



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)



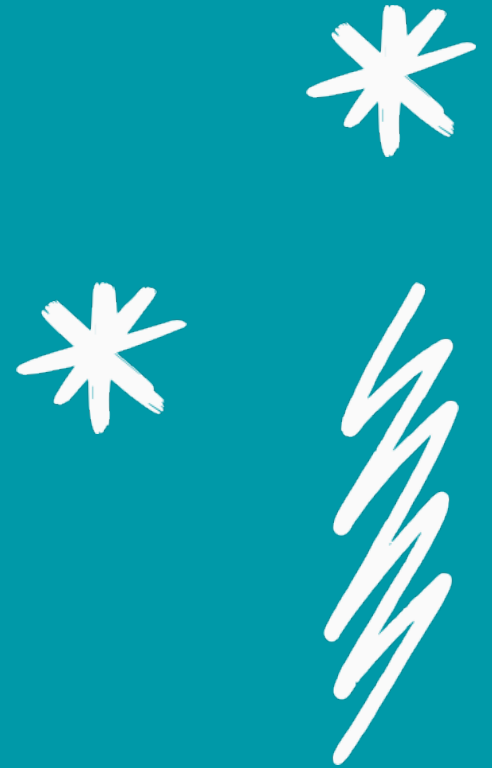
Presenters

Sierra Petersen- NAMI(National Alliance on Mental Illness)




all Chicago 
making homelessness history

Self-Care Discussion & Activity



Sierra Petersen, MSW | Training Coordinator



- 
- Burnout
 - Lack of boundaries
 - Overcommitment
 - Despair
 - Change in worldview

COMMON RESPONSES FOR THOSE IN HELPLING 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

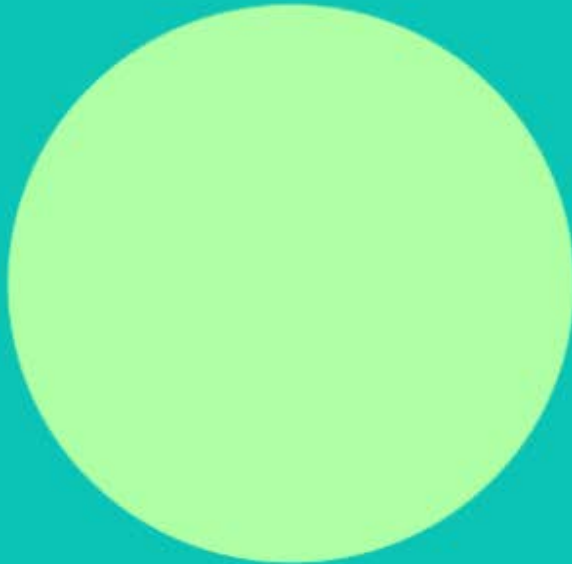


WELLNESS CARD

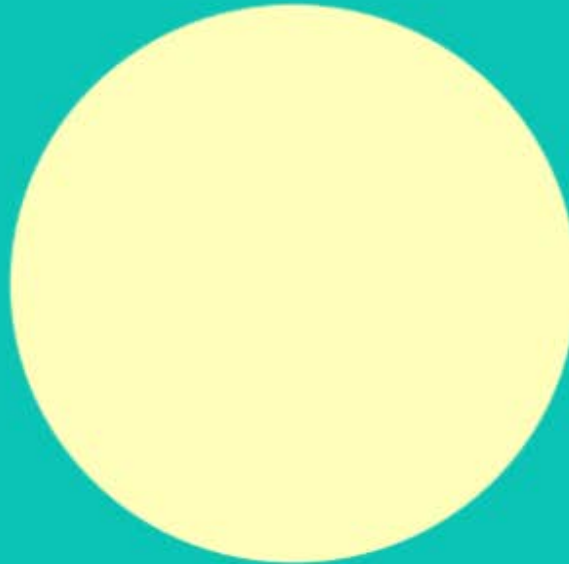
When I am feeling stressed or upset, I'll take the following steps:

1. [Activity or skill] _____
2. [Activity or skill] _____
3. [Activity or skill] _____
4. **Repeat all of the above!**

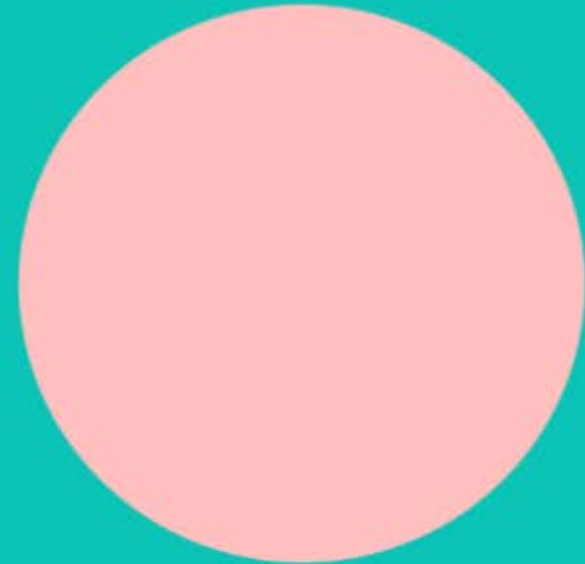
**SIGNS THAT
I AM DOING WELL**



**SIGNS THAT
I NEED MORE HELP**



SIGNS OF CRISIS



HOW I PREFER TO CHECK IN WITH OTHERS

A large, empty white rectangular box intended for a user to write their preferred method of checking 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.***

NAMI
CHICAGO
HELPLINE

LÍNEA DE AYUDA DE NAMI CHICAGO

833.NAMI.CHI
(833.626.4244)

Monday – Friday
lunes a viernes
9am – 8pm

Saturday – Sunday
sábado a domingo
9am – 5pm

   @NAMICHicago

namichicago.org

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



Question from the Audience:

- 1. As a provider, I am task 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)**

