

# The Zoom Interface

The screenshot shows a Zoom Webinar window with a dark header bar. The main content area displays the TTC logo and a thank-you message. A 'Question and Answer' window is open, showing a test question and a text input field. A 'Zoom Webinar Chat' window is also open, showing a message and a 'To' field. The bottom toolbar contains icons for Audio Settings, Chat, Raise Hand, Q&A, and Leave. Annotations with arrows point to various elements: 'Click here to maximize your session view' points to the top right; 'Enter Full Screen' points to the top right; 'Click here to adjust your audio settings' points to the Audio Settings icon; 'Click here to leave the session' points to the Leave button; 'You can switch between questions you've asked and those asked by others using these buttons.' points to the 'All questions (1)' and 'My questions (1)' tabs; 'You can use the Q&A feature to ask questions of the host and presenters...' points to the text input field; 'The chat feature will allow you to talk with other people in today's webinar.' points to the chat window; 'The To field will tell you who will receive your message...' points to the 'To: All panelists' field.

Zoom Webinar

You are viewing David Terry's screen View Options

Click here to maximize your session view Enter Full Screen

TTC  
Technology Transfer Centers  
Funded by Substance Abuse and Mental Health Services Administration

Thank you for joining us today!

You will not be on video during today's session

Select a Speaker  
✓ Speakers (Realtek(R) Audio)  
Same as System  
Test Speaker & Microphone...  
Leave Computer Audio  
Audio Settings...

Question and Answer

All questions (1) My questions (1)

You 07:35 AM

This is a test question!

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.

Type your question here...

Zoom Webinar Chat

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.

To: All panelists  
Your text can only be seen by panelists

Audio Settings Click Here to adjust your audio settings Chat Raise Hand Q&A Click here to leave the session Leave

All attendees are muted. Today's session will be recorded.

# Educator Wellness: Filling The Well

Caribel Sanabria Velez, Ph.D

Kristy Ritvalsky, MPH

Northeast & Caribbean MHTTC

Monday, June 28, 2021



Northeast and Caribbean (HHS Region 2)

MHTTC

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

# About Us ...

The Northeast and Caribbean MHTTC received 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:

- Support school teachers and staff to address student mental health
- Support healthcare providers in wellness and self-care activities



# 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>



# 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 future trainings that are relevant to your professional needs. Therefore, your feedback counts!

# 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.

# Disclaimer

This presentation was prepared for the Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC) under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC). This presentation will be recorded and posted on our website.

At the time of this presentation, Tom Coderre served as Acting Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, 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.

This work is supported by grant H79SM081783 from the DHHS, SAMHSA.

# 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).
- Note: 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.

**The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:**

**STRENGTHS-BASED AND HOPEFUL**

**INCLUSIVE AND ACCEPTING OF DIVERSE CULTURES, GENDERS, PERSPECTIVES, AND EXPERIENCES**

**HEALING-CENTERED AND TRAUMA-RESPONSIVE**

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

**PERSON-FIRST AND FREE OF LABELS**

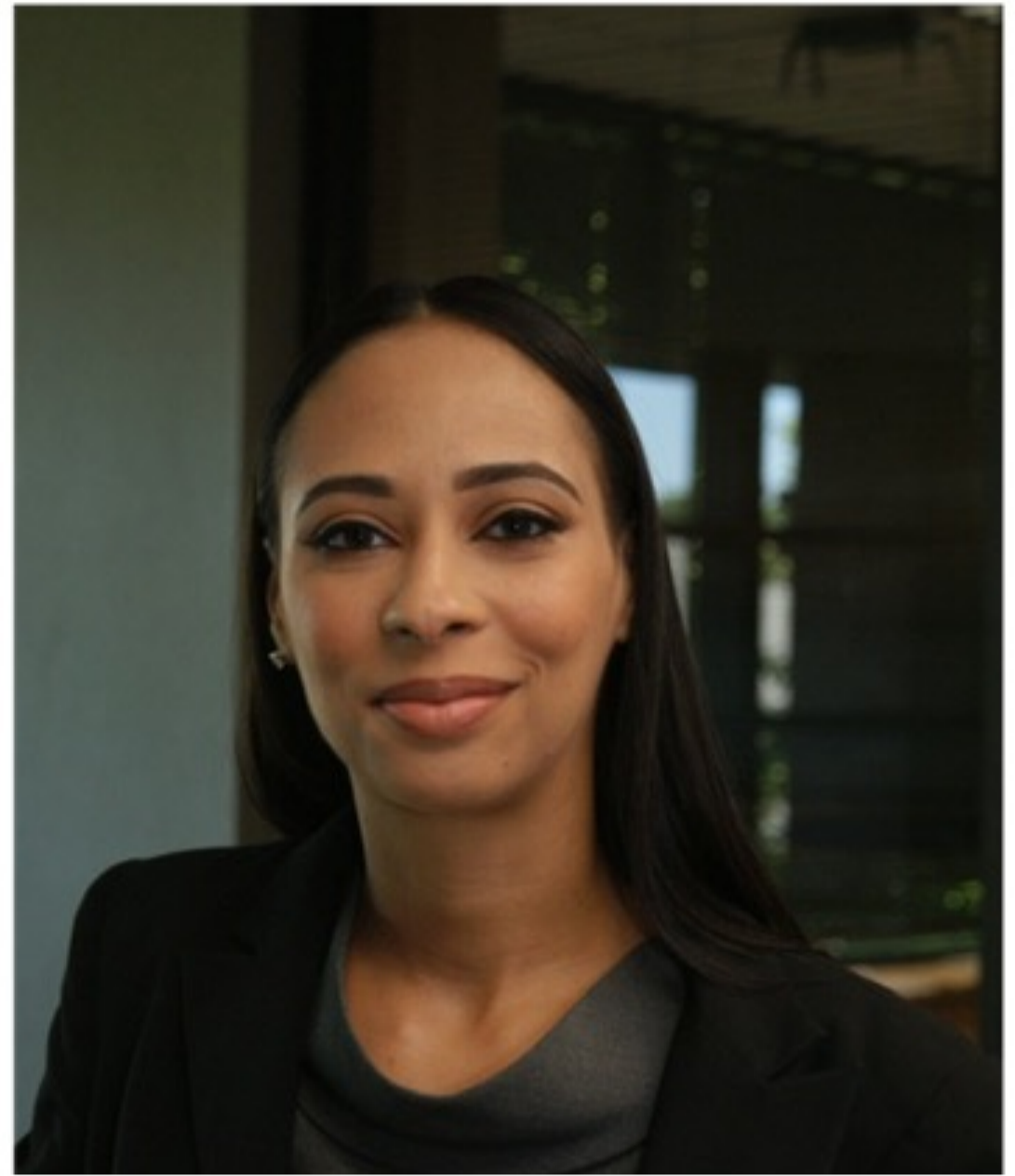
**NON-JUDGMENTAL AND AVOIDING ASSUMPTIONS**

