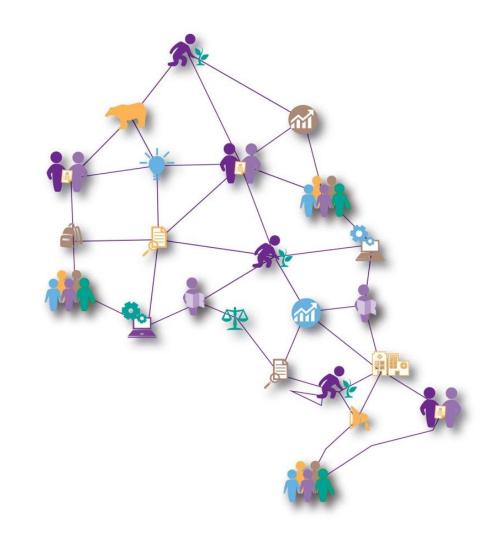
#### OHFRN-Col webinar:

Collective Care -Supporting one another and preventing burnout in Housing First Programs

2019-Oct-4





#### Housekeeping

- The audio is being stream via your computers. For optimal sound, please use external speakers or earphones. If you are still having trouble hearing our presenters, you can dial into **1-800-509-6600 Participant PIN: 95437934#**
- This webinar will be recorded and posted on the <u>**Col's webpage**</u> following the presentation.
- Please also let us know via the chat box if someone is watching the webinar with you!
- Some collected data from the webinar might be used for reporting.
- We would appreciate having your feedback on today's knowledge exchange webinar. You will receive a link to an online survey towards the end of the webinar. Thanks in advance for the 5 minutes of your time to complete our online feedback survey!

#### AGENDA

Introduction: About the OHFRN-Col and today's presentation Presentation on: Collaborative Care -Supporting one another and preventing burnout in Housing First Programs

7

**3** Q/A

# Introduction



## But first, a bit about you!

WHO is participating in today's webinar. Please answer the poll:

What is your main role in relation to the addictions and/or mental health sectors?

Agency Leadership

**Direct Service Provider** 

Knowledge Broker/Implementation Staff

**Policymaker** 

**System Planner (LHINs)** 

Researcher/Research staff

**Other (please specify in chat-box)** 

# WHICH SECTORS are participating in today's webinar? Please answer the poll.

- Hospital Mental Health and Addictions
- **Community Mental Health and Addictions**
- **Addictions only Services**
- **Housing Services**
- **Developmental Services**
- **Child Welfare**
- **Primary Care**
- **Justice**
- **Corrections**

**Education** 

**Cultural and/or linguistic services** 

□ Faith based services

**Government** 

**D** Public Health/Board of Health

**Employment** 

Peer Support Services

**Research/Academia** 

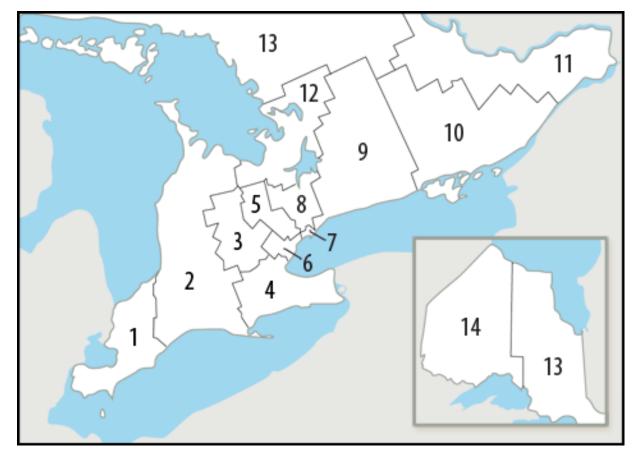
**Non-profit/volunteer** 

**Other, please specify in the chat box** 

## WHERE everyone is participating from? Please answer the poll.

Which Local Health Integration Network (LHIN) area are you participating from?

- **1. Erie St. Clair**
- **2**. South West
- **3**. Waterloo Wellington
- **4.** Hamilton Niagara Haldimand Brant
- **5.** Central West
- **G.** Mississauga Halton
- **7.** Toronto Central
- **8.** Central
- **9.** Central East
- **10.** South East
- **11.** Champlain
- **12.** North Simcoe Muskoka
- **13.** North East
- **14. North West**
- I am participating from outside of Ontario
  Not sure



#### The OHFRN-Col

**Purpose:** To assist communities across Ontario to develop, evaluate, and improve Housing First (HF) programs based on the Pathways model tested, adapted, and shown to be effective in the <u>At Home / Chez Soi Demonstration Project</u>.



