

# The Zoom Interface

The screenshot shows a Zoom Webinar window with the following elements and callouts:

- Header:** "Zoom Webinar", "You are viewing David Terry's screen", "View Options", "Click here to maximize your session view", and "Enter Full Screen".
- Main Content:** "TTC Technology Transfer Centers", "Funded by Substance Abuse and Mental Health Services Administration", "Thank you for joining us today!", and "You will not be on video during today's session".
- Q&A Window:** "Question and Answer" window with "All questions (1)" and "My questions (1)" tabs. It shows a test question: "This is a test question!". Callouts explain: "You can switch between questions you've asked and those asked by others using these buttons.", "You can use the Q&A feature to ask questions of the host and presenters. These questions can receive text or live responses. To begin asking a question use the field below. You can see a test question above.", and "Type your question here...".
- Chat Window:** "Zoom Webinar Chat" window. Callouts explain: "The chat feature will allow you to talk with other people in today's webinar.", "The To field will tell you who will receive your message. Be mindful of who you are chatting to.", and "To: All panelists". A note at the bottom says "Your text can only be seen by panelists".
- Bottom Bar:** "Audio Settings", "Click Here to adjust your audio settings", "Chat", "Raise Hand", "Q&A", "Click here to leave the session", and "Leave".
- Audio Settings Menu:** "Select a Speaker" with options: "Speakers (Realtek(R) Audio)", "Same as System", "Test Speaker & Microphone...", "Leave Computer Audio", and "Audio Settings...".

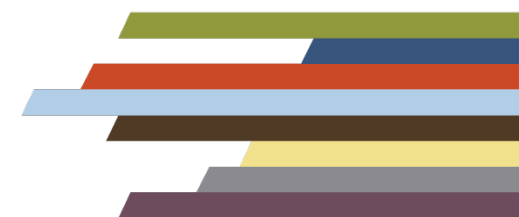
**All attendees are muted. Today's session will be recorded.  
A link to the presentation slides and a recording of the webinar will be emailed.  
Certificates of Attendance will be emailed.**



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# Wellness Strategies for Career Services Staff

Joni Dolce, MS, CRC  
Rutgers School of Health Professions



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# About Us ...

The Northeast and Caribbean MHTTC provides 5 years (2018 – 2023) of funding to:

- Enhance capacity of behavioral health workforce to deliver evidence-based and promising practices to individuals with mental illnesses.
- Address full continuum of services spanning mental illness prevention, treatment, and recovery supports.
- Train related workforces (police/first responders, primary care providers, vocational services, etc.) to provide effective services to people with mental illnesses.

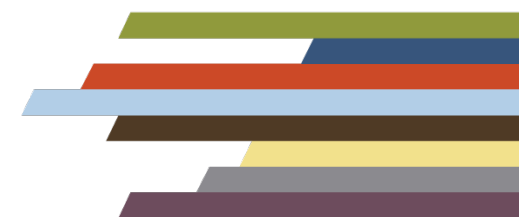
Supplemental funding to work with school teachers and staff to address student mental health.



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# Grow Your Knowledge and Skills

Keep up with the latest effective practices, resources, and technologies!

**Subscribe** to receive our mailings.  
All activities are free!

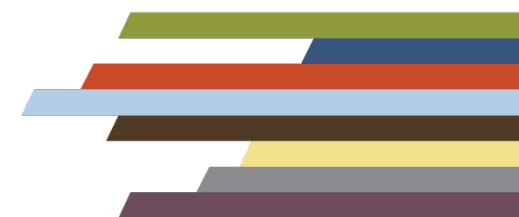
<https://bit.ly/2mpmpMb>



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# We Want Your Feedback!

Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs.

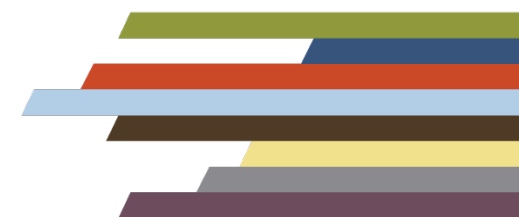
Feedback about this training will assist us in developing trainings that are relevant to your current professional needs. Therefore, your feedback counts!



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# Video Recording Information

## ***Please Note:***

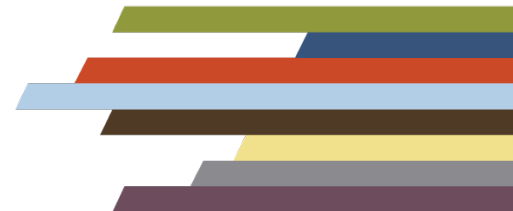
We will be recording this webinar and posting it to our website along with the presentation slides and any relevant resources.



