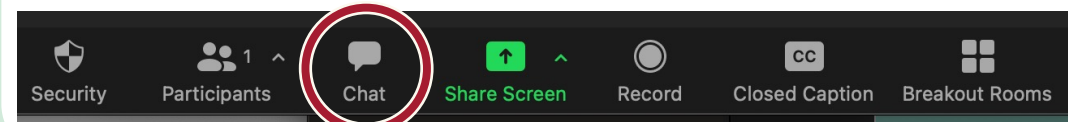


What does self-care mean to you?

Word Cloud: How to Participate

1. Open the Zoom Chat and click the link posted by Hazel Simpson
2. OR go to www.menti.com and enter the code 9281 7310
3. On the following page, enter **up to three words or phrases** that represent self-care to you (e.g., take a walk, watch tv) and then click *Submit*.
4. You will then be able to view all participants' responses

Open the Zoom chat by going to the Zoom toolbar at the bottom of the Zoom window and clicking "Chat"



What does self-care mean to you?

Enter a word 25

Enter another word 25

Enter another word 25

Submit

<https://www.menti.com/t8z2m9qjcn>

Advancing the Science on Recovery Community Centers



The Steering Committee is made up of scientists, clinicians, RCC leadership and persons with lived experience from multiple organizations and institutions from across the US.

Principal Investigators:



John F.
Kelly



Bettina B.
Hoepfner



Robert D.
Ashford



Patty
McCarthy



Julia
Ojeda



Philip
Rutherford



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G.
Bergman



Lauren A.
Hoffman

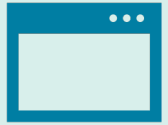


Vinod
Rao



Amy A.
Mericle

Polling Questions



A pop-up Zoom window will appear with the poll questions



You must complete all questions before clicking to submit

→ Remember to scroll down to see all the questions!



We will share the poll results after a few minutes



Your responses will remain anonymous





LEARN THE EIGHT DIMENSIONS OF WELLNESS

WELLNESS: CONNECTING ALL ASPECTS OF BEHAVIORAL HEALTH

Each dimension of wellness can affect overall quality of life. Through its Wellness Initiative, SAMHSA encourages individuals, organizations, and communities to work toward longer, healthier, and happier lives, particularly among people living with behavioral health conditions. The Eight Dimensions of Wellness take into account not only an individual's physical health, but all the factors that contribute to a person's overall wellness.

To learn more about the Eight Dimensions of Wellness, visit:
www.samhsa.gov/wellness-initiative



WELLNESS

Source: Adapted from Swarbrick, M. (2006). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311-314.

This is What Recovery Looks Like

Not Just Spa Days: Self-Care in Modern Times

FEBRUARY 15, 2022

SEASON 1

EPISODE 2



This is What Recovery Looks Like

Not Just Spa Days: Self-Care in Modern Times



00:00 | 31:20

<https://thisiswhatrecoverylookslike.buzzsprout.com/1917121/9963675-not-just-spa-days-self-care-in-modern-times?t=0>

