

Welcome! We will begin shortly.

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Slides/Materials: Can be accessed at <https://soarworks.samhsa.gov/events>.

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Caring for Ourselves While Caring for Others: Wellness for SOAR Case Workers

Substance Abuse and Mental Health Services Administration
(SAMHSA) SOAR Technical Assistance Center
Policy Research Associates, Inc.

August 24, 2022



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Substance Abuse and Mental Health
Services Administration

Disclaimer

The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).

Webinar Instructions

- Slides/Materials: Available at <https://soarworks.samhsa.gov/events>
- Recording: Will be available within 1 week
- Questions: Please submit questions using the Q&A feature
- All participant lines will be muted and the chat feature is disabled
- Evaluation: Your browser will redirect you to a survey following the webinar.

Purpose and Objectives

- Learn how to incorporate wellness strategies to promote life-work integration at your agency
- Learn how to apply information on wellness and understand its impact on reducing stress and preventing burnout
- Learn how to access resources available to you, your organization, and community
- Feel more relaxed, less stressed, and motivated after participating in today's wellness demonstrations

Agenda

Presenters

- Dan Coladonato, SOAR Project Associate II, SAMHSA SOAR TA Center, Delmar, New York
- Robert Statham, Training & Technical Assistance Facilitator, New York Association of Psychiatric Rehabilitation Services (NYAPRS), Rochester, New York
- Jeanine Yard, Training Coordinator, Michigan Department of Health and Human Services, Housing and Homeless Services Division and SOAR State Lead, Lansing, Michigan
- Karli J. Keator, M.P.H, PhD. Candidate, Principal of wKd Strategies, and registered yoga teacher (RYT-200), New York

Questions and Answers

- Facilitated by the SAMHSA SOAR TA Center

Welcome!

Dorrine Gross
PATH Program Coordinator, SOAR COR
Division of State and Community Systems Development
Center for Mental Health Services
SAMHSA SOAR TA Center

August 24, 2022



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Personal and Workplace Wellness

Dan Coladonato
Project Associate II
SAMHSA SOAR TA Center
Policy Research Associates, Inc.
Delmar, New York

August 24, 2022



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What does wellness mean to you?

- Adopting a personal and workplace definition of wellness can help to advance your wellness goals
- Policy Research Associate, Inc.'s definition of wellness:
 - *The ongoing process of self-reflection and striving for a healthy balance in all aspects of life*

Developing a Wellness Framework

- Individual Wellness
 - [Eight Dimensions of Wellness](#) – Physical, Intellectual, Financial, Environmental, Spiritual, Social, Occupational, Emotional
 - [PRA Wellness Fact Sheets](#)
- [Workplace Wellness](#)
 - Health, Meaning, Safety, Connection, Achievement, Growth, Resiliency

Personal Wellness Strategies

- The eight dimensions of wellness can be used to develop your own wellness plan that works best for you
- Examples:
 - Physical Wellness
 - Intellectual Wellness
 - Environmental Wellness

Workplace Wellness Strategies

- Make wellness visible and something that is frequently discussed
- Establish internal wellness committees
- Hold wellness challenges (step, sleep, hydration, mindfulness, etc.)
- Offer teach-ins or “brown bags”
- Write/publish wellness blogs

Guided Meditation/Mindful Breathing



Counteracting Provider Burnout: Understanding it and Improving Our Wellness & Quality of Life at Work

Robert Statham, CESP
Training & Technical Assistance Facilitator-
New York Association of Psychiatric Rehabilitation Services
(NYAPRS)
Rochester, New York

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Objectives



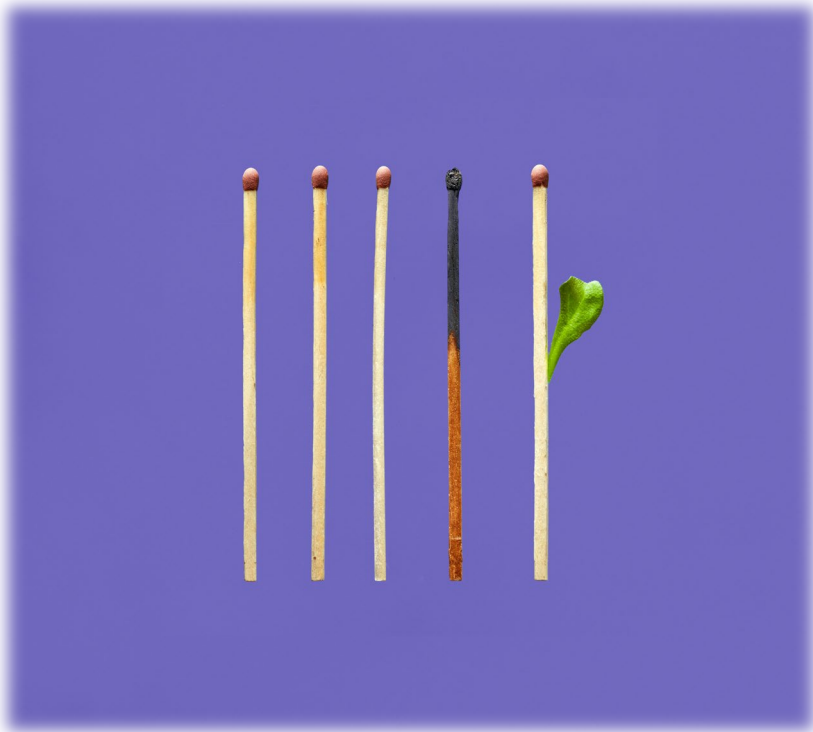
- Analyze workplace burnout and emotional fatigue.
- Explore the ways burnout/emotional fatigue can negatively impact our work and our lives.
- Practice exercises that can help reduce stress and mental/emotional fatigue and ways to maintain our wellness at work.