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# Your Interactions With Us

## Question and Answers

- Q & A will occur at the end of the call.
- Type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Be aware: your question is visible to all participants.

## Chat and Polls

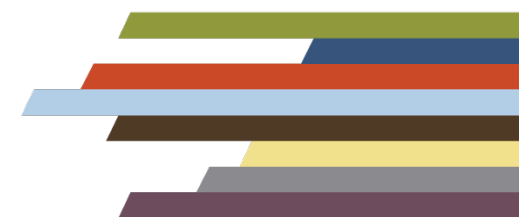
- Throughout the webinar, we will be asking for your input.
- Use the Chat or Poll features in Zoom located on the task bar.
- You can control who can see your chat comments.



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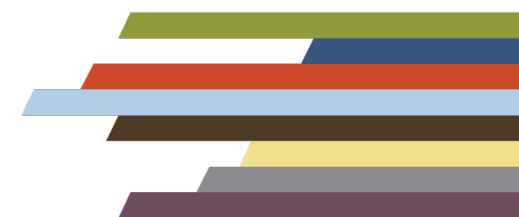
This presentation will be recorded and posted on our website. The opinions expressed herein are the views of the presenters, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.



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# Our Presenter



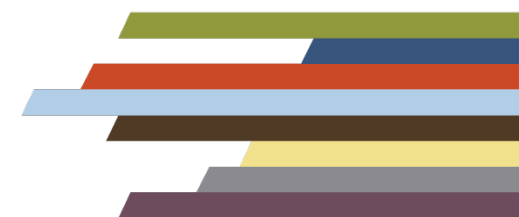
**Joni Dolce, MS, CRC**



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# Rating Your Distress

- 10: Unbearably upset to the point that you cannot function
- 9: Extremely anxious and desperate, helpless/unable to handle it
- 8: Worried and panicky; losing focus and feeling anxious in the body
- 7: Discomfort dominates your thoughts and you struggle to function normally
- 6: Strong levels of discomfort
- 5: Upset and uncomfortable; still functional
- 4: Moderate anxiety and worry
- 3: Worried or upset; still able to function
- 2: A little bit sad or distressed
- 1: No distress; alert and focused
- 0: Peace and complete calm

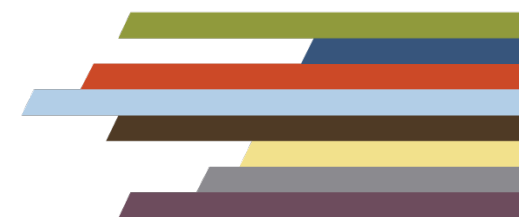
Wolpe, 1969



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# Session Objectives

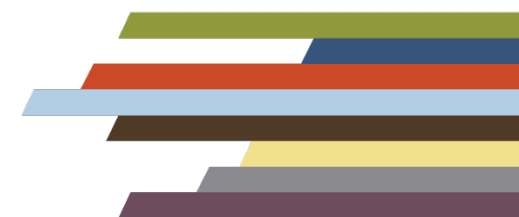
1. Recognize the impact of the current public health crisis on staff well-being.
2. Identify the signs of distress and burnout.
3. Apply wellness strategies to address distress and burnout for career service providers.



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# First, Let's Take a Breath

Breathe in while shapes are growing.

Breathe out while the shapes are shrinking.

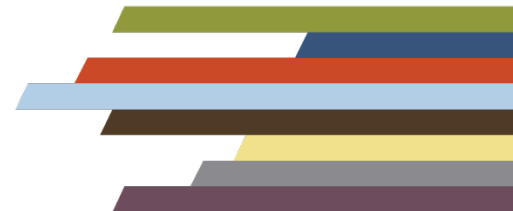


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# What is the impact of the current crisis on your well-being?

