



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Self-care Support for Providers

Webinar

PRESENTED BY

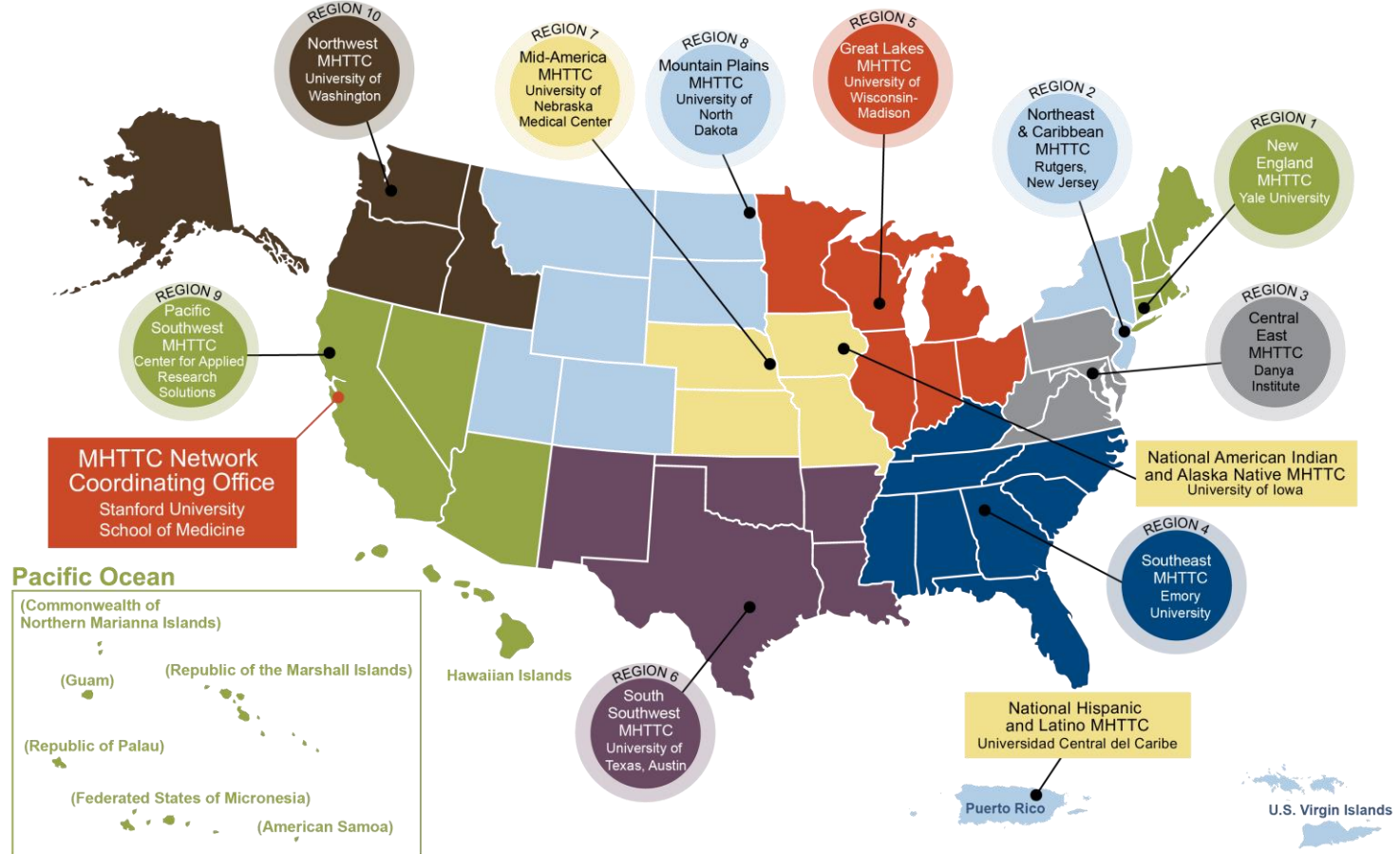
ALEKS MARTIN



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ABOUT THE NORTHWEST MHTTC

PROUDLY SERVING ALASKA, IDAHO, OREGON & WASHINGTON

EVIDENCE-BASED PRACTICES

OUR WORKFORCE

TRAINING,
ONLINE COURSES &
RESOURCES



mhttcnetwork.org/northwest



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We use affirming, respectful and recovery-oriented language.

THAT LANGUAGE IS:

**STRENGTHS-BASED
& HOPEFUL.**

**HEALING-CENTERED/
TRAUMA-RESPONSIVE.**

**INCLUSIVE &
ACCEPTING OF
DIVERSE CULTURES,
G E N D E R S ,
PERSPECTIVES, &
EXPERIENCES.**

**PERSON-FIRST &
FREE OF LABELS.**

**NON-JUDGMENTAL
& AVOIDING
ASSUMPTIONS.**

**INVITING TO
INDIVIDUALS
PARTICIPATING IN
THEIR OWN
JOURNEYS.**

**RESPECTFUL,
CLEAR &
UNDERSTANDABLE.**

**CONSISTENT WITH OUR
ACTIONS, POLICIES, &
PRODUCTS.**

SUPPORT & DISCLAIMER

- This work is supported by grant SM 081721 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.
- The opinions expressed herein are the view of our presenter(s) and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA.