**RESPECTFUL, CLEAR AND UNDERSTANDABLE**

**CONSISTENT WITH OUR ACTIONS, POLICIES, AND PRODUCTS**



Caribel Sanabria Vélez, Ph.D.



Kristy Ritvalsky, MPH



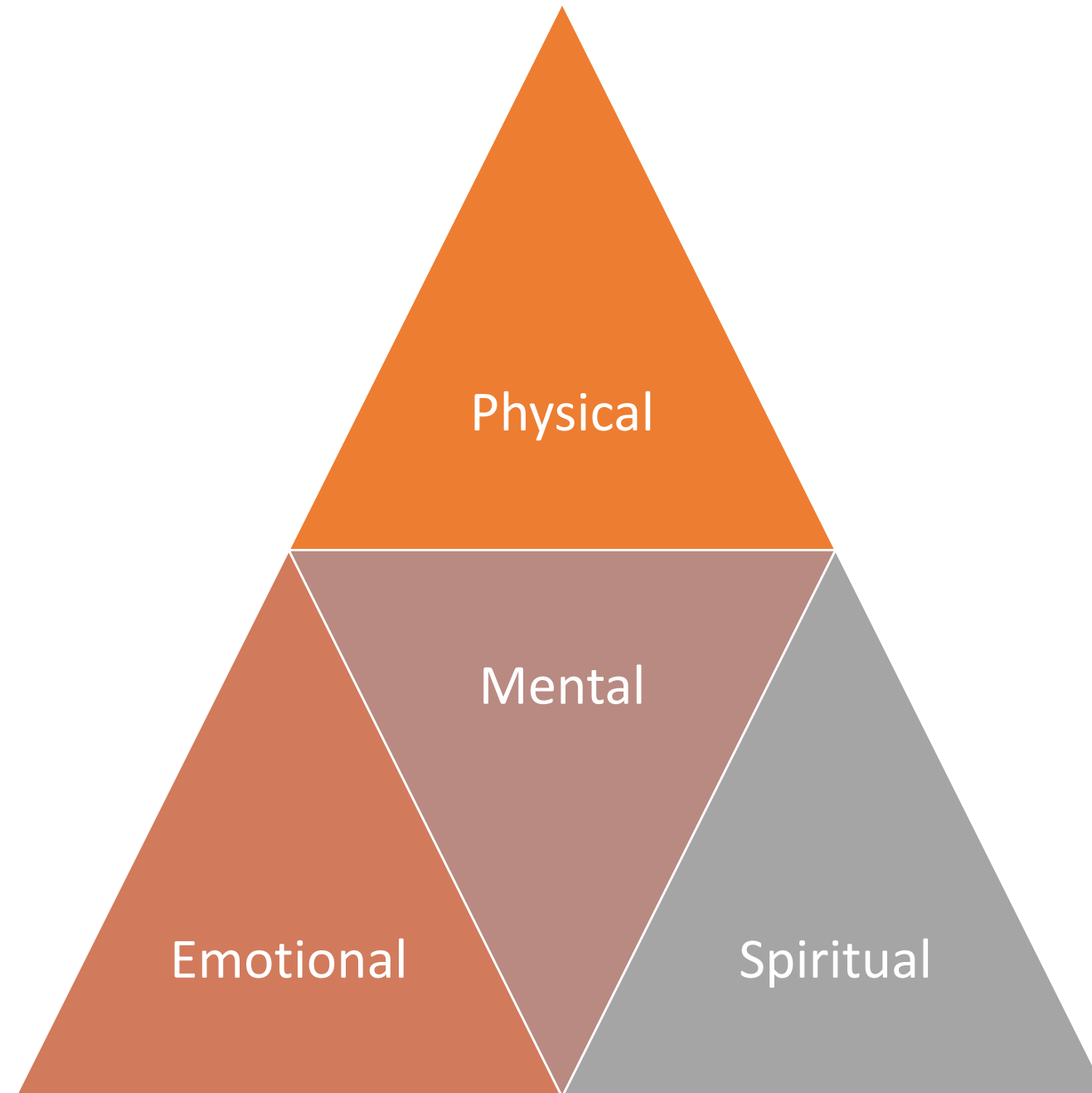




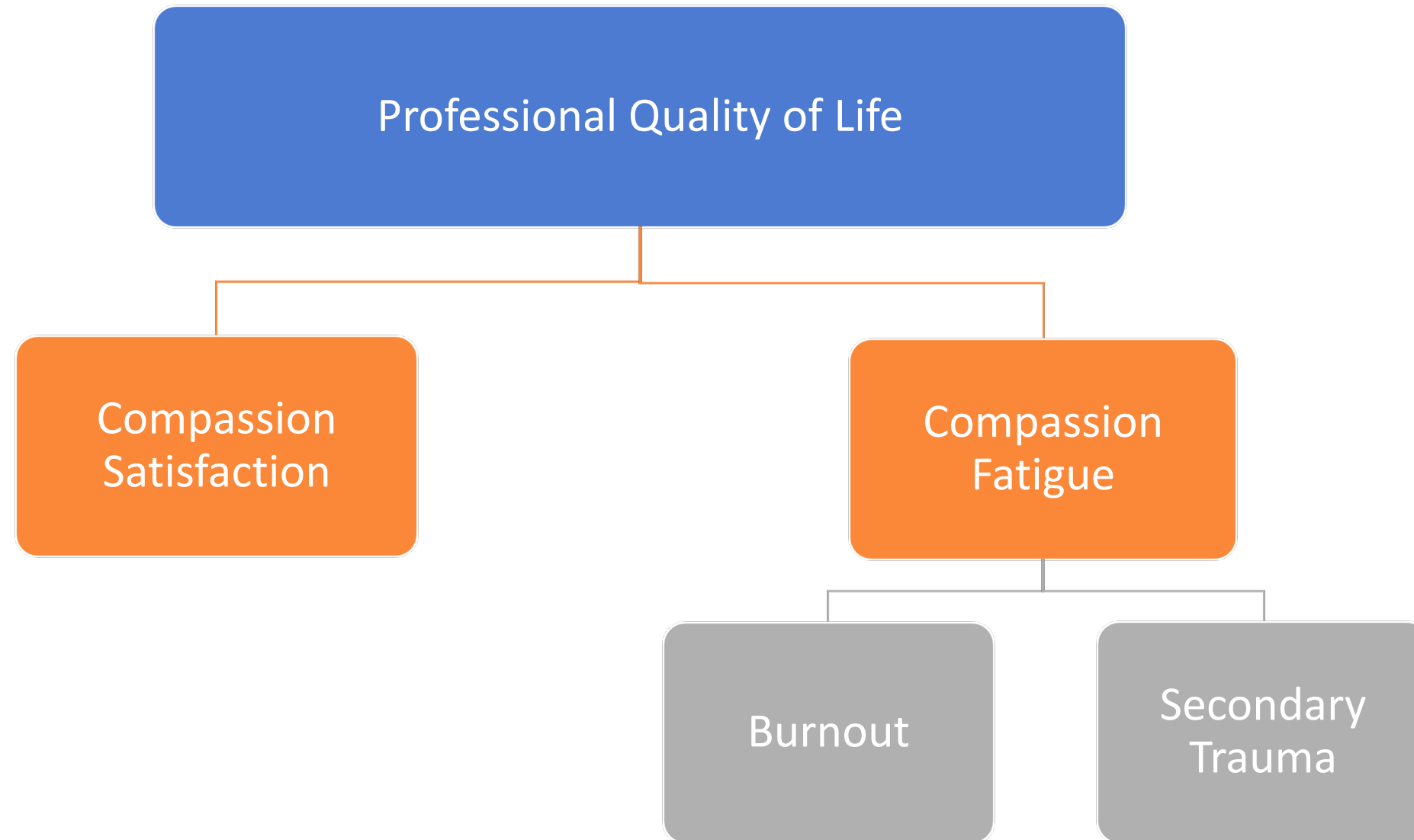
# Objectives

- Identify how educators have been affected by current times in terms of their own burnout, compassion fatigue and compassion satisfaction
- To be able to recognize signs and symptoms of these conditions
- Identify practical strategies for taking care of themselves
- Create their personal self-care plan for the future