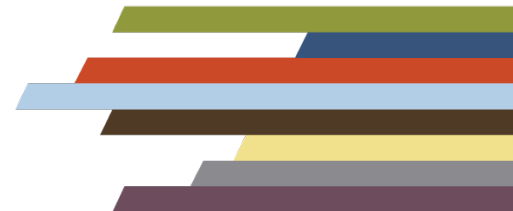
- Poll



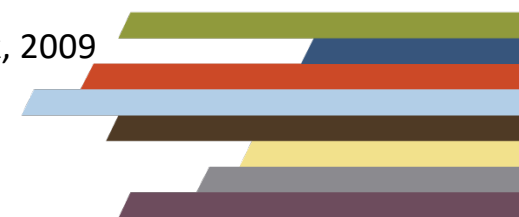
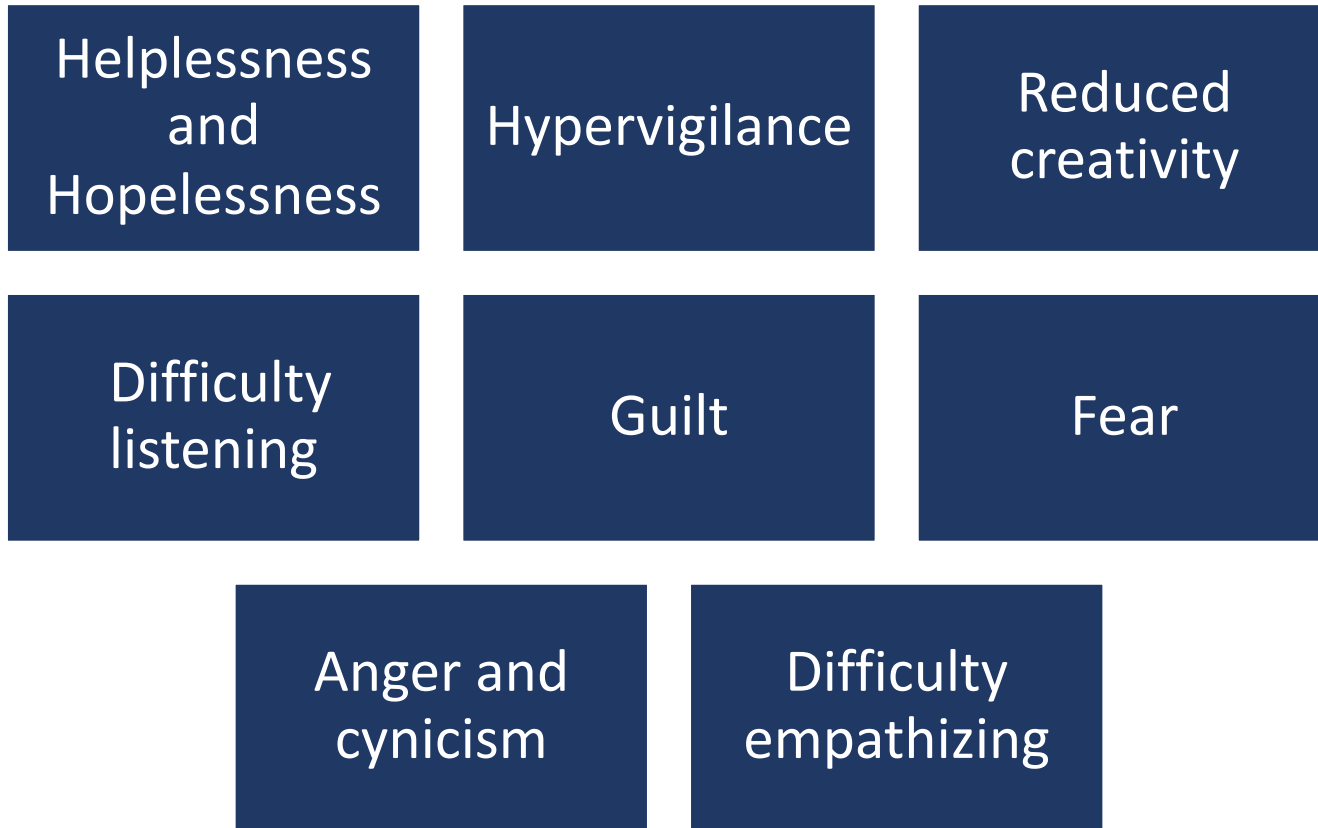
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# Signs of Distress



# Reflection Question

- What are some of your signs of distress? In other words, what signals to you that you are becoming overwhelmed?

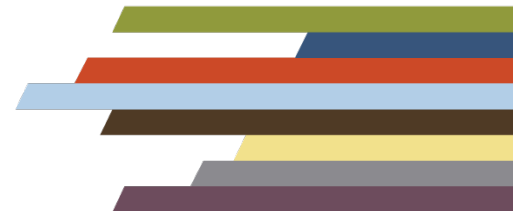
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You might see...