#### **Goals:**

- **Build** local capacity for HF programs
- **Promote** high quality implementation, fidelity, and adaptation of the Pathways HF
- Advocate and influence public policy related to HF

## The OHFRN-Col

Members of the OHFRN-COI will consist of Ontario HF policymakers planners, managers, service-providers, researchers, and persons with lived experience, including representatives from the housing, health, and justice sectors and Indigenous housing and support providers. Key partners include the Canadian Alliance to End Homelessness, ESDC Reaching Home Secretariat, and local HF programs.

This Col is supported by Evidence Exchange Network, part of the Provincial System Support Program at CAMH.

For more information, visit <u>http://eenet.ca/housing-first-</u> <u>community-of-interest/</u>

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#### Today's webinar

During this webinar, you will learn about:

- ✓ discuss and practice strategies, including mindfulness, a highly researched practice that promotes well-being and reduces anxiety;
- ✓ explore the theoretical and biological underpinnings of mindfulness; and
- ✓ examine some practices that can help us build a culture of collective care in our workplaces.

#### The presenter



#### Brian Dean Williams (MA, RCC, CCC) Therapy - Meditation - Workshops

**Brian** was a clinician working with the Vancouver arm of the At Home / Chez Soi project, and has 22 years of frontline experience with mental health, addictions, and homelessness. He is now in private practice and travels widely to facilitate workshops and training.

Brian practices on unceded x<sup>w</sup>məθkwəyəm (Musqueam), Sk<u>wx</u>wú7mesh (Squamish), and Səlı́lwəta?/Selilwitulh (Tsleil-Waututh) territories.

www.briandeanwilliams.com

Collective Care: Supporting one another and preventing burnout in Housing First Programs

> Brian Dean Williams CAMH / OHFRN-COI September 2019



#### Healthy Responses to Trauma

- Post-traumatic growth
- Resilience
- Altruism born of suffering
- Vicarious resilience (helping professional)

(Hernandez, Engstrom, and Gangsei, 2010)

How have you been positively impacted as a result of working with people who have survived trauma?

#### Risks to us as frontline Housing First staff:

#### Vicarious trauma:

cumulative effect of working with traumatized clients: interference with helping professional's feelings, memories, self-esteem, and/or sense of safety

**Compassion fatigue:** stress reducing our ability to engage compassionately with others

Addiction: as way to soothe the above



"I don't think as therapists and community workers we're burning out. The problem of burnout is not in our heads or in our hearts, but in the real world where there is a lack of justice. The people I work alongside don't burn me out and they don't hurt me – they transform me, challenge me, and inspire me. What harms me are the injustices and indignities suffered by clients and my frustrating inability to personally change the unjust structures of society they struggle with and live in." -Vikki Reynolds, "Resisting Burnout with Justice-Doing" (2011)





#### "We-Care" Strategies

Exchanges and variety in workday and work-life

Everyday acts of solidarity and mutuality

Organizing around our mutual ethics

Engaging in political action and advocacy together

Humour!



#### "We-Care" Strategies

Celebrating and centering successes / victories

Taking scheduled breaks and respecting boundaries

Co-visioning plan with peers or supervisor

Exploring spiritual beliefs / connections

Taking care of our bodies

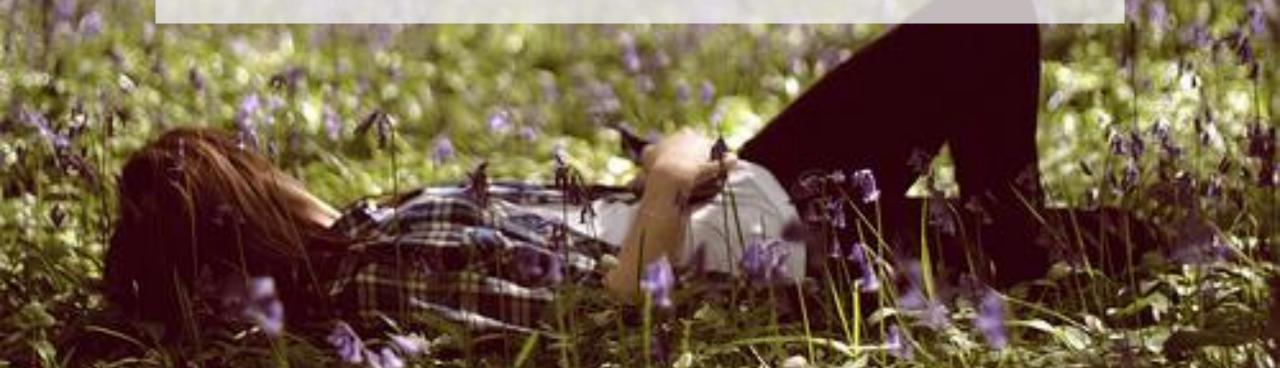
#### It's been my experience that "We Care" doesn't happen on its own – it requires intention and planfulness.

