



YAKAMA NATION BEHAVIORAL HEALTH SERVICES

To: Elizabeth Nason, Tribal Administrative Director *Elizabeth Nason*
Thru: Arlen Washines, Human Services Deputy Director *Arlen Washines 5/18/18*
From: Katherine Saluskin, Program Director *Katherine Saluskin*
Date: May 17, 2018
RE: Request for Employees to Attend Conference With Supervisor Approval

Yakama Nation Behavioral Health Services will be hosting our Mental Health Promotion conference June 28, 2018 from 8 am to 5 pm at the Heritage Winterlodge. The theme of the conference is Coping with Work and Family Stress. The conference will focus on employees and the community to participate and develop personalized stress management to maintain healthy lifestyles and connect to other Tribal resources, which can serve as support, as well as provide tools for burn out and compassion fatigue. The objective of the conference is to:

- Reduce work and family stressors
- Increase social support from supervisors and coworkers
- Enhance use of effective coping strategies
- Decrease use of avoidance coping strategies
- Reduce in depression, anxiety, and somatic complaints
- Reduction in alcohol consumption and other drugs

Since the target population for our conference is employees, we would like to request permission for employees to attend the conference during regular work hours with Supervisor approval. YNBHS will provide sign-in sheets and forward them to the respective programs to ensure employee participation and attendance, and indicate signature of approval on registration form.

If you have any questions, please contact me at extension 6203.