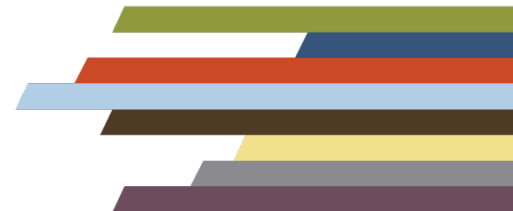
*ARGUING WITH OTHERS*  
**EMOTIONAL**  
**LACK OF PATIENCE**  
**ISOLATING**  
*SLEEP DISTURBANCES*  
**NEGATIVE OUTLOOK**  
**ANGER**



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# Wellness Self-Assessments

- Professional Quality of Life Measure (ProQOL)  
from The Center for Victims of Torture

[www.ProQOL.org](http://www.ProQOL.org)

- Self-Care Assessment from TherapistAid.com

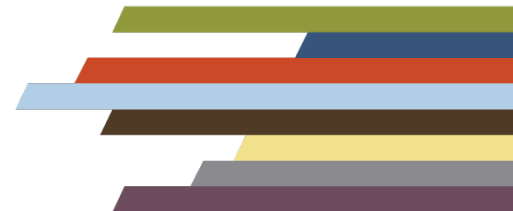
<https://www.therapistaid.com/worksheets/self-care-assessment.pdf>



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# Wellness and Crisis Planning Tools

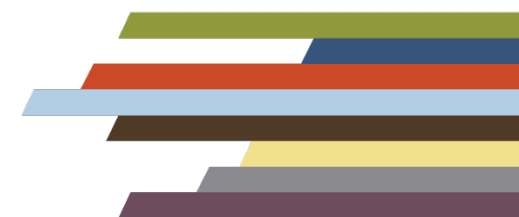
- Wellness and Recovery Action Plan (WRAP) at
  - Mary Ellen Copeland's Web-site:  
[www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)
  - <https://mentalhealthrecovery.com/info-center/wellness-during-the-covid-19-pandemic/>
- SAMHSA's Action Planning for Prevention and Recovery
  - <https://wchsa.org/wp-content/uploads/2017/04/ho-07-samhsa-action-planning-tool.pdf>



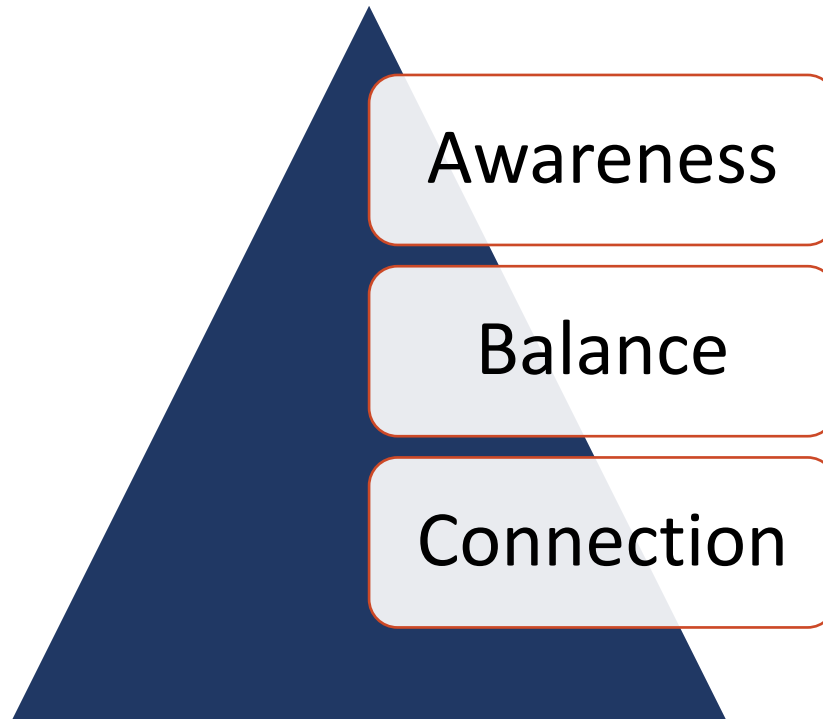
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# The ABCs of Wellness



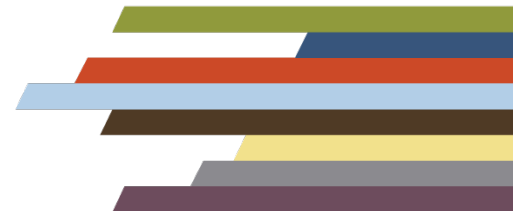
Gillis, 2013; Pearlman & Caringi, 2009



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# Awareness

- Be mindful
- Journal
- Meditate
- Practice gratitude

## Apps\*

- Insight Timer
- Smiling Mind
- 365 Gratitude Journal

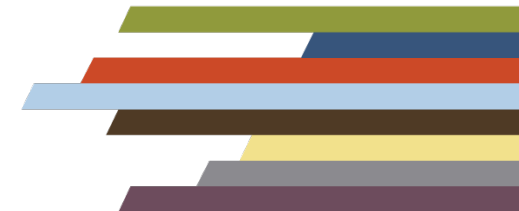
<https://zapier.com/blog/best-journaling-apps/>



