



Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Promoting Well-Being: Addressing Compassion Fatigue, Burnout and Secondary Traumatic Stress

Kris Scardamalia, PhD, LP, LSSP, *Assistant Professor*

National Center for School Mental Health, University of Maryland School of Medicine

Kscardamalia@som.umaryland.edu

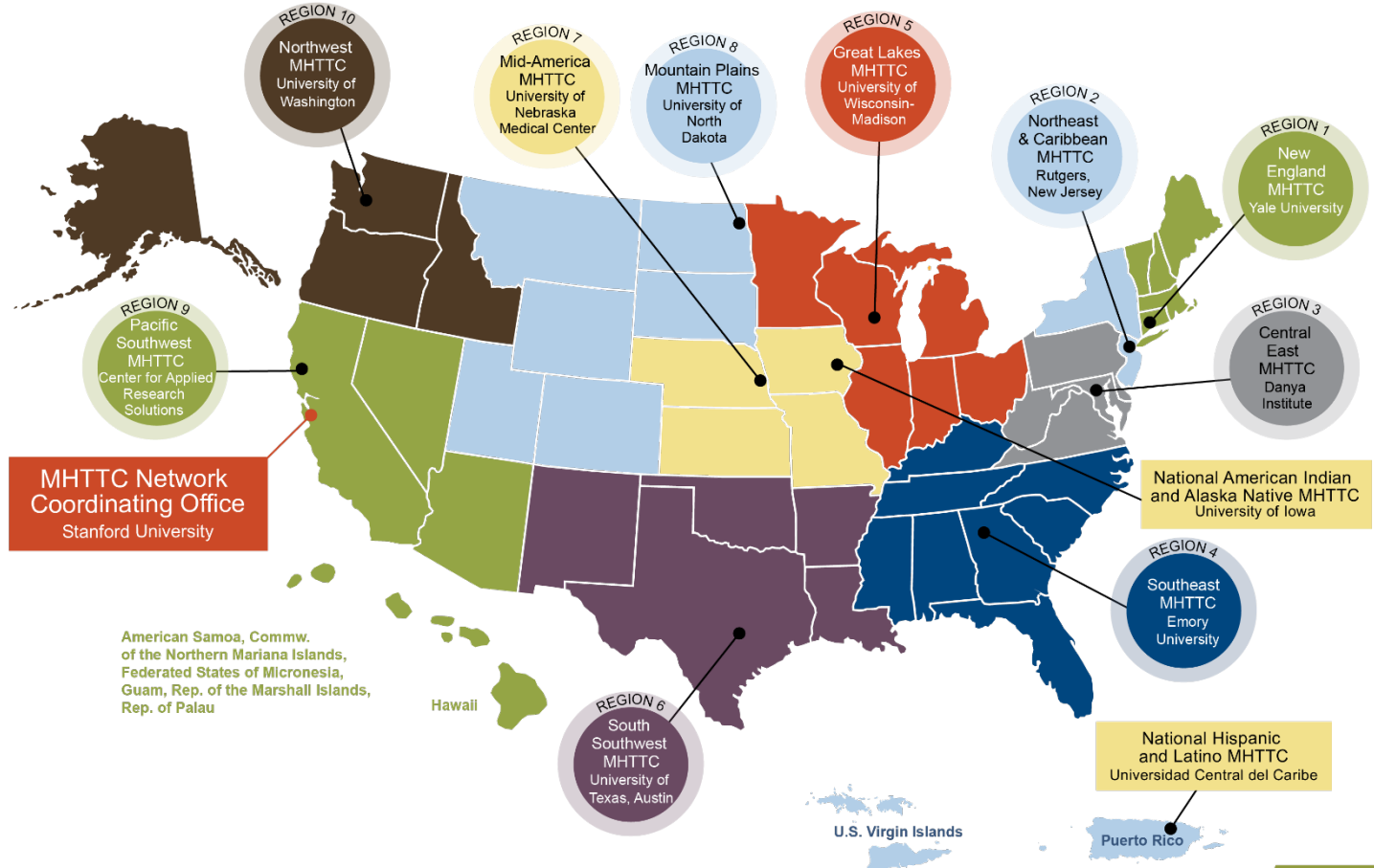
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Central East Region