What is Burnout?



Feeling of physical and emotional exhaustion, due to stress from working with people under difficult or demanding conditions.

Problems Associated with Burnout



Cognitive/Emotional:

- Depression
- Anxiety
- Sleep Disturbances
- Impaired Memory
- Decreased Empathy
- Decreased Attentiveness
- Boredom
- Overeating

Problems Associated with Burnout

Behavioral

- Negative Attitude
- Absenteeism
- Turnover
- Decreased Morale
- Decreased Collaboration
- Increased Alcohol Consumption
- Over-working



Problems Associated with Burnout



Physical

- Neck and Back pain
- Flu-like Symptoms
- Gastroenteritis
- Circulatory and Respiratory problems
- Exacerbated Pre-Existing Conditions

Self-Care 101

“Just like you do on a plane, you need to put on your own oxygen mask first before trying to help others.”

- Dean Nancy Smyth,
University at Buffalo
School of Social Work



Practicing Self-Care Will Help You...



- Identify and manage the general challenges that all hard-working professionals face
- Be aware of your own personal vulnerabilities
- Achieve more balance in your life

Meaning and Purpose

- Studies cited in Forbes and Fast Company, among others, show that there is higher job satisfaction, lower turnover, and fewer physical and emotional signs of burnout and job fatigue when we see that our jobs have meaning and purpose.



Does Your Job Have Meaning?

Ask yourself: What is one accomplishment you are proud of at work?



7 Rs for Battling Compassion Fatigue



- Reflect: Pay attention to emotions & well being
- Refocus: Pay attention to the small things you can control
- Refuse: To lose the battle
- Release: Create healthy boundaries
- Regulate: Start with a base of strength
- Reduce: Remove the unnecessary
- Reconnect: Utilize your supports

Individual Wellness Plan

- ✓ Assess areas of vulnerability and risk
- ✓ Suspend negative judgments
- ✓ Assess areas of strength and assets
- ✓ Identify barriers
- ✓ Find resources
- ✓ Pick a focus
- ✓ Ensure accountability



Journaling: No Wrong Way

Journaling can help to learn personal aspects of your emotional cycle.

- ❖ Reflect on your day
- ❖ Find mindful moments
- ❖ Identify recurring themes
- ❖ Use technology



Exercise: Coping Card

Consider 3-5 things
that make you feel
better just by
thinking about them.



Coping Card Examples



In Closing

- “We either make ourselves miserable, or happy and strong. The amount of work is the same.”
 - Francesca Reigler
- “I am convinced that life is 10% what happens to me and 90% how I react to it.”
 - Charles Swindoll
- “We can’t direct the wind, but we can adjust the sails.”
 - Thomas S. Monson

Robert Statham

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A Peek at Staying Well in Michigan: A Resource for SOAR Caseworkers

Jeanine Yard
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Housing and Homeless Services
Michigan Department of Health and Human Services
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A woman with short, grey hair is shown in profile, talking on a black mobile phone. She is wearing a light-colored, horizontally striped shirt. The background is a blurred indoor setting with a brick wall and a window. The image is framed by a white curved border on the right side.

**SELF CARE IS
IMPORTANT.
PROTECT YOUR
MENTAL HEALTH.**

Find resources and support, like meditations, exercises, and hotlines at Michigan.gov/StayWell

Safe Support



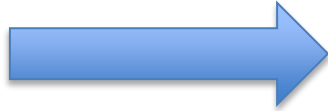
**STRESSED?
TURN TO SAFE SUPPORT.**

MICHIGAN DHHS
Michigan Department of Health & Human Services
Michigan.gov/StayWell

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Michigan Stay-Well: Summer Resilience Series

Check out these
videos for self-care



- [Hardwiring Your Nutrition Routine](#)
- [Yoga and Yogic Breathing for Wellness](#)
- [Exercise for Depression](#)
- [Meditation 101](#)
- [Mindfulness Practice for Anyone, Any Time](#)
- [Music for Mindfulness](#)
- [Expressive Art: Reveal, Heal, Transform](#)
- [Practicing Gratitude](#)

