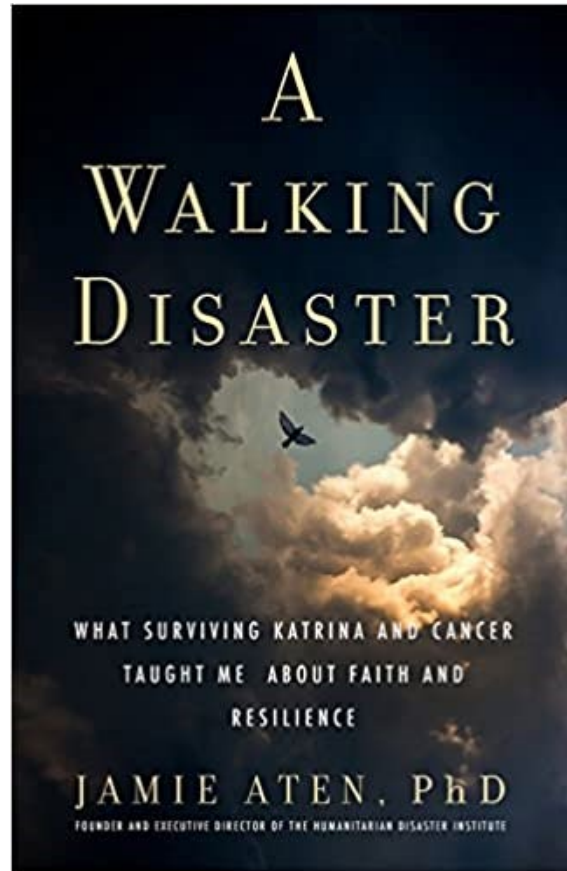
Fortitude Tools

Doing good in the face of adversity.

