

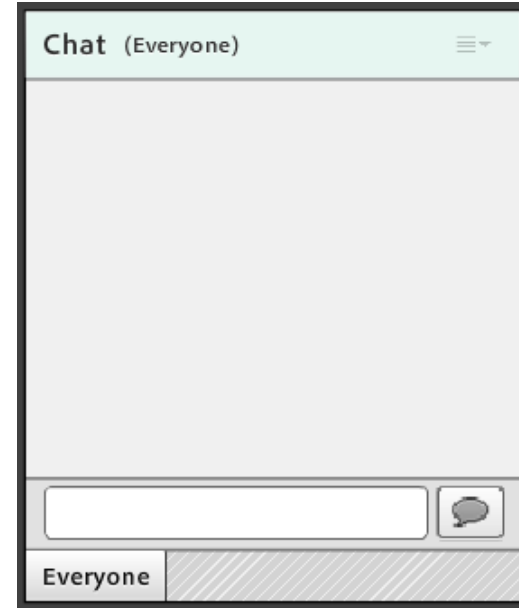
Self-Care and Supervision

September 9, 2020
3:15PM – 4:30PM ET



NCS D
National Coalition
of STD Directors

Logistics



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.



Robert George

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SELF-CARE and SUPERVISION

Your Presenter


Robert George

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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



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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?
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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
- 

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YOUR SELF-CARE PROCESS

What do you need?


- Evaluate your own self-care needs
- Self-Capacity
- Self-Regulation



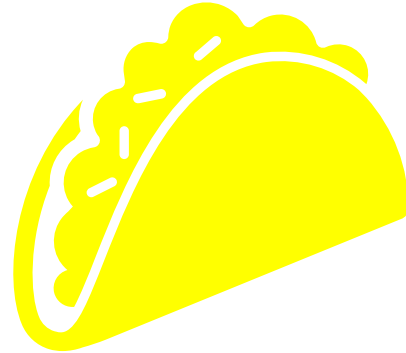
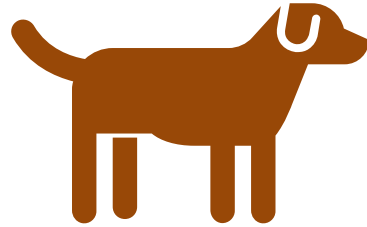
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ORGANIZATIONAL SELF-CARE PROCESS

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
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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>