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# MINDFULNESS

Breathe

CLOUD GAZING

Exercise

Spend time with nature

Open mind

Walk BAREFOOT

RELAX  
RELAX  
RELAX

FORGIVE  
FORGIVE  
FORGIVE

POSITIVE  
THINKING

Plant

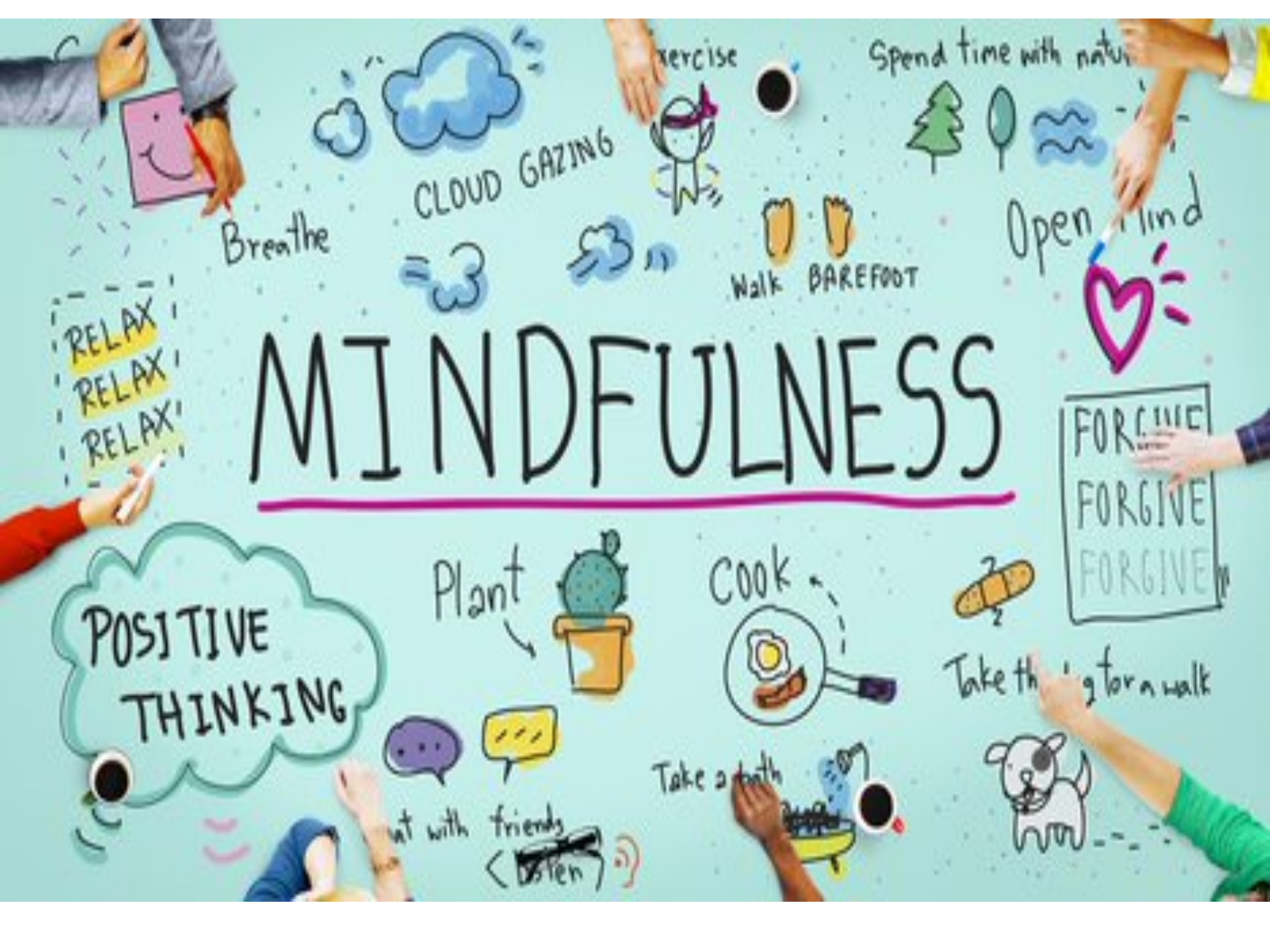
COOK

Take the dog for a walk

Take a bath

eat with friends

< listen >



# Balance

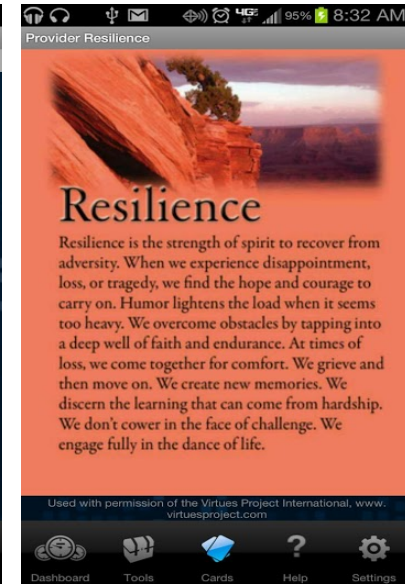
- Do something playful
- Take a walk, stretch
- Avoid information overload
- Adjust expectations