# How do we find ourselves?



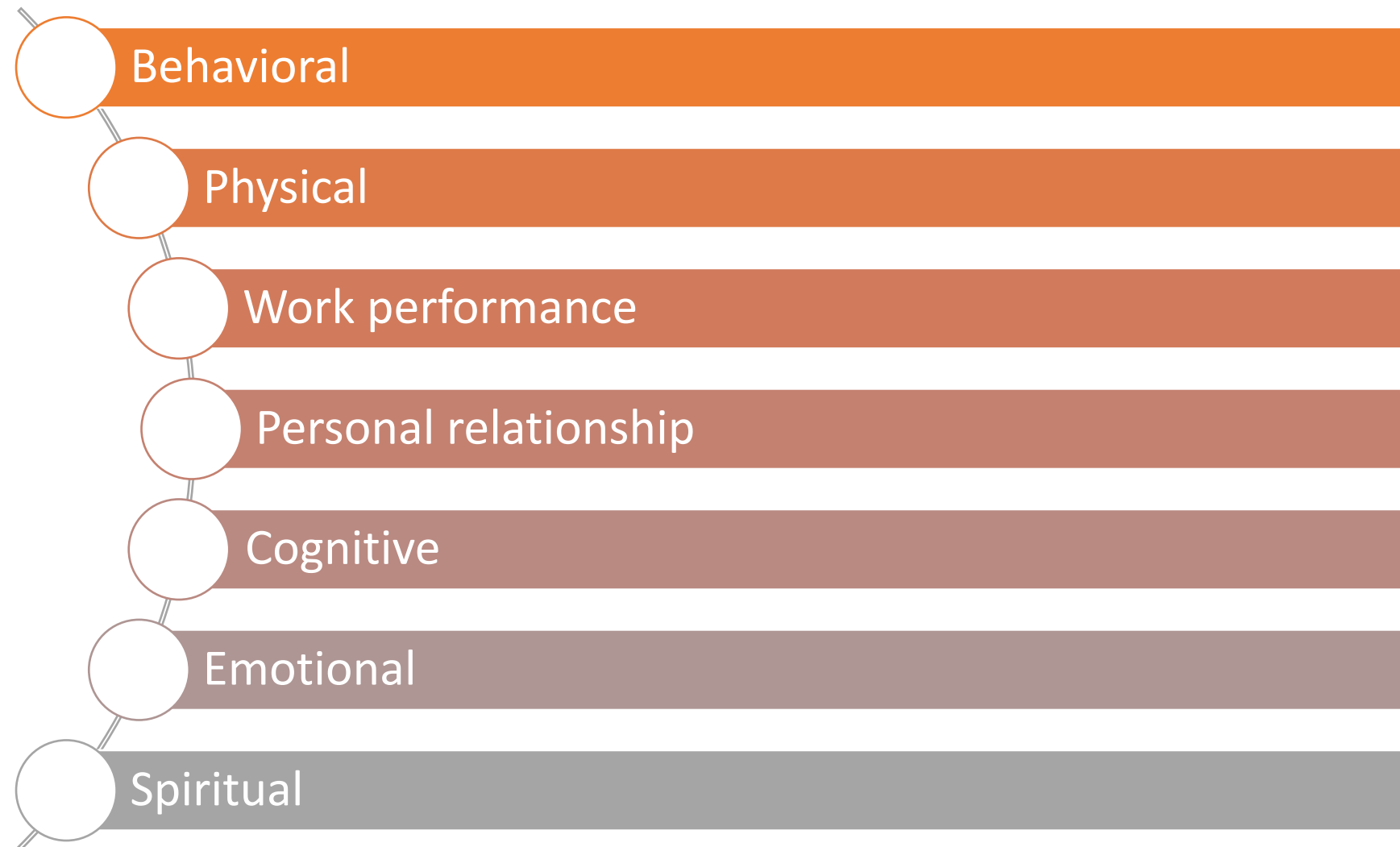
# Beth Hudnall Stamm



# Compassion Fatigue

“Compassion Fatigue is a state experienced by those helping people or animals in distress; it is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create a *secondary traumatic stress* for the helper.” (Figley, 1995)

# Indicators of compassion fatigue?





# Burnout

---



# Causes of Burnout

- Lack of Control
- Unclear Job Expectations
- Dysfunctional Workplace Dynamics
- Mismatch in Values
- Poor Job Fit
- Extremes in Activity





# Burnout Risk Factors

- Identification so strongly with your work that you lack balance between your work life and your personal life.
- High workload, including overtime work
- Trying to be everything to everyone
- Working in a helping profession
- Feeling you have little or no control over your work
- Job is monotonous



# What Does Burnout Look Like?

- Having to drag yourself to work
- Being cynical/critical at work
- Lack of energy to do your job
- Difficulty concentrating
- Lack of satisfaction from your achievements
- Feeling disillusioned about your job
- Increase use of food, drugs, alcohol either to feel better or not feel
- Change in sleep habits
- Somatic complaints



# Secondary Traumatic Stress

---





# What STS Looks Like

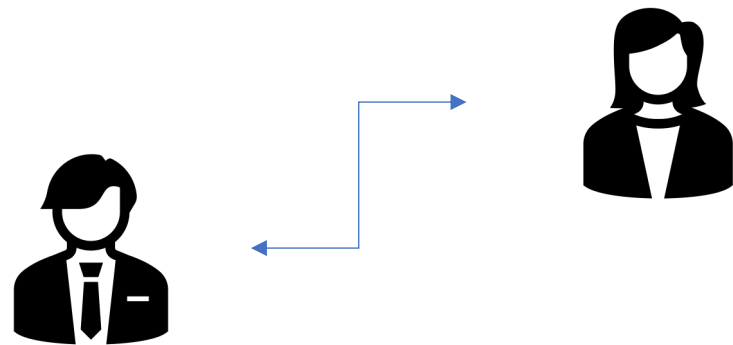
---

- Rapid onset
- Associated with a particular event
- Being more afraid of things
- Changes in sleep/appetite
- Reoccurring images of upsetting events
- Avoidance of things that remind you of the event.

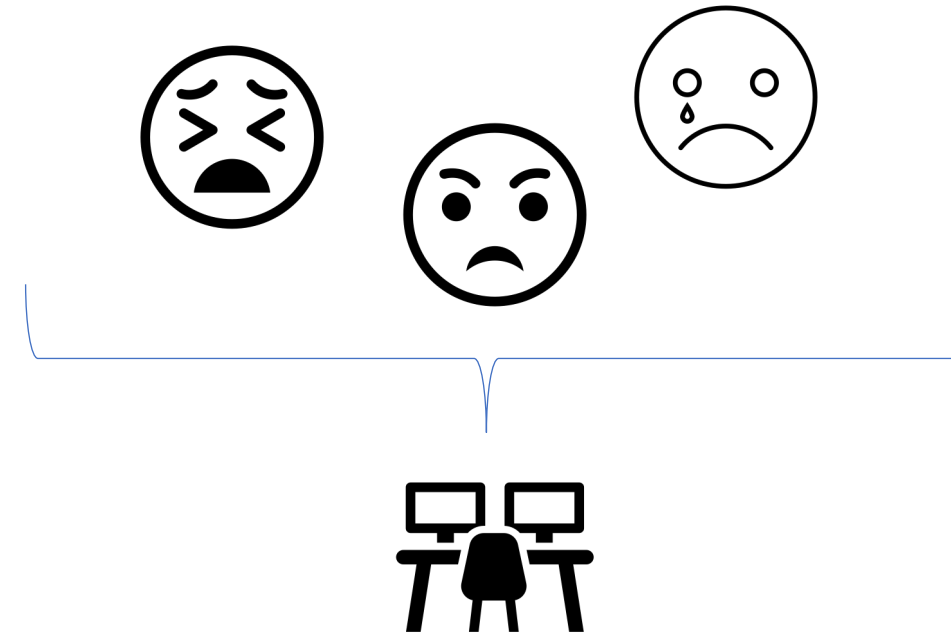


# Let's compare...

- The cause of compassion fatigue is our work patients who have been traumatized.