Photo source



RECOVERY BULLETIN



@RECOVERYANSWERS



RECOVERY-RESEARCH-INSTITUTE

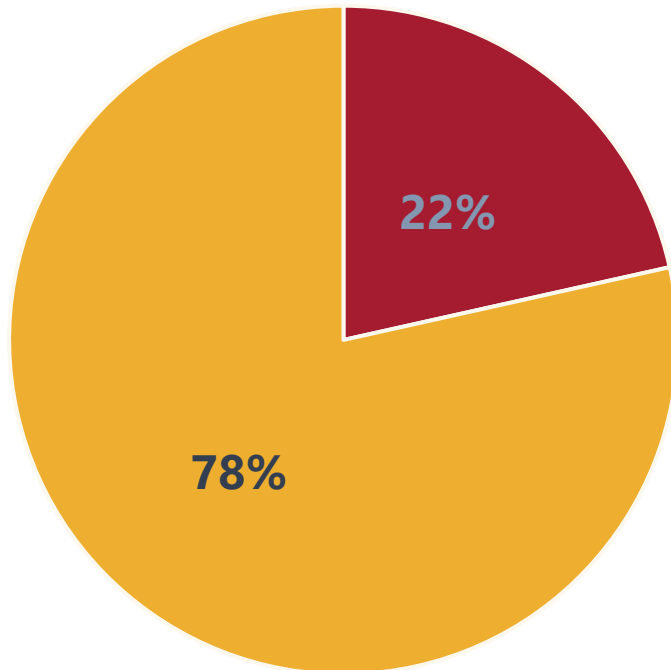


RECOVERY RESEARCH INSTITUTE

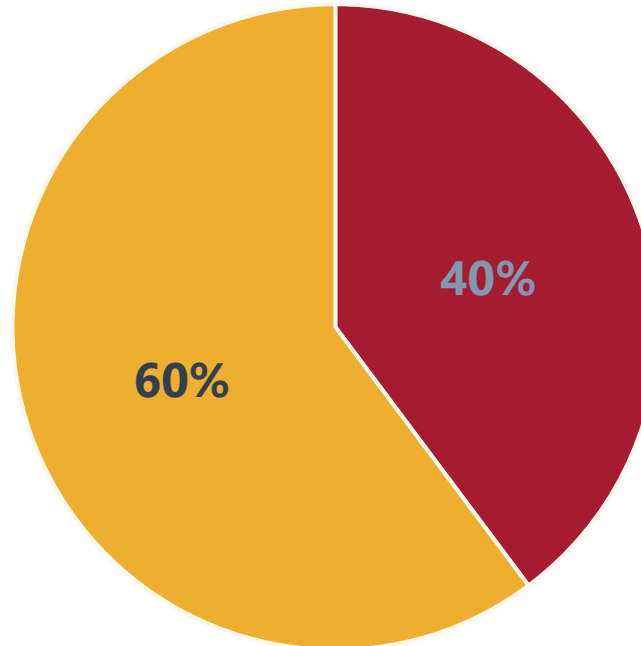
RECOVERYANSWERS.ORG

Nationwide RCC survey results

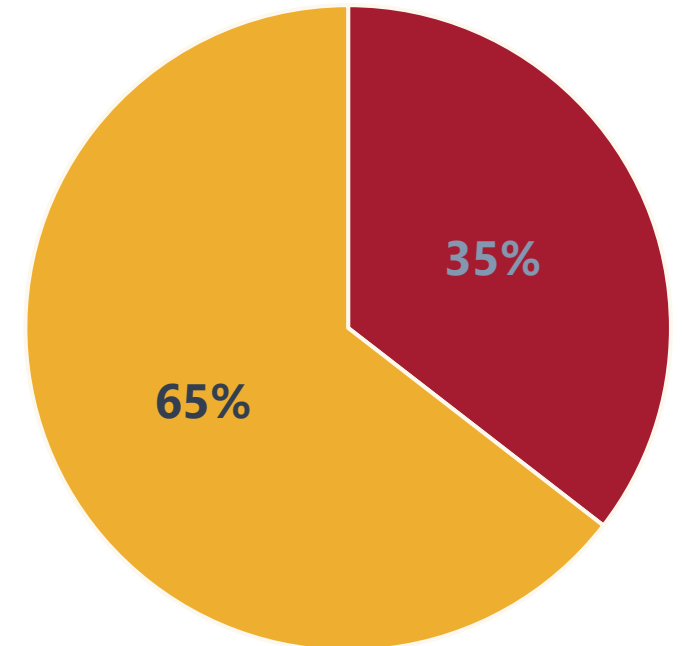
Recreational/social activities



Expressive arts (e.g., arts/craft groups, music, poetry)



Health, exercise, and nutrition (e.g., fitness classes)



