



HOMELESS &
HOUSING
RESOURCE
CENTER

Supporting Resiliency in Housing and Health Professionals


July 15, 2022

Disclaimer

The **Homeless and Housing Resource Center** is a program operated by Policy Research, Inc. and developed under grant 1H79SM083003-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). Interviews, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.



ASL Interpretation and Transcription

- We have arranged for ASL interpretation services during this meeting. The ASL interpreters are:
 - **Kim Morreale**
 - **Meagan Thorp**
- Live transcription is available
 - Click Live Transcript  and then select Show Subtitle
 - Subtitles can be moved within the window and re-sized
- If you are experiencing technical difficulties, please contact info@hhrctraining.org





Webinar Instructions

- All participant lines will be muted and the chat feature is disabled
- **Questions:** Please submit your questions using the Q&A feature
- **Slides:** Available now on HHRC website: <https://hhrctraining.org/events-webinars>
- **Recording:** Will be available on the HHRC website in 1 week
- **Evaluation:** Link will be shared at the end and browser should redirect you
- **Certificate of Participation** (no CEUs are offered): Provided after the evaluation is completed

Today's Presenters

Laura Leone

LauraL@thenationalcouncil.org



Elizabeth Burden

ElizabethB@thenationalcouncil.org





Learning Objectives

After this webinar, participants will be able to:

- Describe the rationale for self-care and resiliency skills among supervisors and supervisees
- Recognize the ABCs of self-care and wellbeing
- Identify tools and resources to promote individual and organizational self-care and resiliency

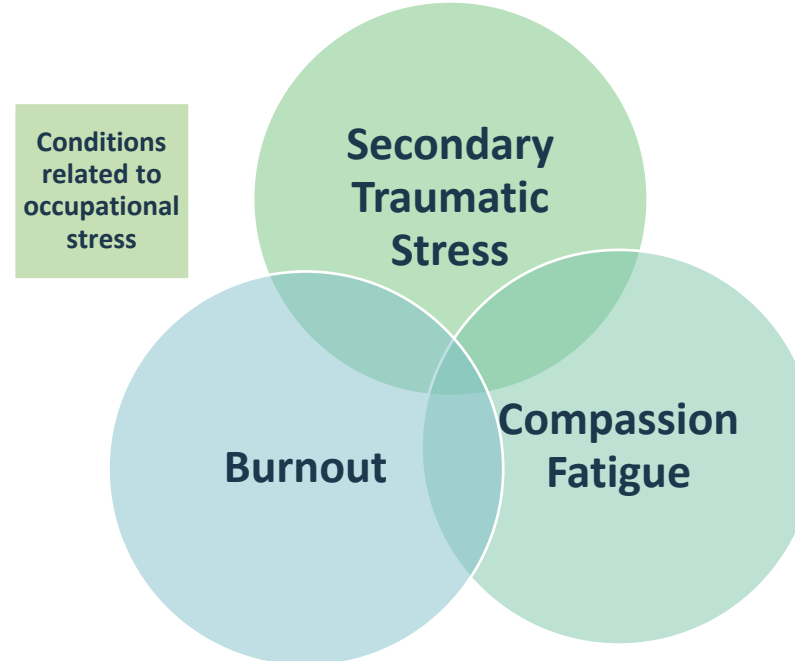


Why Build Resilience

Rationale for Resiliency



- Consequences for individuals and organizations
- Interrelationship of secondary traumatic stress, compassion fatigue and burnout
- Multidimensional approach to prevention & intervention



**Building Resiliency:
A Guide for Supervisors
of Housing and
Health Professionals**

JULY 2022



Building Resiliency: A Guide to Self-care for Health & Housing Professionals

Information, resources & tools for supervisors to engage in their own self-care and to encourage self-care among supervisees.

