

FREE
COMMUNITY EVENT

Virtual Psychiatric Grand Rounds

Tuesday, April 28, 2026

Noon to 1:30 p.m. PDT

(No meals or breaks provided)

SPEAKER:

Dena Hubbard, MD
Neonatologist, Santa Barbara
Cottage Hospital

Please register at:

[cottagehealth.org/
psychgrandrounds](https://cottagehealth.org/psychgrandrounds)

After registering you will receive a confirmation email containing information about joining the training.

This is a free community event. No consequence for non-attendance.



Shattering the Stigma: Advocacy for Trauma-Informed Care and Mental Health Services for Healthcare Heroes

Join us for Psychiatry Grand Rounds as we explore the critical role of trauma-informed care in fostering wellness among healthcare workers. This session will address the profound impact of trauma and burnout on healthcare professionals, emphasizing the importance of a supportive culture that prioritizes mental health, resilience and the well-being of healthcare professionals.

LEARNING OBJECTIVES:

Participants will be able to:

- Explain the three principles of trauma-informed care and their relevance to physician and healthcare worker wellness.
- Identify four common stressors and traumatic experiences in healthcare settings that affect professional well-being and mental health.
- Specify two strategies to normalize seeking mental health services within the healthcare profession and champion policies promoting resilience and wellness.



DENA K. HUBBARD, MD, is a neonatologist and Director of Quality at Santa Barbara Cottage Hospital's NICU. Born and raised in Missouri, Dr. Hubbard's love for travel has led her to a very unconventional commute from Kansas City to Santa Barbara! Dr. Hubbard completed her Doctor of Medicine and Residency in Child Health at the University of Missouri-Columbia and her fellowship in Neonatal-Perinatal Medicine at Children's Mercy and University of Missouri-Kansas City.

Dr. Hubbard is a fierce activist for system changes to decrease waste and increase joy in medicine through lean processes, multidisciplinary team communication and quality improvement. Dr. Hubbard provides skilled mentorship to colleagues and trainees in advocacy for infants, maternal-child health, and surviving and thriving in the profession of medicine. She is an ambassador for the Dr. Lorna Breen Heroes Foundation, an organization advocating for the professional well-being and mental health of health care workers.

Active in the American Academy of Pediatrics (AAP), Dr. Hubbard serves on the AAP Committee on State Government Affairs, AAP inaugural Trauma Informed Care Champions program, and is current Chair of the Women In Neonatology (WiN) subgroup of the AAP Section on Neonatal-Perinatal Medicine.

Virtual Psychiatric Grand Rounds

PROGRAM COORDINATOR

Paul Erickson, MD

ADMINISTRATIVE COORDINATOR

Frances McKinney

EDUCATION CONSULTANTS

Kim Blair, BSN, RN-BC, PMH

Stephanie Molina, LMFT, CEAP

Tamara Norton, MHS, CPCS

TARGET AUDIENCE

Addiction Counselors

Clinical Nurse Specialists

Counselors

Marriage & Family Therapists

Nurse Practitioners

Nurses

Occupational Therapists

Occupational Therapy Assistants

Other Mental Health Professionals

Pharmacists

Physicians

Psychologists

Psychotherapists

Social Workers

04/2026 RLC

CAMFT / BRN CONTINUING EDUCATION CREDITS FOR COTTAGE HEALTH EMPLOYEES

Attendance for the full hour and Zoom registration is required to receive credit. CE credit is not offered for meals or breaks.

LMFTS, LCSWS, LPCCS AND LEPS: Course meets the qualifications for one hour of continuing education credit as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.

REGISTERED NURSES (RNS): Provider approved by the California Board of Registered Nursing, Provider #00252 for 1.0 contact hour.

CERTIFICATES: Cottage Health employees will receive certificates in Compass Learning after completed evaluation is processed.

FOR PHYSICIANS AND PSYCHOLOGISTS

PHYSICIANS: The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.



The Santa Barbara County Consortium for Continuing Medical Education designates each live activity listed for a maximum of *1.0 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at tnorton@sbch.org or 805-569-7245.

Notes

GRIEVANCES: Contact the Education and Nursing Professional Development Department at 805-569-7325.

SPECIAL ACCOMMODATION: If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

DISCLOSURES: The planners and speaker of this live internet activity have no relevant financial relationships with ineligible companies. This activity did not receive commercial support.