



# OCEACT Annual Statewide Conference 2023 Schedule of Events

Location: CH2M HILL Alumni Center  
Oregon State University  
725 SW 26<sup>th</sup> St.  
Corvallis, OR 97331

## Monday June 12<sup>th</sup>, 2023 Willamette Room 115

12:00 – 1:00 p.m.	Networking Lunch and Introductions
1:00 – 2:30 p.m.	<i>The Fentanyl Crisis and Team Resilience</i>  Lydia Bartholow, DNP, PMHNP, CARN-AP
2:30 – 2:45 p.m.	Break
2:45 – 3:45 p.m.	<i>Compassion, Burn out, and Renewal</i>  Eileen Mejia, MA
3:45 – 4:00 p.m.	Break
4:00 - 4:45 p.m.	<i>Compassion, Burn out and Renewal (continued)</i>  Eileen Mejia, MA
4:45 – 5:00 p.m.	Session reflection and closure



# OCEACT Annual Statewide Conference 2023 Schedule of Events

Location: CH2M HILL Alumni Center  
Oregon State University  
725 SW 26<sup>th</sup> St.  
Corvallis, OR 97331

## Team Leader Retreat Presenter Bios & Session Summary

### **Lydia Bartholow, DNP, PMHNP, CARN-AP**

Assistant Professor & Medical Director

University of California San Francisco UCSF & Central City Concern

[Lydia.bartholow.pmhnp@gmail.com](mailto:Lydia.bartholow.pmhnp@gmail.com)

Lydia (she/her) is a doctorally prepared psychiatric nurse practitioner with a specialty in addiction medicine and trauma informed care. She is a medical director at a large FQHC that focuses on houseless health care, and she is on faculty at UCSF where she teaches in the psychiatric nurse practitioner program. She speaks nationally on topics such as co-occurring disorders, harm reduction and substance use disorder care system improvement. She focuses all parts of her practice on radical public health, harm reduction and anti-oppression work. Lydia lives in Portland, OR, on Chinook, Kathlamet, Clackamas and Kalapuya land.

### **Session Summary:**

#### ***The Fentanyl Crisis and Team Resilience***

The US is in the midst of the third wave of the opioid crisis – a wave that is fueled by Fentanyl, an opioid that is far stronger than heroin or oxycodone. This opioid crisis affects vulnerable and marginalized populations at a higher rate than the general public and we are seeing its presence affect ACT teams across the state. This brief workshop reviews how and why we are in a fentanyl crisis, as well as how to engage in harm reduction work in the age of fentanyl and finally, what teams can do to support each other during these times.

#### Learning Objectives

1. Understand the three waves of the opioid crisis
2. Identify harm reduction strategies for clients who use fentanyl
3. Review team resiliency strategies for fentanyl losses

### **Eileen Mejia, MA**

Ambassador of Compassion

Eileen Mejia, LLC

[Eileen.mejia@gmail.com](mailto:Eileen.mejia@gmail.com)

Eileen Mejia, MA is an *Ambassador of Compassion* through Stanford University's Applied Compassion Program. As a Professor, Facilitator and Trainer for thirty years, Eileen uses evidence-based methods to facilitate compassionate, joyful community and high functioning teams. Her facilitation promotes harmony, resilience, self-discovery, and renewal. In Eileen's classes, workshops and retreats, participants experiment and explore. We ask questions and puzzle out answers. We enact curiosity and thoughtfulness. We grow beyond assumptions as we build on one another's unique knowledge and insights.

Participants are never coerced out of their comfort zones. Given agency over participation styles and choices, comfort zones tend to expand at each participant's own pace. Grounded in authentic humility and



# OCEACT Annual Statewide Conference

## 2023 Schedule of Events

Location: CH2M HILL Alumni Center  
Oregon State University  
725 SW 26<sup>th</sup> St.  
Corvallis, OR 97331

confidence, we co-create emergent synergy, developing new knowledge and new understanding. Generous, openhearted goodwill characterize Eileen's classes and workshops.

### Session Summary:

#### ***Compassion, Burn out, and Renewal***

Our goal is to promote compassion, resilience and joyful collaboration. In this workshop we will explore how to reduce empathy fatigue and activate skilled compassion as its antidote. Conceptual information will be integrated with experiential activities that are designed to invigorate your team dynamic and provide opportunities for renewal. Participants can expect a lively and engaging session.

#### Learning Objectives:

1. Participants will be introduced to the following concepts:
  - a. Empathy Fatigue
  - b. Empathic Distress
  - c. Skilled Compassion as an antidote to empathy fatigue
  - d. Two myths about burnout
  - e. Post Traumatic Growth
  - f. Compassion, Resilience, and Joyful Collaboration
2. Participants will engage experiential exercises to explore the conceptual information and integrate their insights to their team collaboration and compassionate community.
3. Due to the short duration of the workshop and size of the group this session will focus on a conceptual overview in two hours and we will lay the groundwork for participants' understanding about how to reduce empathy fatigue and engage skilled compassion, and to invigorate their team dynamic.