[Download the Guide](#)



Self-Care & Wellbeing: The ABCs



The ABCs Framework



Awareness

- Experiences
- Thoughts and feelings
- Resources and support



Balance

- Professional boundaries
- Work, play, and rest
- Types of work



Connection

- Yourself and others
- Bigger perspective
- Bigger picture



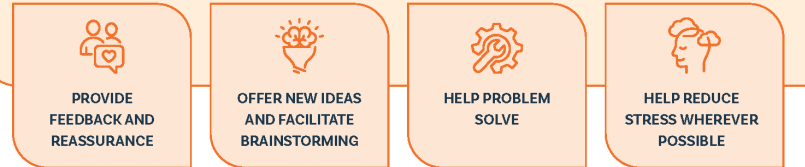
Promoting Self-care & Resilience Among Supervisees

Promoting Self Care and Resilience Among Supervisees

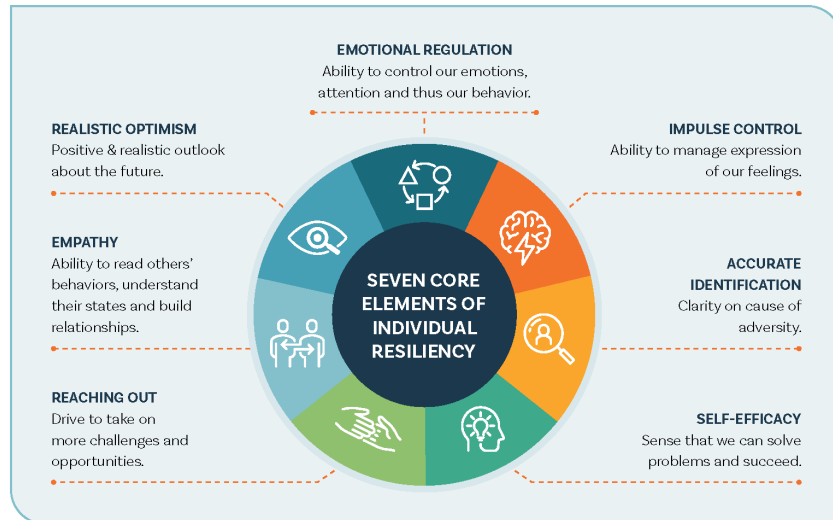


SUPERVISION is the process of providing support so that staff can be successful in their roles and responsibilities. It is an opportunity to promote healthy working relationships, healthy boundaries, and opportunities for growth. Staff **self-care** (or lack thereof) impacts every area of work. Encouraging self-care is an important part of that supervision and can happen in many ways.

Supervisors...



RESILIENCY can be defined as the ability to adapt well to stress, adversity, trauma, or tragedy, or as the capability to cope successfully in the face of significant change, adversity, or risk.