TOOLKIT

- Life-Giving Rhythms
- Humility
- Positive Social Support
- Meaning Making

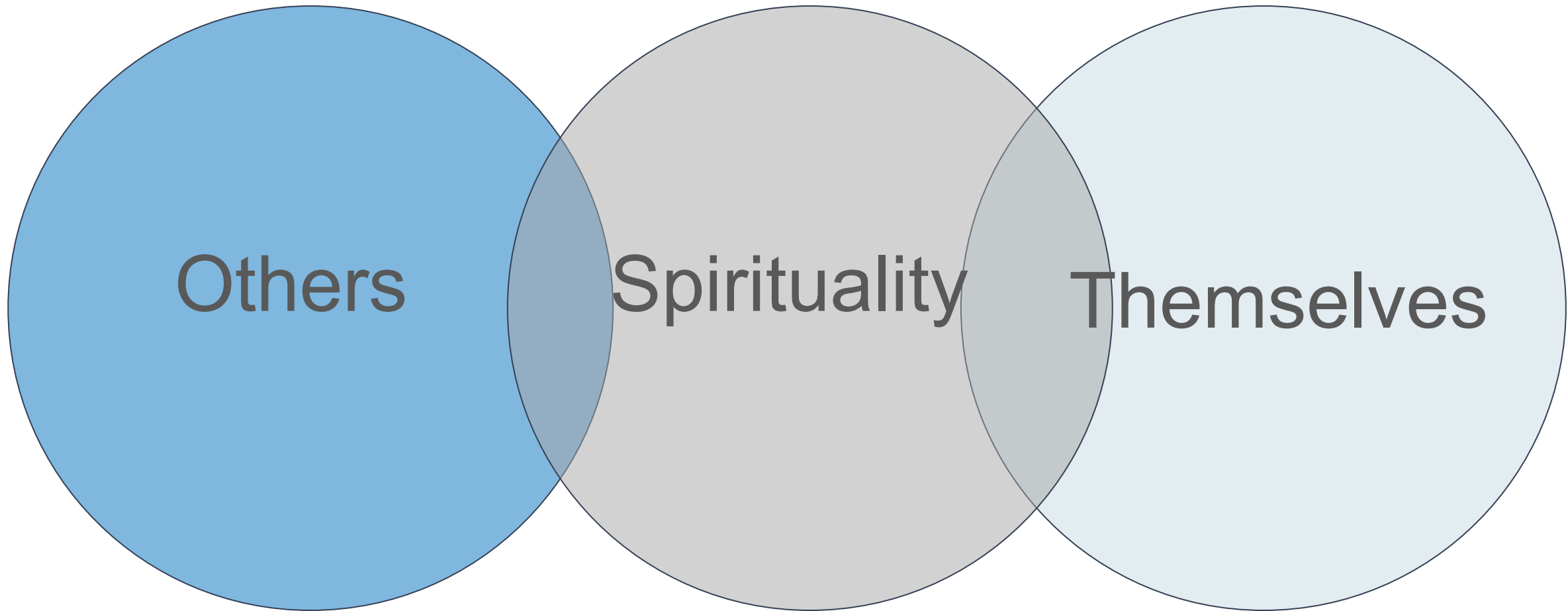
Rethinking Resilience

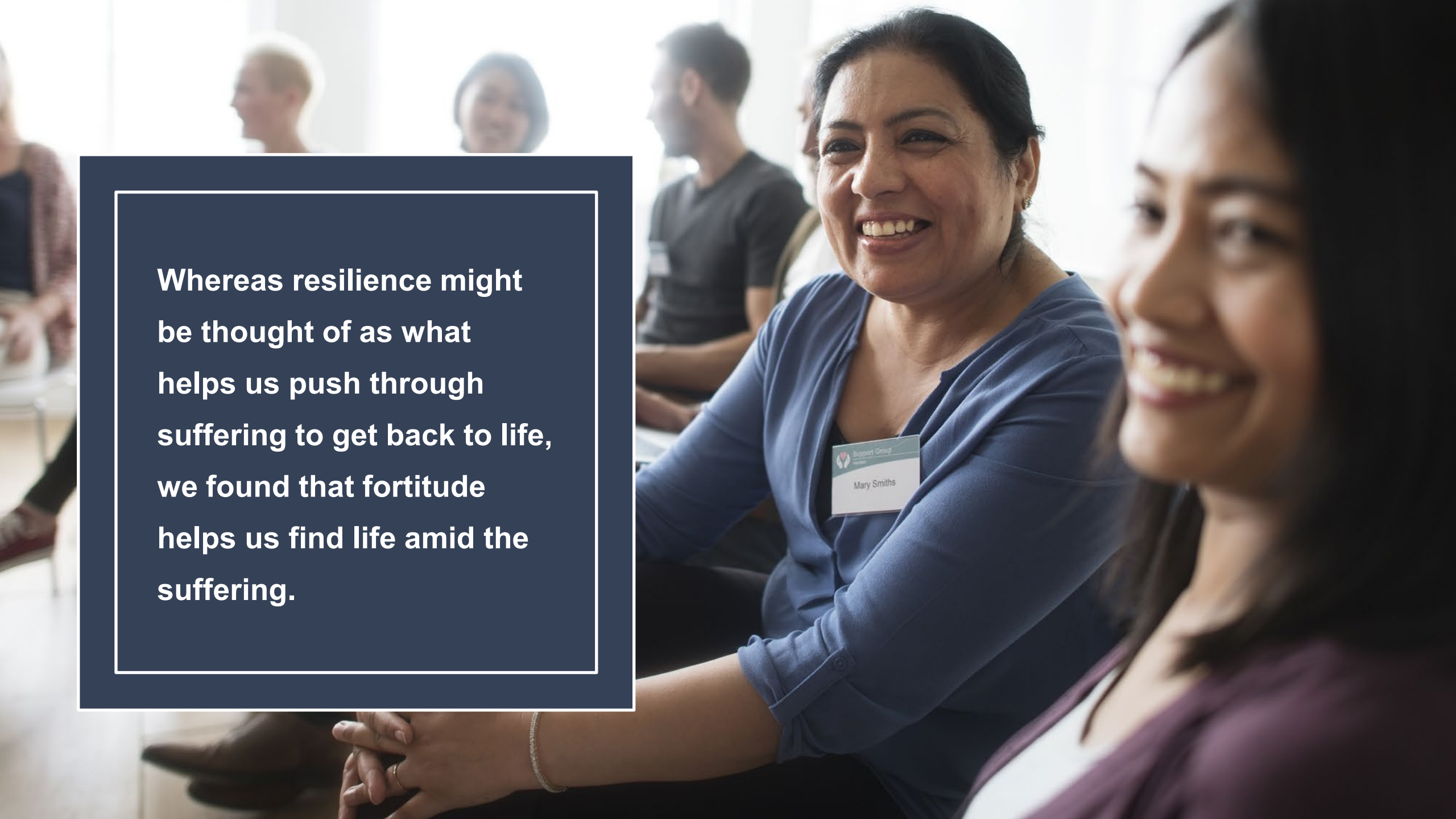


**Fortitude enables us
to reconceptualize
flourishing where a
positive outcome is
not guaranteed or
may be difficult for a
prolonged period.**



Fortitude enables people to endure and make redemptive meaning from adversity through connections with:





Whereas resilience might be thought of as what helps us push through suffering to get back to life, we found that fortitude helps us find life amid the suffering.