What is your team already doing for "We Care" that is sustaining you collectively?

If you use your imagination, what could you do together to strengthen this for your team?

## What is Mindfulness?

- Paying attention, on purpose, in the present moment (Kabat-Zinn)
- Generosity (Michael Stone)
- Re-membering / Integration (Daniel Siegel)
- A collection of practices that help us to Wake Up



#### Mindfulness is not:

A magical solution to all of life's problems, including homelessness

The best or only way to sustain ourselves

An attempt to convert you into a religion

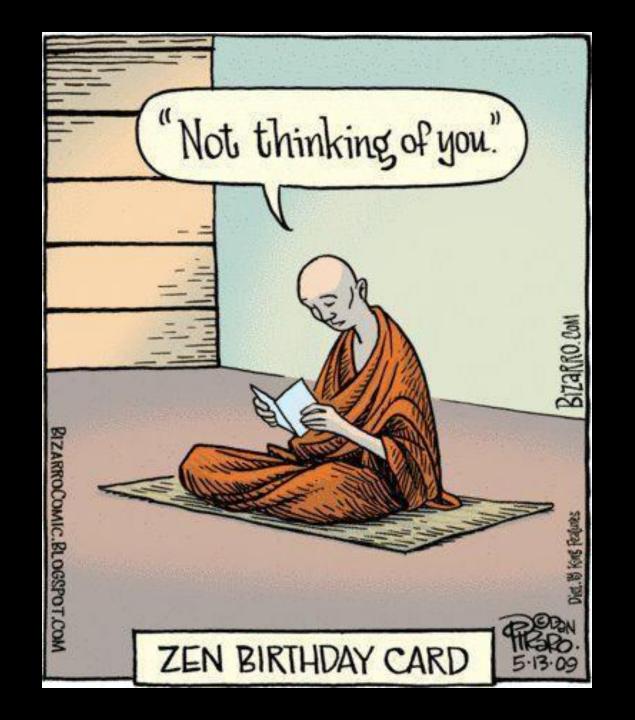
Having fixed, still, perfect attention, all the time



# **Breath Awareness**



I'm meditating on my inability to meditate due to the fact that when I meditate I can't stop thinking about how I can't meditate because I'm thinking about my inability to meditate. Is that correct? A neurobiological perspective: Disconnection to Integration



# Relevance to frontline work

- ✓ Therapeutic Presence
- ✓ Stress reduction
- ✓ Safety

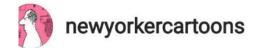
#### "Formal" Practice

#### "Informal" Practice



#### Mindful Speech: T.H.I.N.K.

- T rue
- H elpful
- I ntentional
- N ecessary
- **K** ind





•

"That reminds me of the thing I was going to say next regardless."

# Brian Dean Williams

## BRIAN DEAN WILLIAMS & ASSOCIATES COUNSELLING & MEDITATION

# **Questions/Discussion**

## Additional resources from Brian:

• Resisting Burnout with Justice-Doing by Vikki Reynolds <u>https://vikkireynoldsdotca.files.wordpress.com/2017/12/reynolds2011resistingburnoutwithjustice-doingdulwich.pdf</u>

• Self-care isn't enough: We need community care to thrive, by Heather Dockray <u>https://mashable.com/article/community-care-versus-self-care/</u>

• Centre for Mindfulness for Healthcare Workers, BC Children's Hospital <u>https://keltymentalhealth.ca/info/centre-mindfulness-newsletter</u>

• Youtube Playlist on Mindfulness: <u>https://www.youtube.com/playlist?list=PLOAnGDBxl-yN8sLgYWLKelSbV5pmVoa6z</u>

#### Mindfulness apps:

- Insight Timer
- Waking Up
- Headspace

# Thank You!

# camh

Thanks to all participants for joining today's webinar.

The OHFRN-CoI would also like to give a special THANKS to Brian for today's presentation!



Please take a few minutes to answer our survey on today's webinar and give us suggestions on future webinar topics: https://www.surveymonkey.com/r/ohfrncoi\_c ollaborativecare4Oct19

The recording of today's webinar will also be posted the <u>Col's webpage</u> shortly.

Save the date for our next webinar taking place November 26<sup>th</sup> from 1-2:30pm on Innovative ways creation of affordable housing.