Michigan Stay-Well Webinars for Various Populations

- [Information and Resources for Healthcare Workers & First Responders During COVID-19](#)
- [Maintaining Wellness During a Pandemic: Information and Resources for Homeless and Housing Insecure Individuals During COVID-19](#)
- [Substance Use and Recovery During a Pandemic](#)
- [Uplifting our Immigrant Communities: Mental wellness resources for immigrants and ESL speakers during COVID-19](#)
- [Coping During COVID-19: Information and Resources for Individuals Living with Racial and Ethnic Health Disparities](#)
- [Elevating the Education Community: Information and Resources for Educators and School Staff During COVID-19](#)
- [Uplifting our Unemployed Community: Mental Wellness Information and Resources for Unemployed Individuals During COVID-19](#)
- [Overview of the Michigan Stay Well crisis counseling program](#)
- [Uplifting our Direct Care Workers: Mental Health Information and Resources for Direct Care Workers During COVID-19](#)
- [Uplifting our Senior Community: Mental Health Information and Resources for Older Adults](#)
- [Uplifting Our Children and Families: Mental Health Information and Resources for Parents](#)

Does it
sometimes
feel like the
pandemic
has drained
the joy from
your life?

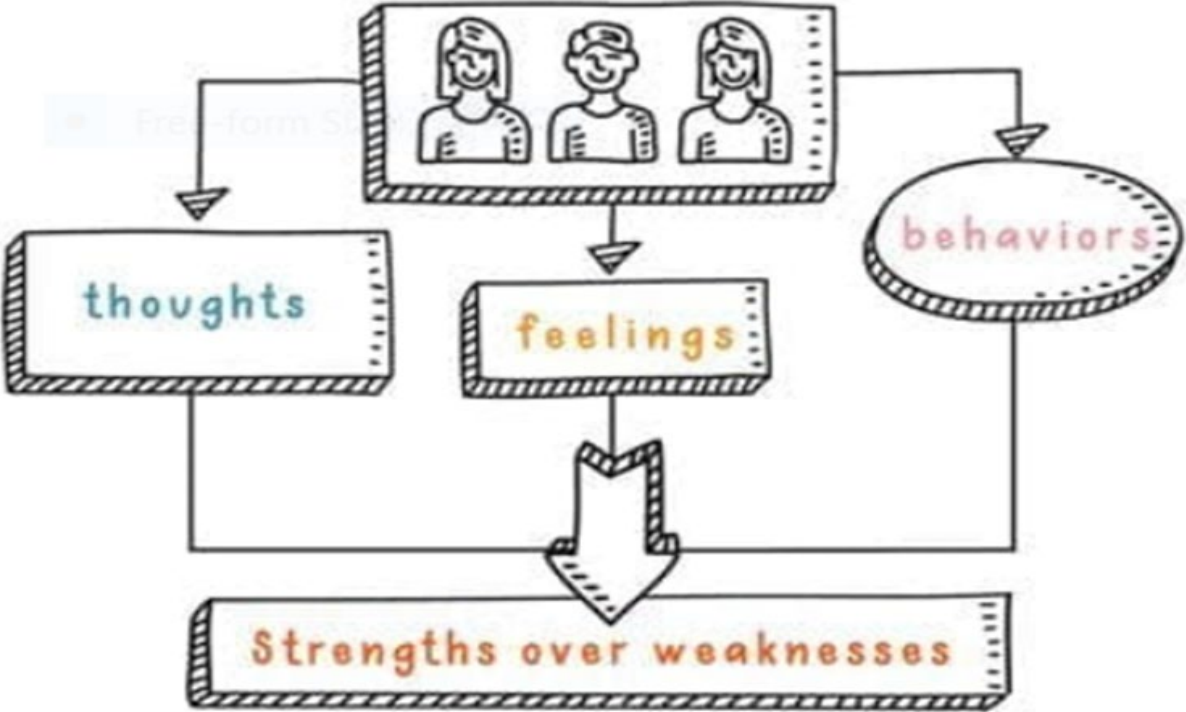
REAL FEELINGS.

REAL SUPPORT

FOR YOUR MENTAL HEALTH.



Cultivating Joy



Mental Health at Home



**BOOST
MENTAL HEALTH
FROM HOME**


Michigan Department of Health & Human Services
[Michigan.gov/StayWell](https://michigan.gov/StayWell)

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Support for Everyone



Jeanine Yard

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Chair Yoga with Karli

Karli J. Keator, MPH, Phd Candidate
Principal, wKd Strategies
Registered Yoga Teacher
New York

August 24, 2022



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Chair Yoga with Karli



Questions and Answers

Please type your questions into the Q&A box.



- PRA: [Occupational Wellness Fact Sheet](#)
- PRA Wellness Blogs:
 - [Writing for Wellness: Emotional Wellness](#)
 - [Enhancing Company Wellness with Wellstaff](#)
- PRI/HHRC Webinar and Resource Guide: [Supporting Resiliency in Housing and Health Professionals](#)

Next Steps

- Get started by enrolling in the [SOAR Online Course](#) and visiting the [SOAR Website](#)!
- Contact your [SOAR TA Center Liaison](#) to learn more about implementing SOAR in your community!
- And most importantly, Stay Well and SOAR!!

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[https:// www.surveymonkey.com/r/VNJHSXG](https://www.surveymonkey.com/r/VNJHSXG)

Are you sure you want to continue?

Continue

Stay on zoom.us

Thank You

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.



www.samhsa.gov

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