HHS REGION 3

Delaware

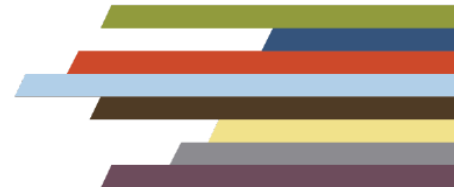
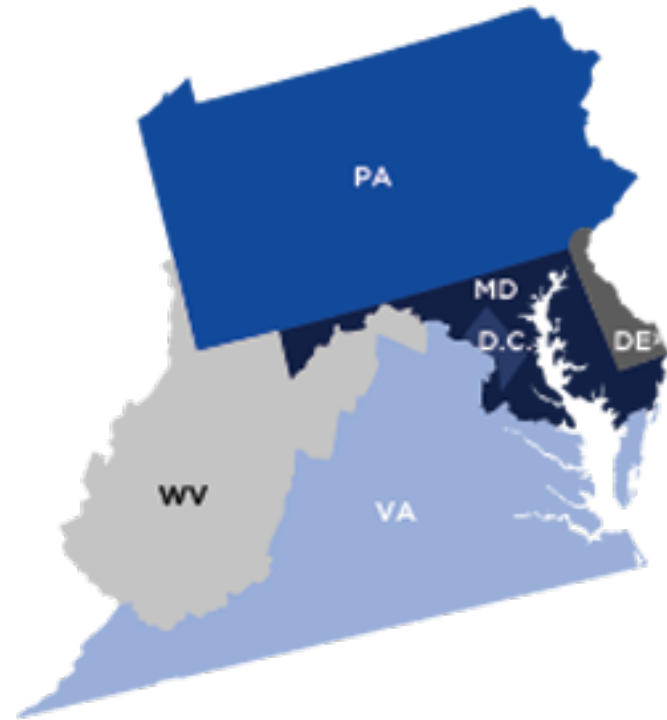
District of Columbia

Maryland

Pennsylvania

Virginia

West Virginia



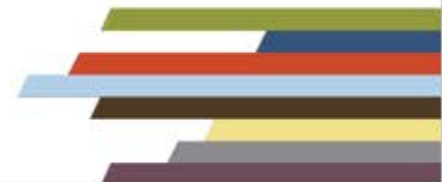
MHTTC Purpose

The MHTTC Network vision is to unify science, education and service to transform lives through evidence-based and promising treatment and recovery practices in a recovery-oriented system of care.



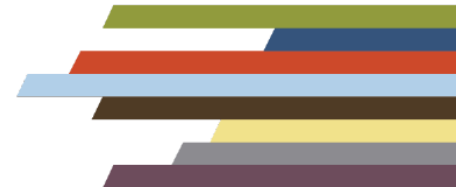
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Learning Objectives

- Participants will be able to describe contributors to and symptoms of compassion fatigue, burnout, and secondary traumatic stress.
- Participants will gain an understanding of how stress manifests in individuals.
- Participants will learn strategies to improve well-being and to counter compassion fatigue, burnout, and secondary traumatic stress.



Week 1: Overview of compassion fatigue concepts and how stress impact us physically and emotionally.

Homework: Complete to Professional Quality of Life questionnaire; stress reaction log

Week 2: Defining compassion fatigue concepts. Introduction to healthy and unhealthy coping strategies.

Homework: Coping Style Invention, try out one coping strategy

Week 3: Coping strategies and managing thoughts, feelings, and behavior. Develop a personal stress plan.

Homework: Personal stress plan trial

Week 4: Preparing for holiday and family stress. Review and adjust personal stress plan.

Homework: continue to implement stress plan and treat yourself for taking care of you!



Week 3

Check in!

***Describe the past week
in one word.***



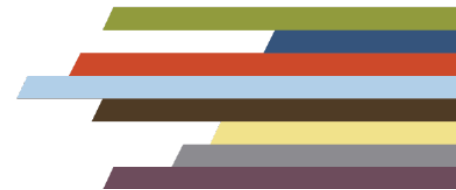
Review of Coping Styles and Stress Logs

What stood out to you about your Coping Styles?

Did your results surprise you? Why or why not?