## Apps\*

- Calm
- Daily Water
- Yoga Wake Up
- Provider Resilience



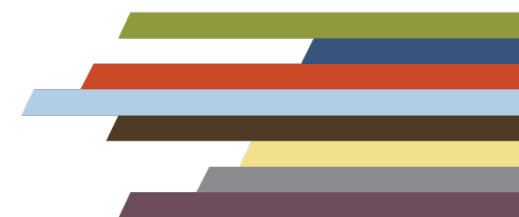
# An app I currently use...



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# Connection

- Stay connected
- Share experiences
- Schedule time to vent

## Apps\*

- GroupMe
- Houseparty
- Netflix Party

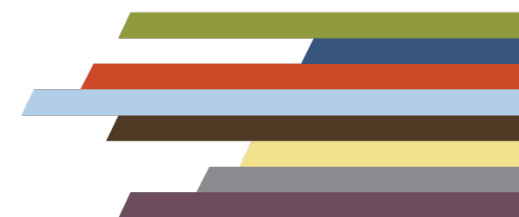
\*Note: Inclusion or mention of a resource is meant to provide an example and does not imply endorsement by IEI-  
Dept. of Psychiatric Rehabilitation and Counseling Professions-Rutgers SHP



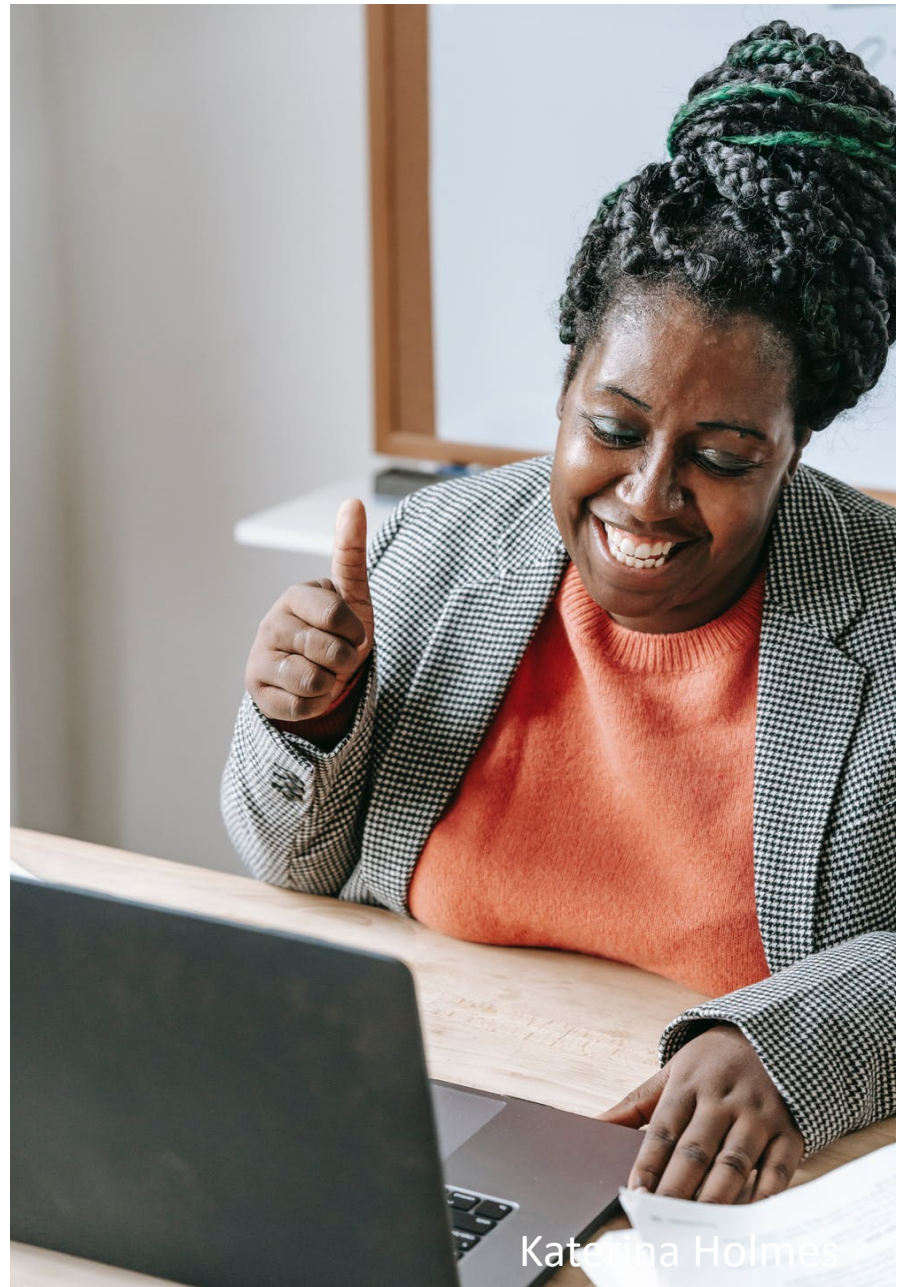
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What have  
you been  
doing to  
continue to  
engage  
customers?