The New Science of Fortitude



Resilience

Bouncing back



Grit

Pushing through



Fortitude

Enduring adversity



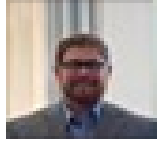
**Metabolize
suffering**



**Redeem
sense of
purpose**



**Cope in
chronic
circumstances**



Jamie Aten

Yesterday at 9:22am · Wheaton ·

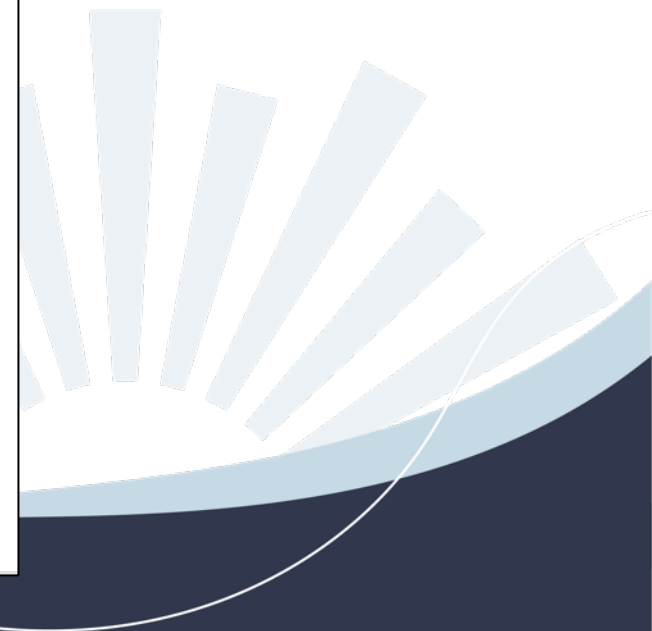
Had an intense dream last night. Found myself in an old and poorly constructed community center building near a coastline that has a basement prone to flooding. Then a hurricane warning goes off. The hurricane was headed straight for the front of the building according to weather projections. To my left was a river prone to overflowing. On my right was an old power plant. A condemned toxic chemical plant sat behind the building. Flash floods were already in effect and too strong to even make it to my car. I was trying to get people to take action. But everyone just wanted to "watch." Oh, and we were notified that a small plane was going to try and make an emergency landing on the community center's driveway because of the gale strength winds. I woke up before figuring out how to help and what the best course of action was. Thinking I might need to take a break from thinking about disasters for a day or two this weekend.

Like

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Life-Giving Rhythms





Cultural Humility and Hospital Safety Culture

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John M. Ruiz⁴ · Thomas Maryon⁵

Published online: 17 October 2016
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Abstract Hospital safety culture is an integral part of providing high quality care for patients, as well as promoting a safe and healthy environment for healthcare workers. In this article, we explore the extent to which cultural humility, which involves openness to cultural diverse individuals and groups, is related to hospital safety culture. A sample of 2011 hospital employees from four hospitals completed measures of organizational cultural humility and hospital safety culture. Higher perceptions of organizational cultural humility were associated with higher levels of general perceptions of hospital safety, as well as more positive ratings on non-punitive response to

error (i.e., mistakes of staff are not held against them), handoffs and transitions, and organizational learning. The cultural humility of one's organization may be an important factor to help improve hospital safety culture. We conclude by discussing potential directions for future research.