# OCEACT Annual Statewide Conference 2023 Schedule of Events

Location: CH2M HILL Alumni Center  
Oregon State University  
725 SW 26<sup>th</sup> St.  
Corvallis, OR 97331

## Eileen Mejia Handout

### Compassion Science Resources for OCEACT 2023

**Dowling, T. *Compassion does not fatigue!* Can Vet J. 2018 Jul;59(7):749-750. PMID: 30026620; PMCID: PMC6005077.**

The article explores neuroscience findings revealing that empathy, not compassion, causes fatigue and burnout. Author cites evidence to show that skillful compassion is an antidote to empathy fatigue, and that compassion itself is invigorating, not depleting. The author includes the foundational work of the neuroscience team Klimecki, Olga M., et al. (see *Differential pattern of functional brain plasticity after compassion and empathy training* cited below.)

**Dutton, J. and Worline, M. (2017). *Awakening Compassion at Work: The quiet power that elevates people and organizations.* Barrett-Koehler.**

Evidence-based exploration of compassion as a strategic imperative in any organization, using a process-oriented lens, and designing for compassion with a social architecture mindset.

**Eberhardt, J.L. (2020). *Biased: Uncovering hidden prejudice that shapes what we see, think and do* (2<sup>nd</sup> ed.) Penguin Books.**

The author explores neuroscience findings about unconscious bias and compassion, and offers evidence-based antidotes.

From publisher: “With a perspective that is at once scientific, investigative, and informed by personal experience, Dr. Jennifer Everhart offers us the language and courage we need to face one of the biggest and most troubling issues of our time. . . .Eberhardt shows us how we can be vulnerable to bias but not doomed to live under its grip.”

**Graham, L. (2013). *Bouncing Back: Rewiring your brain for maximum resilience and well being.* New World Library.**

The author explores brain plasticity and resilience. Practical, useful, down-to-earth.

From Rick Hanson (introduction): “She explores the intersection of brain science, relational psychology, and mindfulness practices to show us how to recover and develop resiliency.”



## OCEACT Annual Statewide Conference 2023 Schedule of Events

Location: CH2M HILL Alumni Center  
Oregon State University  
725 SW 26<sup>th</sup> St.  
Corvallis, OR 97331

Klimecki, Olga M., et al. *Differential pattern of functional brain plasticity after compassion and empathy training, Social Cognitive and Affective Neuroscience, Volume 9, Issue 6, June 2014, Pages 873–879, <https://doi.org/10.1093/scan/nst060>*

The article is among several by this group of researchers providing groundbreaking neuroscience evidence on how and why compassion cultivation training counteracts empathy fatigue and burnout. Their final conclusion:

“Whereas empathy training increased negative affect and activation in associated brain circuits, compassion training reversed these effects by strengthening positive affect and activation in networks associated to affiliation and reward. Compassion may, therefore, represent a very potent strategy for preventing burnout.”

From the Abstract: “. . .compassion training increased activations in a non-overlapping brain network spanning ventral striatum, pregenual anterior cingulate cortex and medial orbitofrontal cortex. We conclude that training compassion may reflect a new coping strategy to overcome empathic distress and strengthen resilience.”

**Mazzarelli, A. and Trzeciak S. (2019). *Compassionomics: The revolutionary scientific evidence that caring makes a difference. Studer Group.***

The authors focus on the health care industry to show how being kind is crucial to success. They provide evidence that Darwin did not conclude ‘survival of the fittest’. That was the flawed interpretation made later by biologist Herbert Spencer. Evidently Darwin’s actual conclusion was the opposite: “The communities with the greatest compassion for others would ‘flourish the best and rear the greatest number of offspring’” (xii). “In short, the body of scientific evidence supports that compassion actually protects the species” (xii).

**McGonigal, Kelly. (2016). *The science of compassion Sounds True***

Eleven audio sessions describe ground-breaking research in compassion science, and transformative practices for compassion cultivation. The author’s engaging style and heart-opening stories provide vivid and resonant examples.

From Sounds True Website:

“The unique quality of compassion. . . is that its benefits extend to the one who offers it, the one who receives it, and all those who witness compassion in action.”

**Parker, P. (2018). *The Art of Gathering: How we meet and why it matters. Penguin Press.***



## OCEACT Annual Statewide Conference 2023 Schedule of Events

Location: CH2M HILL Alumni Center  
Oregon State University  
725 SW 26<sup>th</sup> St.  
Corvallis, OR 97331

Palmer explores the importance of intentional planning for all gatherings, large, small, personal, corporate, diplomatic, etc. The book describes how attention to the social architecture of an event enables compassionate community to arise.

**Simon, T. (Ed.). (2016). *The Self-Acceptance Project: How to be kind and compassionate toward yourself in any situation.* Sounds True.**

The book explores the power of, and necessity for, practicing self-compassion. It is edited by the founder of Sounds True, Tami Simon. Her introduction is compelling. The collected essays are by Mark Nepo, Rick Hanson, Kristin Neff, Harville Hendrix, Geneen Roth, Tara Brach, Kelly McGonigal, Sharon Salzberg, Friedmann Schaub, Ruth McLaren, Steven C Hayes, Jay Earley, Erin Olive, Helen LaKelly Hund, Judith Blackstone, Bruce Tift, Jeff Foster, Raphael Cushmir, Geneen Roth, Colin Tipping, and Robert Augustus Masters. Section Titles: *Practicing Self Acceptance*, *Embodying Self Acceptance* and *Awakening Self Acceptance*.