



Commitment Statement - Commission for Case Manager Certification (CCMC®) to the NAM Action Collaborative on Clinician Well-Being and Resilience

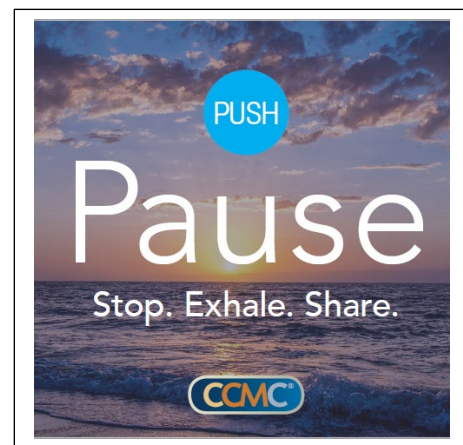
The Commission for Case Manager Certification (CCMC), founded in 1992, is the first and largest nationally accredited organization that certifies case managers and disability management specialists. As a non-profit, volunteer organization the Commission oversees the process of case manager and disability management specialist certification with its CCM® and CDMS® credentials.

As case managers and disability management specialists, our community takes pride in the mandate of the Triple Aim (improving the individual experience of care, improving the health of populations, and reducing the per capita cost of care) – all goals within the purview of the case management/disability management scope of practice. The Commission has adopted the quadruple aim – improving the work life of healthcare professionals – and has been committed to the well-being of our CCM and CDMS certificants, providing frequent continuing educational offerings to discuss the subjects of well-being and resilience in our community. In 2020, early in the pandemic, the Commission created the first of several surveys distributed to our certificant population. The responses were concerning. We saw diminishment of well-being and resilience. In response to the disquieting responses, the Commission created a series of short, 60-90 second videos to address the adverse trends we were seeing.

Push Pause.

Simple words...not so simple to do. Even in the best of times, taking a moment for yourself is crucial. The Commission invited some of the nation's top inspirational speakers to record moments of wisdom to inspire hope and resilience just for case managers. They are designed to help you frame the grind into grace notes, to rejuvenate your daily life, and to help you reflect on the tangible support you bring clients every day. Take a listen:

<https://ccmcertification.org/center-stage/push-pause>



Other Commission offerings to promote the well-being and resilience of our professionals can be found on our website www.ccmcertification.org.

CMLearning Network Webinars



- Burnout Care: Actionable Steps for Case Managers and Disability Management Specialists
- How to Build Your Well-Being to Thrive
- 7 Ways to Build Resilience: As a Person, As a Case Manager
- Actionable Solutions to Minimize “Deaths of Despair”: The Epidemic Within the Pandemic
- Sticks, Stones and Intimidation: How to Manage Bullying and Promote Resilience

Symposium Sessions

- Empathetic Leadership and Why it Matters Now
- Boundaries & Self Care: From Burnout to Thriving
- Holistic Stress Reduction and Burnout Prevention
- Be Careful: Personal Safety for Case Managers
- Escape Adulthood: Laughing Your Way to Less Stress



Issue Briefs

- Burnout care: Where's your care plan? It's time to heal ourselves and each other
- Baby steps: Enhancing your well-being – and that of your clients – is easier than you think
- Build Resilience Personally & Professionally: Seven Strategies for Case Managers
- The Epidemic Inside the Pandemic: We're dying from despair. Case managers can help.
- Cultivating moral resilience: Balancing heart and mind for a better practice and better you
- Speak up, speak out: It's time for case managers to take on the bullies

Take a Listen Podcast Series

- What are we feeling during COVID-19 and how can we manage those feelings?
- Four tips to help you get a handle on the COVID-19 pandemic
- Tips for successfully handling social isolation during the COVID-19 pandemic
- How being a CCM benefits mental and behavioral health professionals