- RCCs that do not provide this service
- RCCs that do provide this service

RCC Live Feature



We are featuring a different RCC at the start of each of our seminars in order to allow all participants to learn first-hand about RCCs



Catherine Lovvorn
Executive Director of Living
Proof Recovery
Rome, Georgia



Presenters



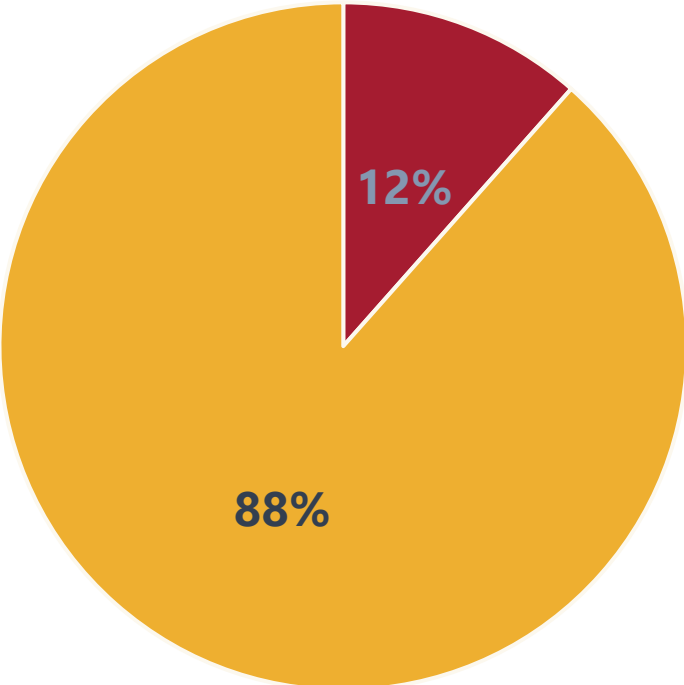
Dorothy West
Program Director of Center for
Recovery and Wellness Resources
Houston, Texas



Catherine Lovvorn
Executive Director of Living Proof
Recovery
Rome, Georgia

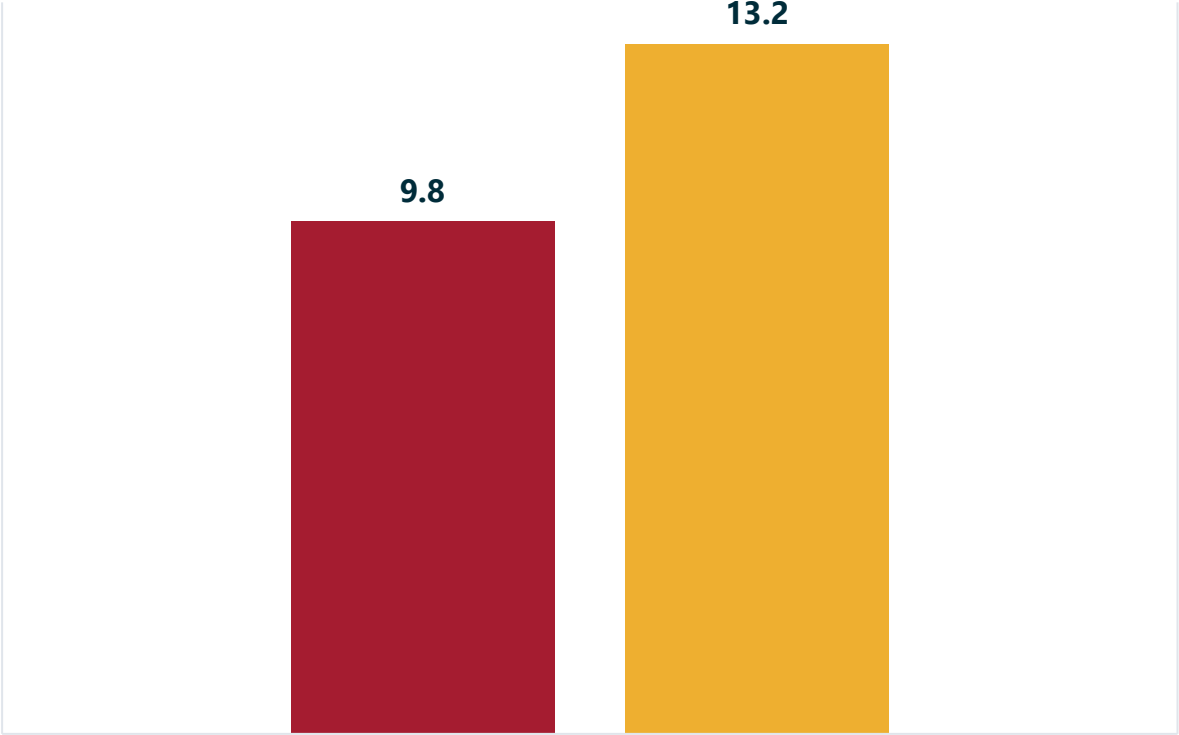
Nationwide RCC survey results – RCC workforce

