



MEETING NOTES

Meeting Purpose: This meeting convened health care providers, community-based organizations, and social service agencies to learn about self-care tools to reduce secondary trauma and burnout at an individual and organizational level.

Attendees:

1. Allison Guevara
2. April LoFranco
3. Cal Gordon
4. Cameo Culcasi
5. Carmen Powell
6. Corinne Salazar
7. Dan Chavez
8. Denise Gonsalves
9. Darlene Torres
10. Devon Francis
11. Diana Valadez
12. Haley Morrison
13. Joanie Olmstead
14. Jorina Elbers
15. Julissa Silva
16. Katherine Kane-Vandervort
17. Laura Wishart
18. Lindsey Mauldin
19. Lizbeth Garnica
20. Marlen Reyes
21. Nancy Zamora
22. Primavera Hernandez
23. Priscila Bacio
24. Stella Laurmen
25. Sage Catton
26. Thomas Hicken

Why Self-Care? Secondary Trauma and Burnout

- Allison Guevara, Senior Consultant at Cradle to Career presented on the importance of self-care in reducing secondary trauma and burnout.
- Allison emphasized that self-care is a daily practice and it is important to recognize on a daily basis the sources of stress.
- Allison listed examples of sources of stress that clinicians, support staff, and healers can be impacted by, followed by what providers can experience when stress builds up such as secondary trauma, burnout, etc.

Self-Care Practices

- Jorina Elbers, Director at HeathMath Institute presented on self-care practices.
- Jorina shared practices that fill a person's bucket, such as doing something you love, restings, etc. that replenish us.
- Jorina listed techniques that can help prevent the drain of energy, for example, avoid toxic social interactions, improve sleep hygiene, etc.
- Jorina emphasized the importance of building our awareness on how depletion shows up for us in our emotions, our physical health, our behaviors, and our relationships. It is also important to be aware when we are replenished and how it impacts our emotions, physical health, behaviors, and relationships.

Group Reflections: Organizational Practices

- Allison invited members to share what their organizations can do to foster more replenishment practices for staff.
 - Primavera shared how she encourages staff to take their paid time off.
 - Cal shared that at their former employment there would be staff engaging in walking groups for movement and interaction with their colleagues.
 - Joanie shared the importance of seeking out mentorship, and setting boundaries for yourself at work (knowing what you can take on).

Closing

- Our next ACEs Community of Practice meeting is on Wednesday, January 31, 2024 from 12 - 1 PM.