Keywords Culture · Humility · Safety · Hospital · Organization

Introduction

Humility





Positive Social Support

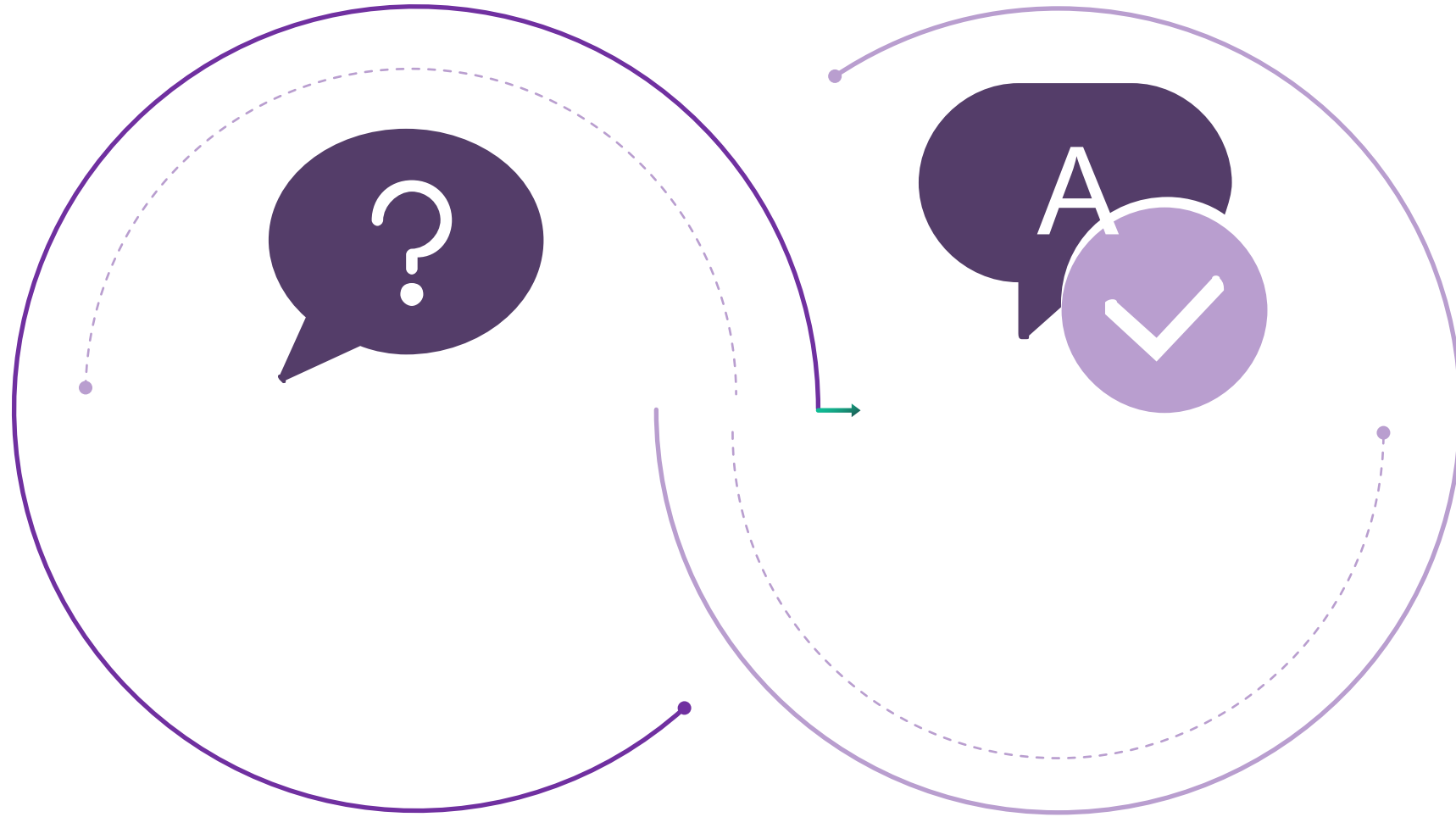




Meaning-Making



Q&A Session



Sponsorship and Acknowledgement



Stay Tuned for More Sessions

Date and Time	Session Title	Speaker
<p>5/1/21 1 pm – 2 pm EST</p>	<p>The Best Surge Protector: Self-Compassion</p>	<p>Emily Gentry, RN, BSN, OCN, HON-ONN-CG Navigation Director, Sarah Cannon Cancer Institute at Medical City Healthcare</p>
<p>5/15/21 1 pm – 2 pm EST</p>	<p>GPS for the Soul: Moving toward your values</p>	<p>Krista Nelson, MSW, LCSW, OSW-C Oncology Social Worker, Program Manager of Quality & Research, Cancer Support Services & Compassion, Providence Cancer Institute</p>
<p>6/5/21 1 pm – 2 pm EST</p>	<p>Beyond Band-Aids: Growing Mighty as a Team</p>	<p>Elizabeth M. Muenks, Ph.D. Psychologist, KU Medical Center</p>
<p>5/26/21 1 pm – 2 pm EST</p>	<p>Behind the Mask: Moral Distress and Compassionate Care</p>	<p>Lara Traeger, Ph.D. Assistant Professor, Psychiatry, Harvard Medical School Staff Psychologist, Department of Psychiatry, Mass General Hospital</p>
<p>7/10/21 1 pm – 2 pm EST</p>	<p>There Is Nothing Wrong with Your Kit: It's a System, Not a Self-Care Problem</p>	<p>Eucharía Borden, MSW, LCSW, OSW-C Senior Director, Health Equity and Clinical Services, Cancer Support Community</p>

For More Information



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COMMUNITY IS STRONGER THAN CANCER