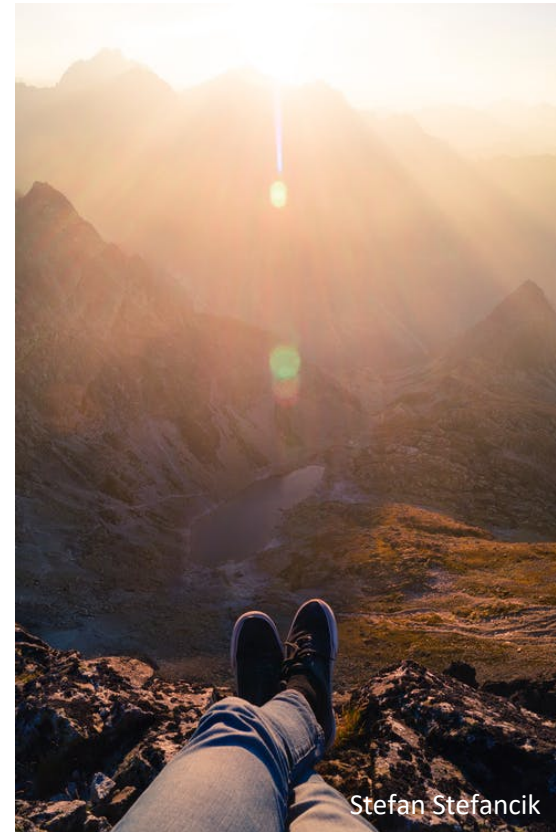


Katerina Holmes

# Meeting the challenges

“Just when you feel you have no time to relax, know that this is the moment you most need to make time to relax.”

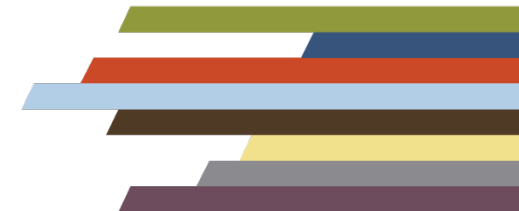
— **Matt Haig**



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# Next Steps

What is ***one*** thing you can do this week to improve ***your*** wellness in the areas of **Awareness, Balance, and Connection**

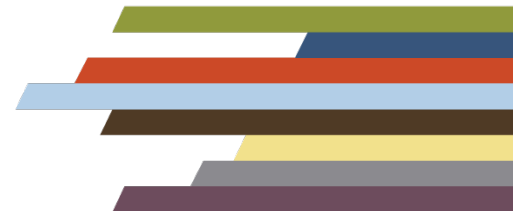
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# Provider Self-Care Resources

- Provider Self-Care

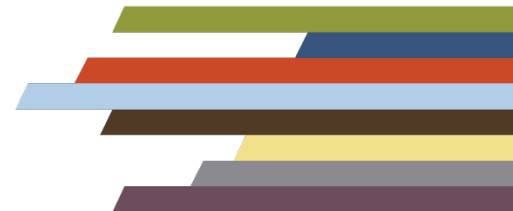
<https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19-provider-self-care>



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# Resources

CDC

<https://www.cdc.gov/>

Compassion Fatigue

[https://proqol.org/Compassion\\_Fatigue.html](https://proqol.org/Compassion_Fatigue.html)

[https://proqol.org/uploads/Helper\\_Pocket-Card\\_2020.pdf](https://proqol.org/uploads/Helper_Pocket-Card_2020.pdf)

Domestic Violence Hotline  
(24/7 staffing)