RCC directors in recovery



- % of RCC directors not in recovery
- % of RCC directors in recovery

Average # of paid and volunteer staff at RCCs



- Average # of paid staff
- Average # of volunteer staff

Presenters



Dr. Mary-Ellen Brown

Associate Professor in social work of
the Watts College of Public Service
and Community Solutions at Arizona
State University

Hazards of our Helping Profession: Burnout, Compassion Fatigue, Secondary Trauma

- Cluster of physical, emotional and mental exhaustion
- Constant emotional upheaval at home and/or in the workplace
- Too many pressures and not enough support
- Negative self-concepts and job attitudes, while becoming detached, apathetic, angry or hostile



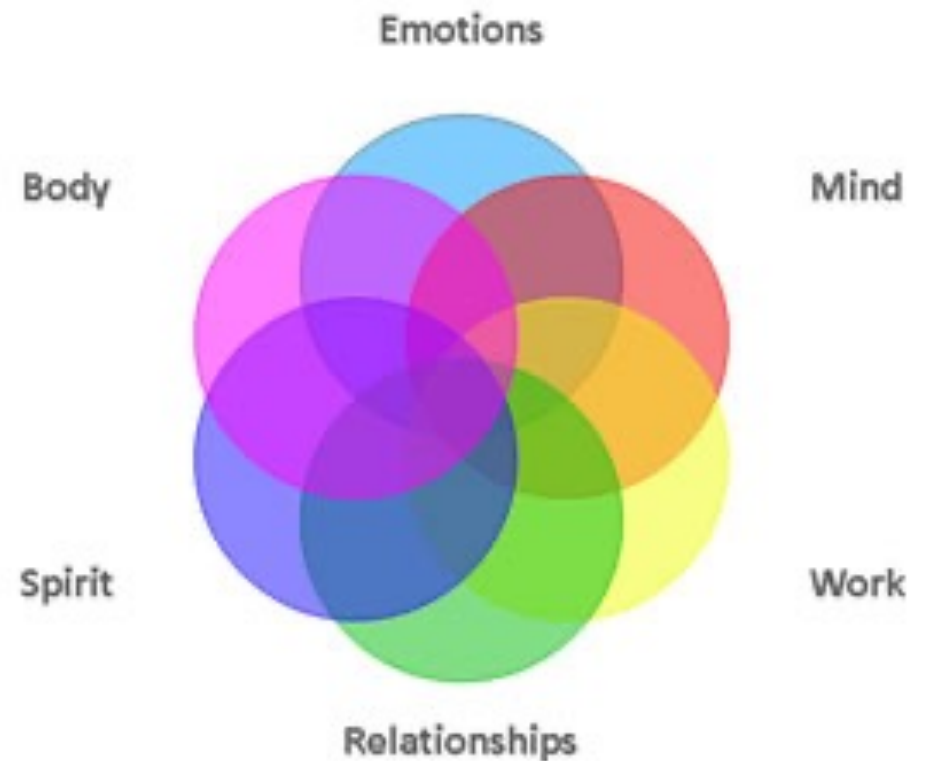
Symptoms of Stress



- Feeling irritation, anger, or denial
- Feeling uncertain, nervous, or anxious
- Feeling helpless or powerless
- Lacking motivation
- Feeling tired, overwhelmed, or burned out
- Feeling sad or depressed
- Having trouble sleeping
- Having trouble concentrating

Tips to cope with stress and enhance resilience:

- Communicate with your coworkers, supervisors, and employees about job stress.
- Identify factors that cause stress and work together to identify solutions.
- Ask about how to access mental health resources in your workplace.