What stood out to you about your stress log?

Any patterns or ah-ha moments?



Healthy ways to respond

Healthy Alternative Activities

doing something else, find a distraction

Reframing

finding the lesson to be learned in this situation

Problem Solving

Breaking down the issue or trying to look at it differently

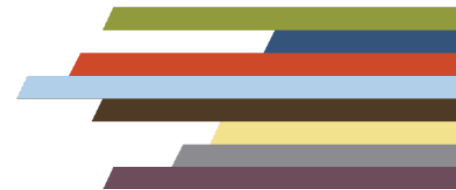
Social Support

seeking ideas or clarity from others

Reframing: Challenging Negative Thoughts

Guided Questions:

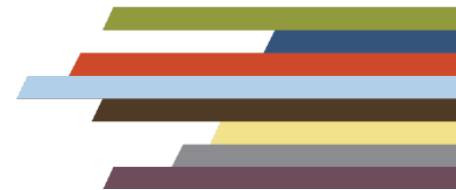
1. What **evidence** do I have to support that this thought is true?
2. What evidence to support that this thought is **not true**?
3. Will this matter in **1 year**?
4. Will this matter **5 years**?
5. What would **a friend** say about this thought?



Problem Solving: How do I define Success?

- What is my desired outcome?
- Is that outcome realistic given current circumstances and resources?
- Do I have direct control over what needs for the desired outcome to occur?

What elements can I change or do I have control over?



Scenario 1

Keisha is a case worker working with homeless women. She has been seeing a client, Janet, twice a week for the past two months. Substance abuse treatment has been a big part of the work they have been doing together. Keisha just got a call from a care worker at the local emergency room to let her know that Janet has been admitted due to a suspected overdose.

Poll: Was Keisha successful? Yes or No

Scenario 1: more information

Keisha has been seeing Janet twice a week for the past two months. Janet has a hard time getting to the office so Keisha often goes to the park where Janet sleeps. Prior to working with Janet, Keisha sought out additional training focused on strategies specifically adapted for homeless clients. In addition, she sought out additional expert mentorship. Keisha is mindful of the impact of weather and laminated all treatment materials. She has been in contact with six agencies who may be able to provide housing and has helped Janet complete applications. Janet was on the waiting list for two placements and Keisha made transportation arrangements so Janet could get to the agency when they have a bed.

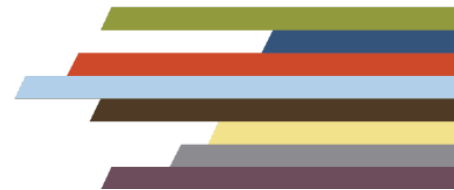
Poll: Was Keisha successful? Yes or No



Your success must be measured by actions, behaviors, and outcomes that you have **control over**.

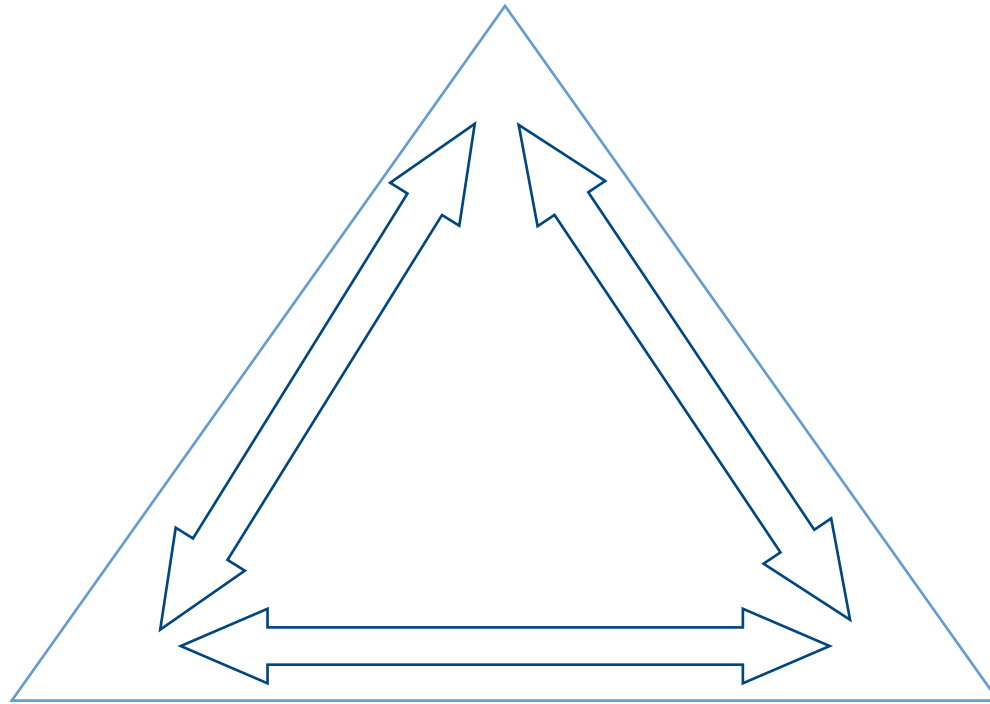
We do not have control over our clients' behavior.

