


HOMELESS & HOUSING RESOURCE CENTER

Supporting Resiliency in Housing and Health Professionals



July 15, 2022



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Disclaimer



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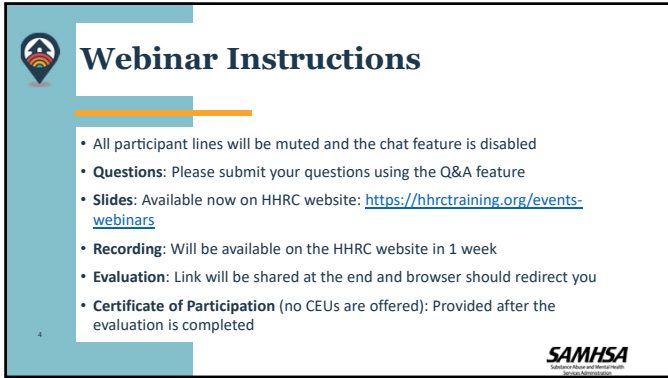
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ASL Interpretation and Transcription

- 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

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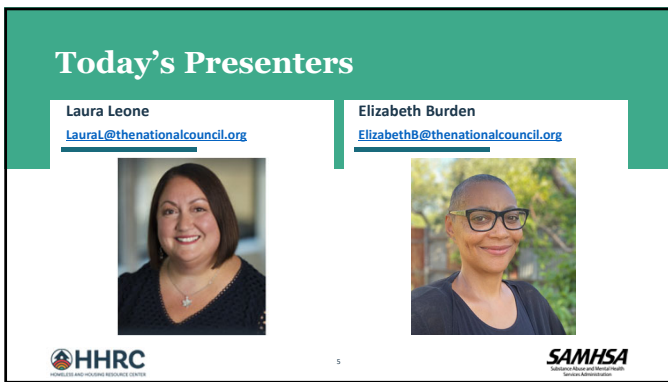


Webinar Instructions

- 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


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Today's Presenters

Laura Leone
Laural@thenationalcouncil.org

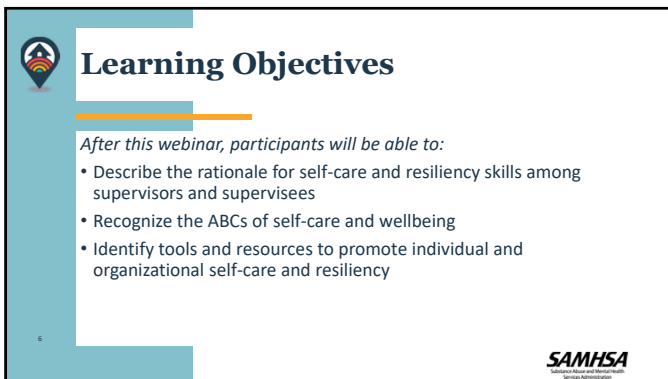


Elizabeth Burden
ElizabethB@thenationalcouncil.org



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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

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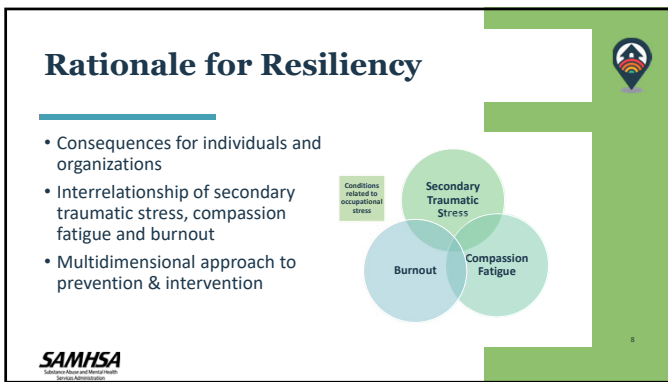
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Why Build Resilience