<https://www.thehotline.org/> and 1-800-799-7233

National Consortium of  
Telehealth Resource  
Centers

<https://www.telehealthresourcecenter.org/>

Recovery Resources

<https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>

SAMHSA Coronavirus

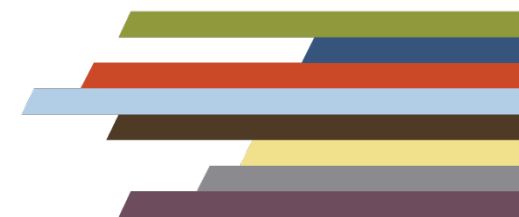
<https://www.samhsa.gov/coronavirus>



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# If you need help due to overwhelming sadness, depression, anxiety, or feelings that you want to harm yourself or others:

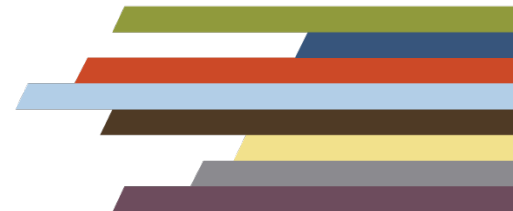
- Call 911
- Call SAMHSA's Disaster Distress Helpline 1-800-985-5990  
Text TalkWithUs to 66746  
TTY 1-800-846-8517
- Call SAMHSA's National Helpline 1-800-662-HELP
- Call National Suicide Prevention Lifeline 1-800-273-TALK  
TTY 1-800-799-4TTY (4889)



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# Summary

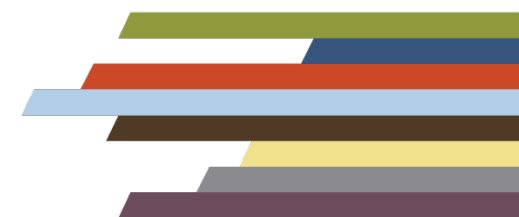
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# References

Gillis, L. (2013). The ABC's of Self-Care, retrieved from <https://www.homelesshub.ca/resource/abcs-self-care>

van Dernoot Lipsky & Burk, C. (2009). *Trauma Stewardship: An Everyday Guide for Caring for Self while Caring For Others*, CA: Berrett-Koehler Publishers

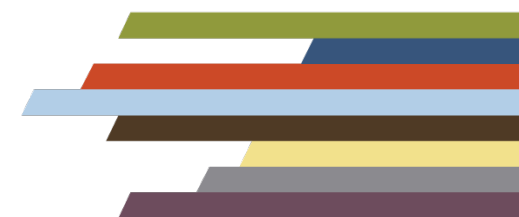
Wolpe, J. (1969), *The Practice of Behavior Therapy*, New York: Pergamon Press.



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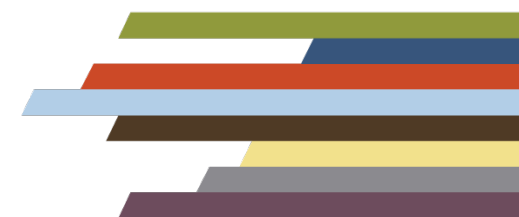
# Q and A



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At the end of today's training please take a moment to complete a brief survey about today's training.



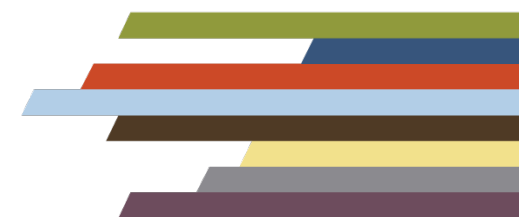
<http://bit.ly/2Oi9SrL>



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Blackwood, NJ

856-566-2772

Email: [dolcejn@shp.rutgers.edu](mailto:dolcejn@shp.rutgers.edu)

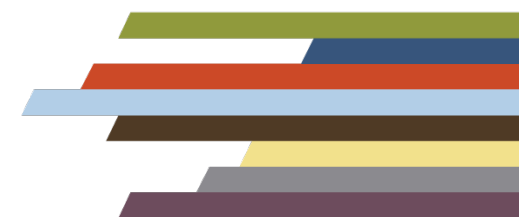


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# Connect With Us!

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**Phone:** (908) 889-2552

**Email:** [northeastcaribbean@mhttcnetwork.org](mailto:northeastcaribbean@mhttcnetwork.org)

**Website:**

<https://mhttcnetwork.org/centers/northeast-caribbean-mhttc/home>

*Like and follow us on social media!*

**Facebook:** Northeast & Caribbean MHTTC

**Twitter:** @necmhttc

**LinkedIn:** @Northeast and Caribbean MHTTC



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