We do have control over **how we do our jobs** and **what we provide** for our clients.



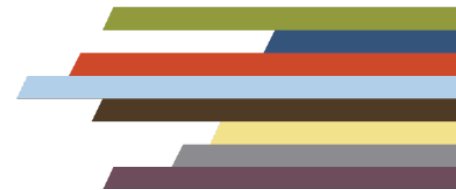
Three Approaches

Manage Feelings



Manage Thoughts

Manage Behavior

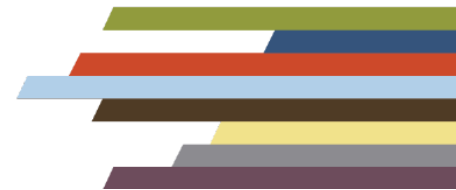


Manage Feelings

- Listen to Music
- Read
- Journal
- Find a distraction
- Reach Out to Social Supports
 - Sharing feeling with a sympathetic friend
 - Are there others who might have useful input?
 - Can I partner with others to manage this?

Manage Thoughts

- Meditate/ Recognize and Redirect Ruminative Thoughts
- Ask Yourself:
 - What did I learn from this experience?
 - Reflect (why is on my path?)
 - How can I respond differently?
 - What parts of this situation can I change?
- Positive Self Talk

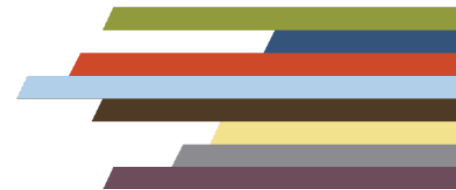




Positive Self Talk: The stories we tell ourselves about ourselves.

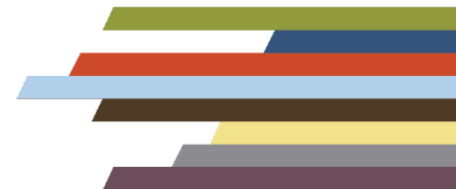
What is your narrative?

https://www.youtube.com/watch?v=71_NkXgAK1g



Manage Actions

- Physical movement
 - Exercise / Take a Walk
 - Stretching / Yoga
- Spend time on a hobby
- Nutrition
- Sleep
- Spend time with family, friend, or partner doing something you enjoy



Data Gathering!

Self-Care Plan

1. Fill in the coping strategy you want to try this week in the top row.
2. Used CS row: Mark whether or not you used the strategy that day. You can also note the number of times you used the strategy.
3. Rating row: Using the scale below, rate the effectiveness of the coping strategy.

Effectiveness Rating scale

- 2 *I felt considerably worse*
- 1 *I felt a little worse*
- 0 *I didn't notice a difference*
- +1 *I felt a little better*
- +2 *I felt considerably better*

4. At the end of the week, average the daily effectiveness of the coping strategy.

Positive Coping Strategy #1:							
	Wed	Thurs	Fri	Sat	Sun	Mon	Tues
Used CS							
Rating							
Notes:							
Weekly Average _____							

Week 4 Planning

- What content are you most interested in for the last session?
 - Time set aside for self care plan reviews
 - Organization self care overview
 - Holiday stress tips
 - Something else (let us know in chat!)

Contact Us



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