TODAY'S PRESENTER

- Aleks Martin (S/he pronouns, but they is ok) has been in the health and social service field for over 20 years. Aleks was drawn to the LGBTQI2+ community in their mid-twenties working for a national HIV-prevention study with youth called, Young Asian Men's Study (YAMS).
- A big portion of their professional career was spent at Seattle Counseling Service, a behavioral health agency for the LGBTQ community. From 2003 to 2019, Aleks started as Database Manager, Health Educator, Program Coordinator to Chemical Dependency Counselor and Addictions Program Supervisor.
- As a graduate of the University of Washington's School of Social Work - Masters Program, Aleks developed their skills as a mental health clinician and social justice advocate.
- Aleks was inspired to start a private practice to address the special needs of the LGBTQI2+ and BBIPOC (Black, Brown, Indigenous and People of Color), particularly Queer and Trans Asian and Pacific Islander people dealing with unique and special issues that intersect with race/culture and gender/sexuality like coming out, spiritual conflicts, cultural dissonance, gender transition, social navigation at work and other environments, interpersonal relationships from intimacy to friendships, understanding relationships with non-LGBTQI2+ partner(s), and so on.

Self-care Support: What it smells like...



Today's Special MENU:

11:00 - 11:05

Welcome & Introduction

11:05 - 11:10

Grounding Exercise

11:10 - 11:50

Meat of Things

11:50 - 11:55

Question & Answer

11:55 - 12:00

Gratitude & Goodbye









Maslow's Hierarchy of Needs



What are your priorities?





What is SELF-CARE?

PollEv.com/aleksmartin292

University of Buffalo, SSW:

Self-care is an essential social work survival skill.

Activities and practices we can engage in on a regular basis to reduce stress and maintain and enhance health and well-being.

Self-care is necessary for effectiveness and success in honoring professional and personal commitments.





What does SELF-CARE look like for YOU?

Type it here->

PollEv.com/aleksmartin292

PERSONAL:

Spa Day, Mani/Pedi, Salon
Exercise, Gym, Yoga, Spin
Class
Hiking, Camping, Trails
Traveling, Nature Trips, World
Adventures
Setting boundaries!
Power Naps!

PROFESSIONAL:

Actual Lunch Breaks
Ergonomics
Supervision
Walk around the building
Setting Boundaries!
Power Naps!



SELF-TALK: Let's TALK about IT.

POSITIVE:

"I can do this!"

"I'm good enough."

"Who's awesome? The

*person staring at me in the
mirror, of course!"*

"I'm perfect the way I am."

NOT-SO-POSITIVE:

"I can't do this."

"This is crap!"

*"This is too
much."*

*"It's above my
skills."*



... because if you don't,
then who will?!

A large yellow umbrella is open, with many raindrops falling around it. The background is white with numerous blue raindrops of varying sizes.

**TAKE CARE OF
YOURSELF**

01.20.21



RESOURCES:

← Download a copy via (University of Buffalo, SSW)
<http://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/self-care-poster.pdf>

Standards of Self-Care (Traumatology Academy)
https://cdn.ymaws.com/sites/www.naswnc.org/resource/resmgr/Standards_of_Self_Care-1.pdf

Self-Care amidst Pandemic (NASW)
<https://www.socialworkers.org/Practice/Infectious-Diseases/Coronavirus/Self-Care-During-the-Coronavirus-Pandemic>

Keep an eye out for the PODCAST version of this training coming soon!



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The text "Thank You!" is rendered in a 3D, blue, metallic-looking font. It is positioned on a light gray surface, and a bright spotlight shines down on it from above, creating a strong highlight and a soft shadow. The letters are slightly tilted and have a reflective, crystalline texture.

References:

https://cdn.ymaws.com/sites/www.naswnc.org/resource/resmgr/Standards_of_Self_Care-1.pdf

<https://coachtrainingworld.com/wp-content/uploads/2017/12/Mindfulness-Meditation-Script.pdf>

<https://www.sciencedirect.com/science/article/pii/S0020748919302093>

<https://www.simplypsychology.org/maslow.html>

<https://www.socialworkers.org/News/Social-Work-Talks-Podcast/EP17-Self-Care-and-Avoiding-Burnout>

<https://www.socialworktoday.com/archive/051214p14.shtml>

<https://www.socialworkers.org/Practice/Infectious-Diseases/Coronavirus/Self-Care-During-the-Coronavirus-Pandemic>

<https://youtu.be/LjCzPp-MK48>

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LET'S CONNECT!



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<https://bit.ly/NWMHTTCNewsletter>



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THANKS FOR
JOINING US!



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