

Annual Congress on Mental Health

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MyFOURmula™ and the MyFOURmula Way™ - A self-health practice for practitioners and recipients of services to eliminate burnout



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Burnout today, whether professionally or personally, is increasing due to the lack of time and attention devoted to one's own physical, mental, spiritual and emotional health and well-being. Since 1970's, the studies have shown that burnout continues to be a significant factor in retaining employees in the health and human services industries, overall job satisfaction, as well as negatively affecting employee's home lives. Subsequently, since many recipients of services are also experiencing burnout themselves, the level of care that is being delivered can be compromised if the practitioner is not following their own consistent health and wellness practice. A self-health model, incorporating physical, mental, spiritual and emotional activities, available to health and human services professionals has not been established. MyFOURmula™ and The MyFOURmula Way™ is a self-health practice that provides a foundation of simple, effective and achievable tools and techniques to combat the symptoms of burnout. The practice has also been the foundation of successful recovery outcomes for individuals who live with mental health and/or substance use disorders. Health care programs in New York, that have followed the program consistently, have shown morale improvement in the work environment, increase employee retention and overall job satisfaction. A theory being further developed in this study is that when practitioners follow this self-health and wellness model, the service delivery to the recipients of those services will lead to increased customer satisfaction and better service recipient outcomes.

Biography

Raymond Rodriguez has spent 9 years in recovery from MH, SUD and the school of hard knocks. He has a BA in Psychology from Herbert H Lehman College, Bronx, NY, and is Certified as a Professional Life Coach, NYS Peer Specialist, Recovery Peer Advocate and 1st Dan Black Belt in Tang Soo Do. He recently got selected as Regional Director of Behavioural Health Peer Services in New York State. He is a Board and Committee Member of numerous local, regional, state and international initiatives and, is the Creator and Founder of MyFOURmula™ and The MyFOURmula Way™.

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