Self-Care and Supervision

September 9, 2020
3:15PM – 4:30PM ET
This webinar is being recorded. The recording and presentation slides will be emailed to those that registered. These materials will also be placed on the NCSD website.
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SELF-CARE
and
SUPERVISION
Your Presenter

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Presentation Structure

1. Presentation Content
2. Ask questions in the chat during the presentation
3. Questions will be answered at the end of the presentation
Training Objectives

• Define the six trauma informed principles and how they relate to self-care and supervision
• Describe your own self-care plan and strategies
• Describe a process for creating a culture of self-care at your organization
WHERE DO I START?
You

1. How are you doing with your own self-care?
2. How are you showing up?
3. What are your values?
4. What kind of supervisor do you want to be and how do you get there?
TRAUMA INFORMED PRINCIPLES
Trauma Informed Principles

- Safety
- Trustworthiness and Transparency
- Peer Support
- Collaboration and Mutuality
- Empowerment, Voice, and Choice
- Historical, Cultural, and Gender Concerns
Safety

• Physical and Psychological Safety
• Bring awareness to areas that don’t feel safe
• Provide information
• Safety assessment/staff feedback
• Set safety values
Trustworthiness and Transparency

• Be fully open about what is happening in the organization
• Share information with staff
• Follow through on commitments
• Admit mistakes and do better
• Be real
Peer Support

• Engage the team in self care work
• Create a self-care group
• Create a mentor program
• Staff recognition
• Support team members experiencing burnout
• Identify team values
Collaboration and Mutuality

- Team values
- 1:1 meetings
- Listen, validate, and join
Empowerment, Voice, and Choice

• Listen
• Create safe space for staff to share concerns and challenges
• Support staff to do the work they are passionate about
• Ask for input/feedback and provide options
Historical, Cultural, and Gender Concerns

• Equity/Inclusion/Diversity
• Safety/Trust
• Voice
• Listen, learn, grow
• Share information
• Review organizational policies
YOUR SELF-CARE PROCESS
What do you need?

- Evaluate your own self-care needs
- Self-Capacity
- Self-Regulation
ORGANIZATIONAL SELF-CARE PROCESS
Organizational Self-Care Process

1. Acknowledge the environment
2. Self-Care information sharing and awareness
3. Organizational assessment/Create a plan
4. Create a self-care group
5. Listen, respond, follow through
6. Promote a culture of wellness without pressure
Questions?

- Robert George: Robert.George2@DenverGov.org
- Please complete the webinar evaluation once the webinar ends.
- The webinar recording and presentation slides will be shared.
Upcoming webinars

- September 30 at 3:15-4:30pm ET – Self Care & Intersectionality
  – [https://ncsd.adobeconnect.com/e6t8kr2btwtq/event/registration.html](https://ncsd.adobeconnect.com/e6t8kr2btwtq/event/registration.html)