COVID-19 Housing Provider Sharing & Problem Solving Session

June 18th, 2020
2:30 pm - 3:30 pm
Today’s Topics

Self-Care for Providers

Wrap-up and Next Topic(s)
Presenters

Sierra Petersen- NAMI (National Alliance on Mental Illness)
Self-Care Discussion & Activity

Sierra Petersen, MSW | Training Coordinator
• Burnout
• Lack of boundaries
• Overcommitment
• Despair
• Change in worldview

COMMON RESPONSES FOR THOSE IN HELPING PROFESSIONS (AKA YOU!)
SELF-CARE

• Includes positive coping skills
• Also includes more difficult tasks (setting boundaries)
• Self-compassion is key
COMMUNITY CARE

• We are not the sole individuals responsible for wellness
• Understand it is okay to be burned out by the system
• We are here for you
WELLNESS CARD

When I am feeling stressed or upset, I'll take the following steps:
1. [Activity or skill] ____________________________
2. [Activity or skill] ____________________________
3. [Activity or skill] ____________________________
4. Repeat all of the above!
HOW I PREFER TO CHECK IN WITH OTHERS
If I continue to feel the same way, if things get worse, or I start to feel unsafe I will call [Emergency contact & #] ________________________________

[The NAMI Chicago Helpline - 833.NAMI.CHI]
[The National Suicide Prevention Lifeline - 1.800.273.TALK]

If I feel like I am in danger of hurting myself I will:
Call 911 or go to the emergency room.
REACH OUT FOR SUPPORT WHEN YOU NEED IT

NAMI Chicago is here for you.
Q&A

Please type your questions in the chat/question pane
1. As a provider, I am tasked with supporting my team, participants, and boss. How can I have a conversation with my boss about supporting self-care I have a sense it is not a priority, and I do not want to get burnout.

2. Is it okay to stop a session if I am feeling burnout, and how can I do it without offending my client?

3. Do you have tips on how to keep stress at bay since I have been dealing with demanding clients, and it is causing me to lose sleep and focus?

4. COVID-19 response has been a challenge, but now all of the talks of recovery and the protesting is causing anxiety. How do I cope? I do not feel I can share with my supervisor, who is honestly acting the same way. Is there a team activity I can share to aid us?
Future Topics & Next Session
Future Topics & Next Session

Future Topics

1. Christine Riley, DFFS will lead a panel discussion on what is happening in the homeless shelter and work with the sheltered and unsheltered during COVID-19

2. ??? (Put it in the chat)

3. Email (twinbush@allchicago.org)

Next Session

Thursday, June 25th
2:30 pm – 3:30 pm
Same Link as This Week?

Would you like to help plan or facilitate a future session?
Contact Torelen (twinbush@allchicago.org)