- The cause of secondary trauma is all about exposure to trauma.



- The cause of burnout is the demands of a toxic and holistic work environment.







# Professional Quality of Life Scale

Beth Stamm



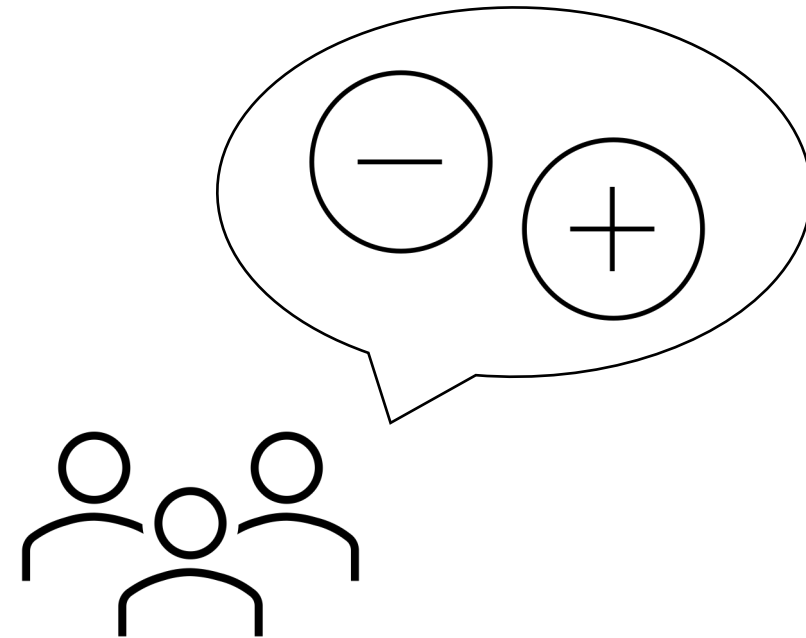
Compassion  
fatigue



Burnout



Secondary  
trauma





# ProQol

- \_\_\_\_\_ 1. I am happy.
- \_\_\_\_\_ 2. I am preoccupied with more than one person I *[help]*.
- \_\_\_\_\_ 3. I get satisfaction from being able to *[help]* people.
- \_\_\_\_\_ 4. I feel connected to others.
- \_\_\_\_\_ 5. I jump or am startled by unexpected sounds.
- \_\_\_\_\_ 6. I feel invigorated after working with those I *[help]*.
- \_\_\_\_\_ 7. I find it difficult to separate my personal life from my life as a *[helper]*.
- \_\_\_\_\_ 8. I am not as productive at work because I am losing sleep over traumatic experiences of a person I *[help]*.
- \_\_\_\_\_ 9. I think that I might have been affected by the traumatic stress of those I *[help]*.
- \_\_\_\_\_ 10. I feel trapped by my job as a *[helper]*.

**1=Never**

**2=Rarely**

**3=Sometimes**

**4=Often**

**5=Very Often**

# ProQol

- \_\_\_\_\_ 11. Because of my *[helping]*, I have felt "on edge" about various things.
- \_\_\_\_\_ 12. I like my work as a *[helper]*.
- \_\_\_\_\_ 13. I feel depressed because of the traumatic experiences of the people I *[help]*.
- \_\_\_\_\_ 14. I feel as though I am experiencing the trauma of someone I have *[helped]*.
- \_\_\_\_\_ 15. I have beliefs that sustain me.
- \_\_\_\_\_ 16. I am pleased with how I am able to keep up with *[helping]* techniques and protocols.
- \_\_\_\_\_ 17. I am the person I always wanted to be.
- \_\_\_\_\_ 18. My work makes me feel satisfied.
- \_\_\_\_\_ 19. I feel worn out because of my work as a *[helper]*.
- \_\_\_\_\_ 20. I have happy thoughts and feelings about those I *[help]* and how I could help them.

**1=Never**

**2=Rarely**

**3=Sometimes**

**4=Often**

**5=Very Often**

# ProQol

- \_\_\_\_\_ 21. I feel overwhelmed because my case [work] load seems endless.
- \_\_\_\_\_ 22. I believe I can make a difference through my work.
- \_\_\_\_\_ 23. I avoid certain activities or situations because they remind me of frightening experiences of the people I [help].
- \_\_\_\_\_ 24. I am proud of what I can do to [help].
- \_\_\_\_\_ 25. As a result of my [helping], I have intrusive, frightening thoughts.
- \_\_\_\_\_ 26. I feel "bogged down" by the system.
- \_\_\_\_\_ 27. I have thoughts that I am a "success" as a [helper].
- \_\_\_\_\_ 28. I can't recall important parts of my work with trauma victims.
- \_\_\_\_\_ 29. I am a very caring person.
- \_\_\_\_\_ 30. I am happy that I chose to do this work.

**1=Never**

**2=Rarely**

**3=Sometimes**

**4=Often**

**5=Very Often**

# What is my score?

## Compassion Satisfaction Scale

Items

Puntuation

3

\_\_\_\_\_

6

\_\_\_\_\_

12

\_\_\_\_\_

16

\_\_\_\_\_

18

\_\_\_\_\_

20

\_\_\_\_\_

22

\_\_\_\_\_

24

\_\_\_\_\_

27

\_\_\_\_\_

30

\_\_\_\_\_

Total:

\_\_\_\_\_

The Sum of my questions	My level of compassion
22 or less	Low
Between 23 to 41	Average
42 or more	High

# What is my score?

## Burnout

Items	Puntuation
*1	_____
*4	_____
8	_____
10	_____
*15	_____
*17	_____
19	_____
21	_____
26	_____
*29	_____
Total:	_____

The Sum of my questions	My level of compassion
22 or less	Low
Between 23 to 41	Average
42 or more	High