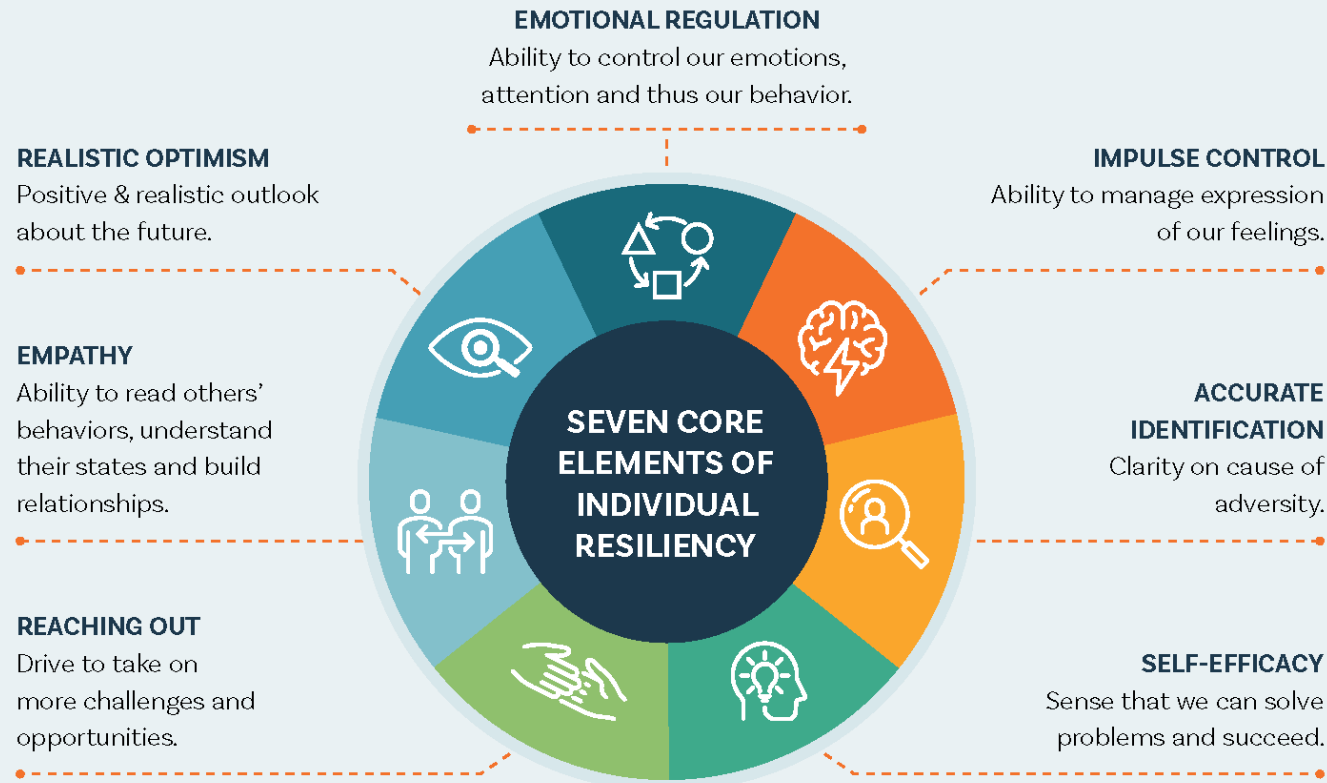


Promoting Self-Care and Resilience Among Supervisees

New 2-page Infographic with key supervision tasks and strategies

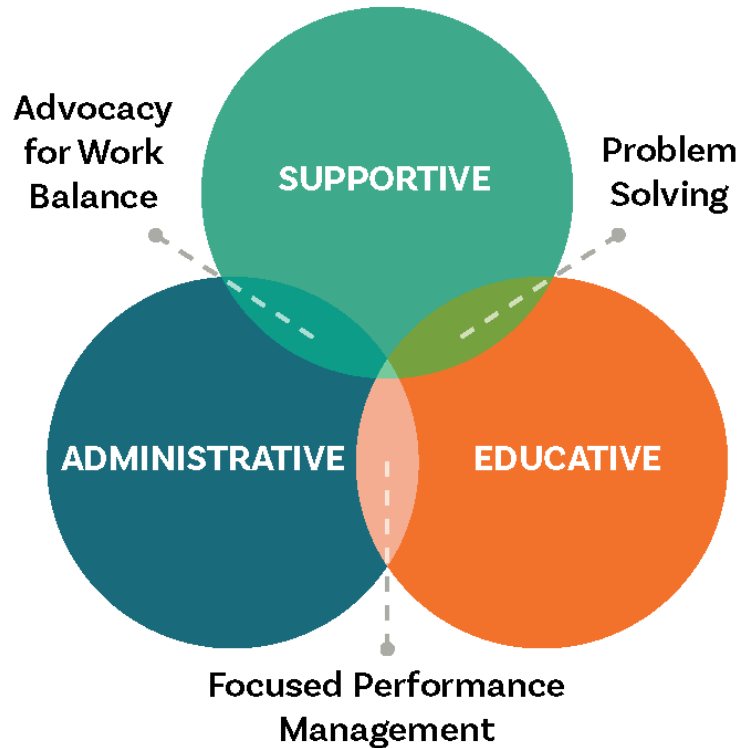
[Download the Infographic](#)

Resiliency & Its Core Elements



Supervision & Resiliency

STRENGTHS-BASED SUPERVISION FOR SELF-CARE AND RESILIENCE



General Elements

1. **Supportive** – *Morale & satisfaction*
2. **Educative** – *Effective training & development*
3. **Administrative** – *Effective implementation of policies & procedures*



Promoting Organizational Wellness



Organizational ABCs

- **Awareness** – begins with gaining clarity on the lived and experienced values, culture, and climate of your organization
- **Balance** – ensure that the values, culture, and climate align with organizational wellness
- **Connection** – reflects the ways that the organization brings pieces together into a common whole

Addressing Burnout



- Develop an *employee protection plan* – aligning organizational policy and practice with tools & strategies to promote wellness

Example:

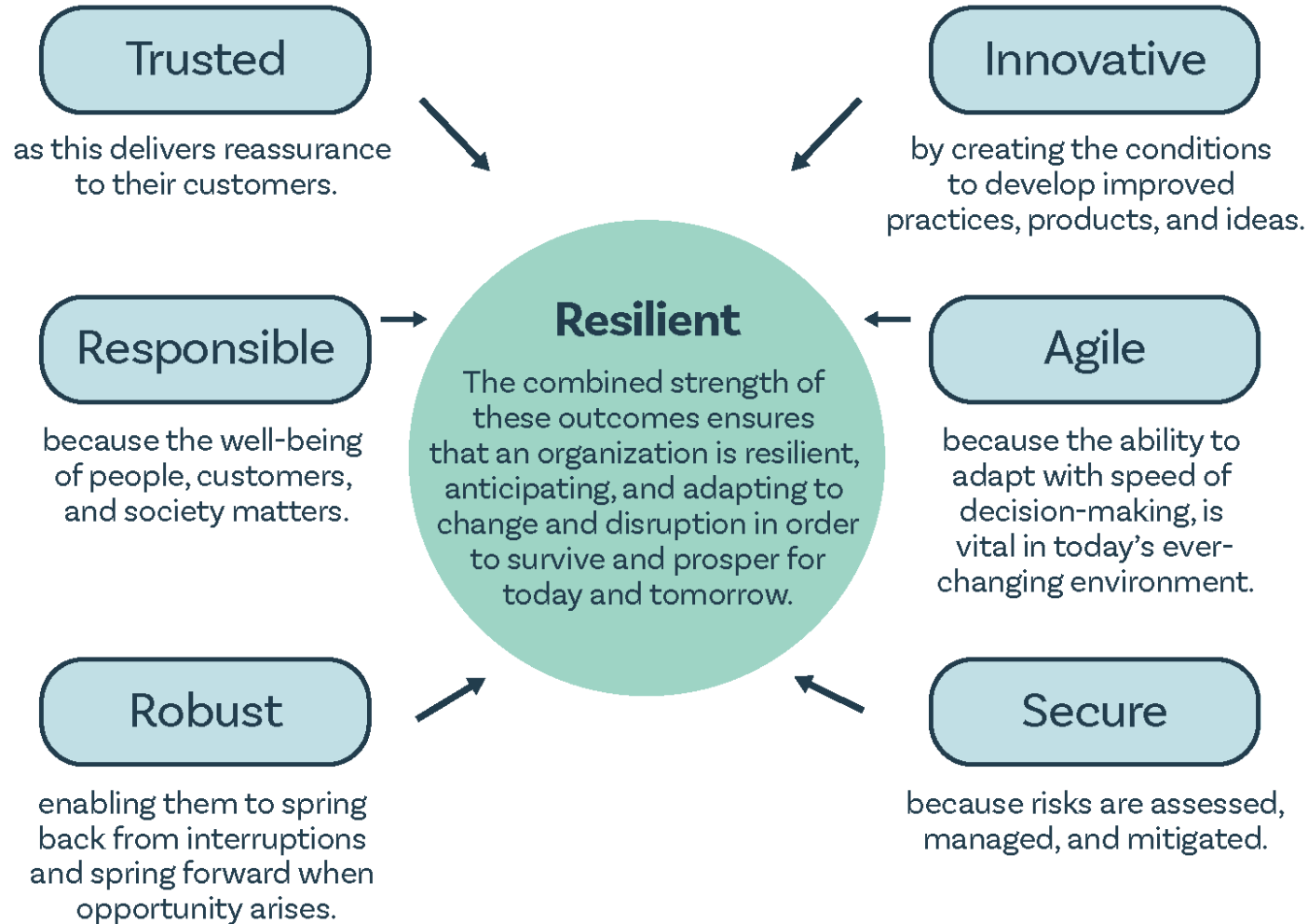
Organizational Element

Foster connections, commitment, mutuality, cohesion

Organizational Policy/Practice

- Initiate friendly conversations
- Meet with your team regularly
- Organize team building events
- Make work meaningful - structure job to include meaningful tasks to be meaningful and clarify how jobs and tasks support the organizational mission

Promoting Resilience Through Trauma-Informed Approaches



Source: British Standards Institution. 2018.
[Organizational Resilience Pocket Guide.](#)

Perspective From the Field - Primavera Foundation

Peggy Hutchison



Denise Lopez





HOMELESS &
HOUSING
RESOURCE
CENTER

Office Hours July 22, 2-3pm ET

[Registration Link](#)



Evaluation and Certificate of Participation

<https://lanitek.com/P?s=703999>



Thank You!

SAMHSA's Homeless and Housing Resource Center provides high-quality, no-cost training for health and housing professionals in evidence-based practices that contributes to housing stability, recovery, and an end to homelessness.

Contact Us:

<http://hhrctraining.org/>

info@hhrctraining.org

518-439-7415x4