- Identify and accept those things which you do not have control over.
- Recognize that you are performing a crucial role and that you are doing the best you can with the resources available.



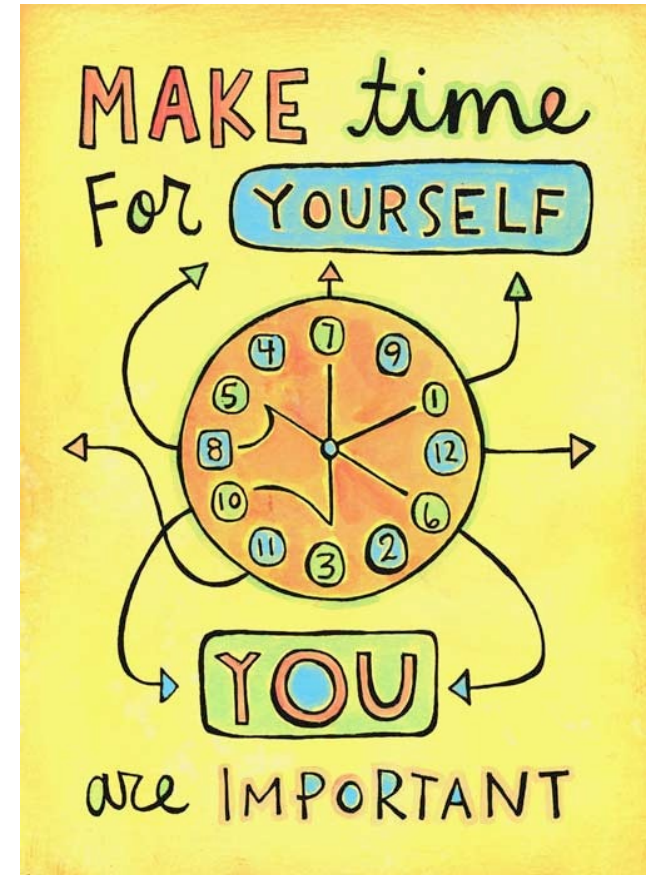
Tips to cope with stress and enhance resilience:



- Increase your sense of control by keeping a consistent daily routine when possible
 - Try to get adequate sleep.
 - Make time to eat healthy meals.
 - Take breaks during your shift to rest, stretch, or check in with supportive colleagues, coworkers, friends and family.
- When away from work, get exercise when you can. Spend time outdoors either being physically activity or relaxing. Do things you enjoy during non-work hours.
- Engage in mindfulness techniques such as breathing exercises and meditation.

Develop a Self-Care Plan

- Why?
 - To prevent burnout
 - To be able to be your best and give your best to the individuals, groups and communities you work with, by treating yourself well first
- No “one-size fits all” self-care plan
- Unique life history, distinct demands, stressors and challenges, individual goals and aspirations
- Unique “go-to” activities to manage stress (coping mechanisms/strategies)



Presenters



Dorothy West
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Houston, Texas



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