\*Reverse the score:  
1=5, 2=4, 3=3, 4=2, 5=1

# What is my score?

## Secondary Trauma Scale

Items	Puntuation
2	_____
5	_____
7	_____
9	_____
11	_____
13	_____
14	_____
23	_____
25	_____
28	_____
Total:	_____

The Sum of my questions	My level of compassion
22 or less	Low
Between 23 to 41	Average
42 or more	High

# What Do Your Scores Tell You?

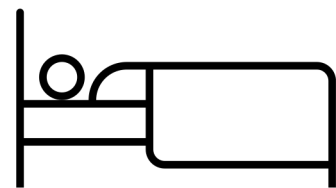
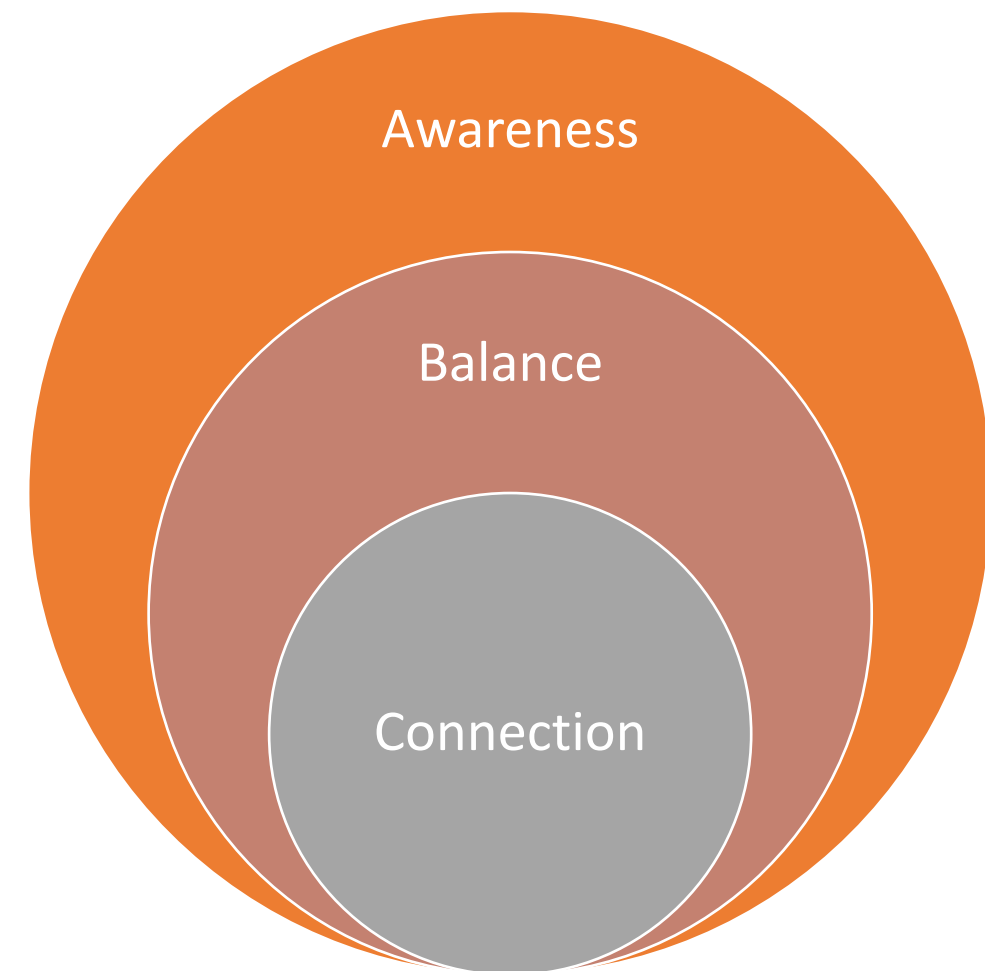
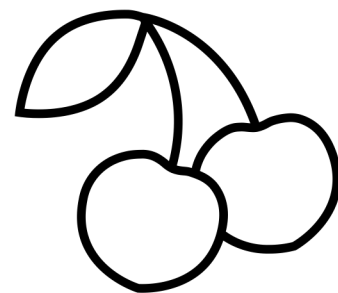
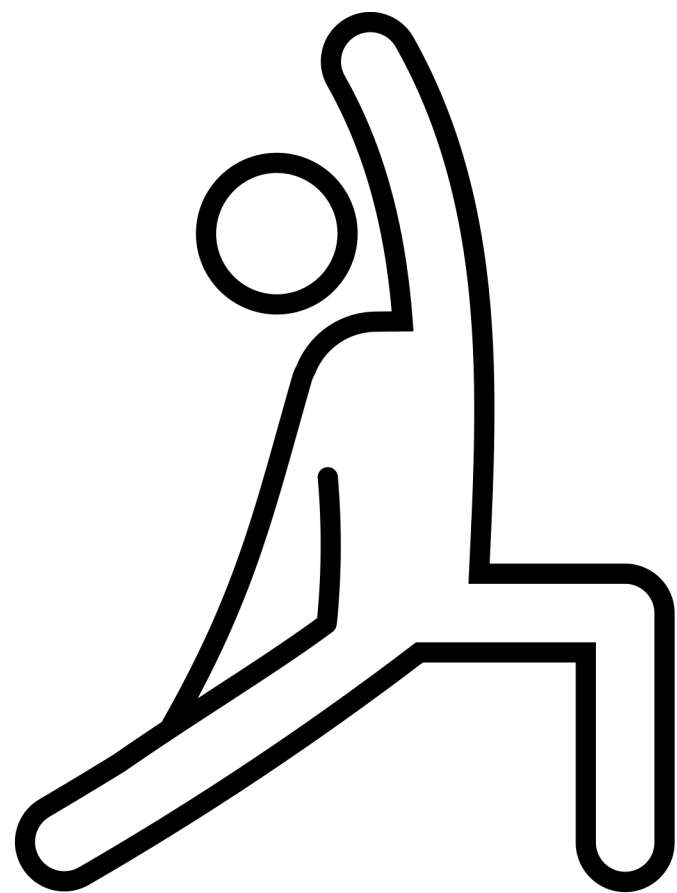
- Were your scores what you thought they would be? Why or why not?
- Write down 3 things you do well while performing your job.
- Is your job stressful? If so, what is it about your workplace that makes it stressful? What are some of the ways you see stress affecting your coworkers?
- What are some of the things that make this work valuable? Why do you do it?