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Rationale for Resiliency

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

Conditions related to occupational stress

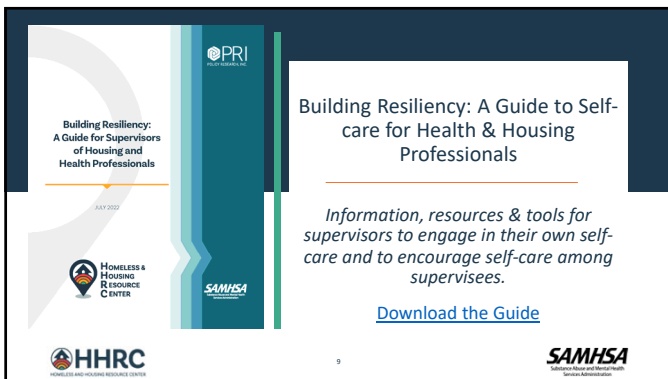
Secondary Traumatic Stress

Burnout

Compassion Fatigue

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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](#)

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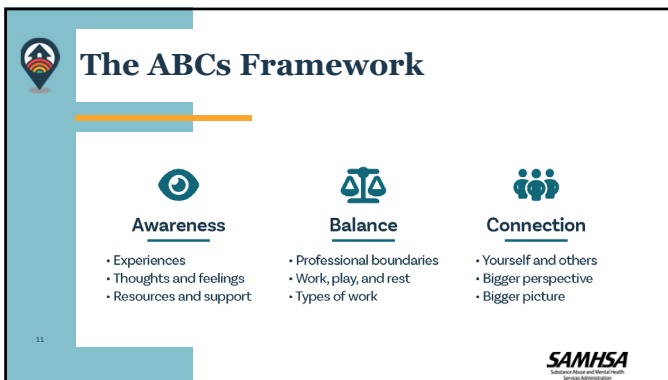


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Self-Care & Wellbeing: The ABCs

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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

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Promoting Self-care & Resilience Among Supervisees

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Promoting Self Care and Resilience Among Supervisees

DEFINITION: The process of providing support to staff that recognizes their individual needs and capabilities, and empowers them to work safely, effectively, healthily, and productively. Staff who work in high-stress positions need and deserve self-care interventions that support their overall well-being.

Importance:

- IMPROVE PERSONAL WELL-BEING
- IMPROVE RESILIENCE AND RESILIENCE
- IMPROVE PRODUCTIVITY
- IMPROVE EMPLOYEE RETENTION

KEY TAKEAWAYS: Self-care is a skill that can be taught and learned. It is a personal responsibility to take care of one's own well-being. Self-care is not a luxury, it is a necessity.

EMOTIONAL REGULATION: Ability to control our emotions, attention and thus our behavior.

IMPULSE CONTROL: Ability to manage expression of our feelings.

ACCURATE IDENTIFICATION: Clarity on cause of adversity.

SELF-EFFICACY: Sense that one can solve problems and succeed.

REACHING OUT: Drive to take on more challenges and opportunities.

EMPATHY: Ability to meet others' behaviors, understand their status and build relationships.

REALISTIC OPTIMISM: Positive & realistic outlook about the future.

SEVEN CORE ELEMENTS OF INDIVIDUAL RESILIENCY

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Promoting Self-Care and Resilience Among Supervisees

New 2-page Infographic with key supervision tasks and strategies

[Download the Infographic](#)

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Resiliency & Its Core Elements

EMOTIONAL REGULATION: Ability to control our emotions, attention and thus our behavior.

IMPULSE CONTROL: Ability to manage expression of our feelings.

ACCURATE IDENTIFICATION: Clarity on cause of adversity.

SELF-EFFICACY: Sense that one can solve problems and succeed.

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SEVEN CORE ELEMENTS OF INDIVIDUAL RESILIENCY

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Supervision & Resiliency

STRENGTHS-BASED SUPERVISION FOR SELF-CARE AND RESILIENCE

General Elements

- Supportive** – Morale & satisfaction
- Educative** – Effective training & development
- Administrative** – Effective implementation of policies & procedures

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Promoting Organizational Wellness

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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

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Addressing Burnout

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

Example:

Organizational Element	Organizational Policy/Practice
Foster connections, commitment, mutuality, cohesion	<ul style="list-style-type: none"> • 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

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Perspective From the Field - Primavera Foundation

Peggy Hutchison



Denise Lopez




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Office Hours

July 22, 2-3pm ET

[Registration Link](#)

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Evaluation and Certificate of Participation

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

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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://hhctraining.org/> | info@hhctraining.org | 518-439-7415x4

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