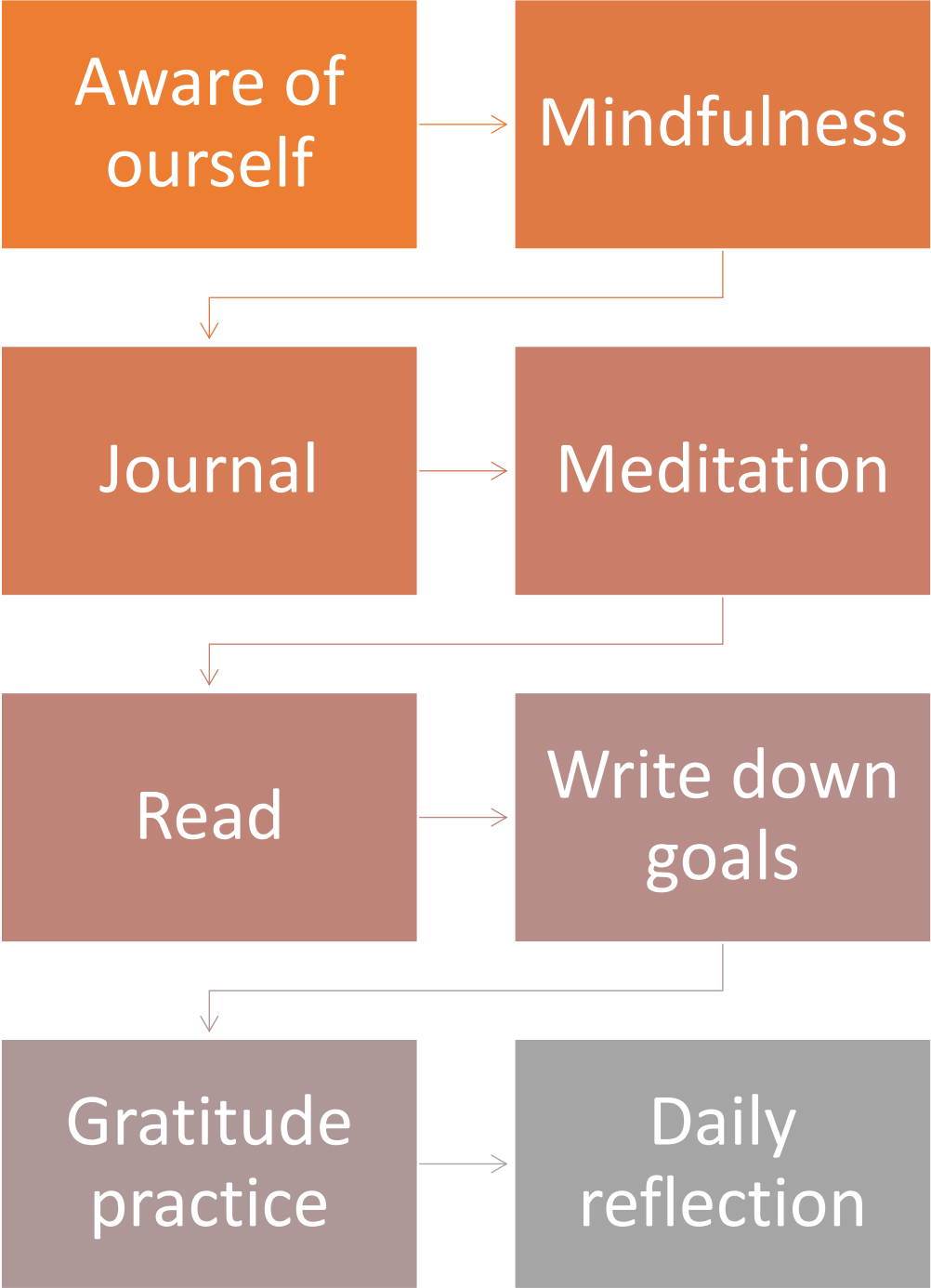




# Wellness Strategies



# Awareness



# Balance

Playful Activity

Being Physical

Staying hydrated

Establishing schedule

Avoid overload from media

Watch a movie

Local library

Exercise services



# Connection

Colleagues

Friends and family

Group meetings

Group activities

# Self Care Plan



Body



Mind



Emotions



Relationship









Spiritual



Work

# Self Care Plan

Area	Already Do	Would Like to Do
<b>BODY</b> 		
<b>MIND</b> 		
<b>EMOTIONS</b> 		
<b>RELATIONSHIPS</b> 		
<b>SPIRIT</b> 		
<b>WORK</b> 		

---

## Wellness Resources

---

Headspace

---

Virtual Hope Box

---

Calm App

---

My gratitude journal

---

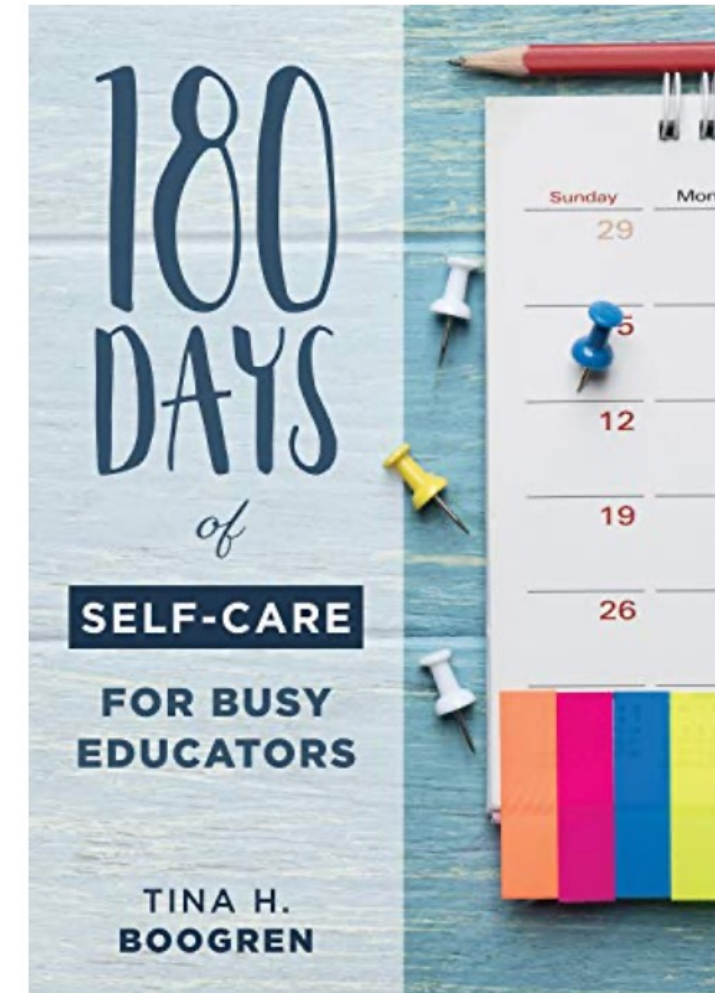
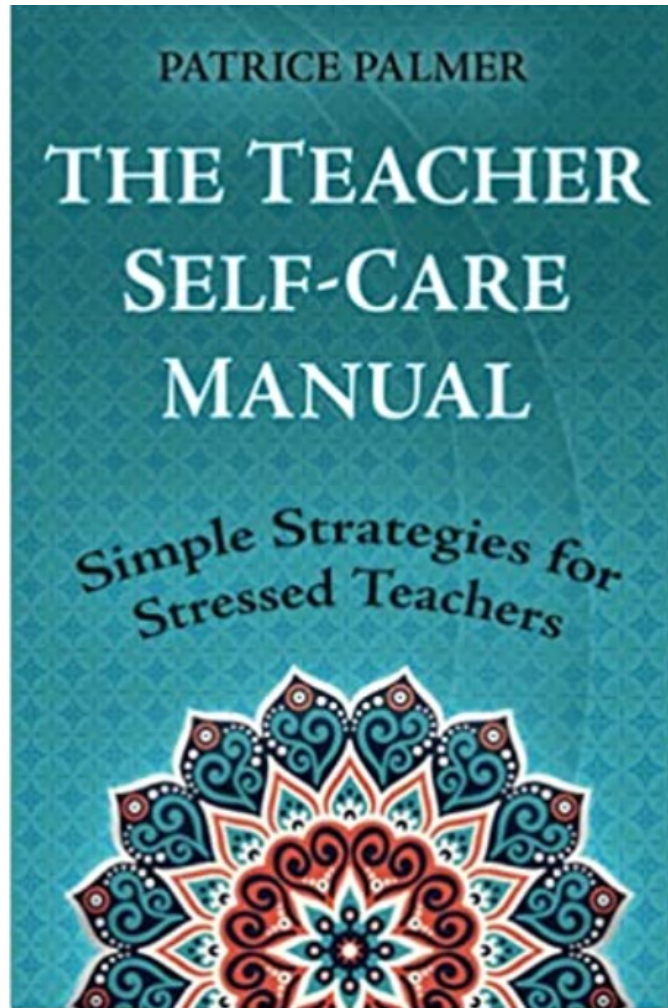
Smiling Mind





# Resources

---



# Question and Answer



*When you put the work out the way it's supposed to be and you've been emptied, someone that you touch will replenish you.*

- Christopher Emdin

# Evaluation Information

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

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



<https://ttc-gpra.org/P?s=178248>

# Connect With Us

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





# Resources

- [www.mindfulteachers.org/p/self-care/resources.html](http://www.mindfulteachers.org/p/self-care/resources.html)
- <https://thecounselingteacher.com/2019/12/50-self-care-ideas-for-teachers.html>
- <https://www.mghclaycenter.org/stress/9-self-care-tips-for-teachers/>
- [https://www.amazon.com/Teacher-Self-Care-Manual-Strategies-Stressed/dp/1948492318/ref=sr\\_1\\_14?dchild=1&keywords=self+care+for+teachers&qid=1622239265&sr=8-14](https://www.amazon.com/Teacher-Self-Care-Manual-Strategies-Stressed/dp/1948492318/ref=sr_1_14?dchild=1&keywords=self+care+for+teachers&qid=1622239265&sr=8-14)
- <https://gtlcenter.org/sites/default/files/Educator-Resilience-Trauma-Informed-Self-Care-Self-Assessment.pdf>

# References

- Figley, C. R. (Ed.) (1995). *Compassion fatigue: Coping with secondary traumatic stress disorder in those who treat the traumatized*. NY: Brunner/Maze
- Frankl, V. E. (1963). *Man's search for meaning*. New York: Washington Square Press, Simon and Schuster.
- Pearlman, L.A., & Caringi, J. (2009), *Treating complex traumatic stress disorders: An evidence-based guide* (p.202-204). Guilford Press.
- <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/burnout/art-20046642> .
- Stamm, B. H. (2010b). *The concise ProQOL manual* (2nd ed.). Pocatello, ID: ProQOL.org.
- <https://gtlcenter.org/sites/default/files/Educator-Resilience-Trauma-Informed-Self-Care-Self-Assessment.pdf>