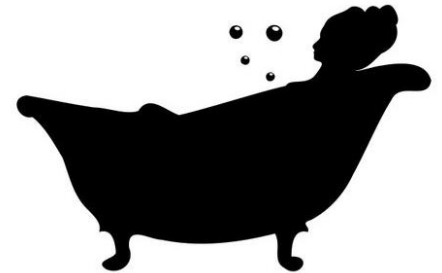


COVID19 COFFEE CHAT:

BUILDING RESILIENCE FOR FRONT LINE PROVIDERS: WHAT DOES “SELF- CARE” REALLY LOOK LIKE?



Friday, May 22, 2020
1pm Eastern



PRESENTERS



Matt Bennett, MBA
Trauma-informed care expert
Denver, CO



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National HCH Council
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Lynea Seiberlich-Wheeler, LCSW
West County Health Centers
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Lawanda Williams, LCSW-C, MPH
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Sierra Roberts, LCSW
Colorado Coalition for the Homeless
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OBJECTIVES

- ✓ Acknowledge the challenges front line homeless providers face during the COVID19 crisis.
- ✓ Recognize the challenges of practicing self-care for front line providers.
- ✓ Identify strategies to effectively practice self-care to reduce stress and build resiliency.
- ✓ Take a moment to be present and breathe. 

POLL





HOMELESS HEALTH CARE PROVIDERS: THEN AND NOW



NATIONAL
HEALTH CARE
for the
HOMELESS
COUNCIL

On the porch of Health Care for the Homeless in Baltimore, MD, nurse, Molly Greenburg, takes a client's temperature. (Photo: Jerry Jackson/Baltimore Sun)

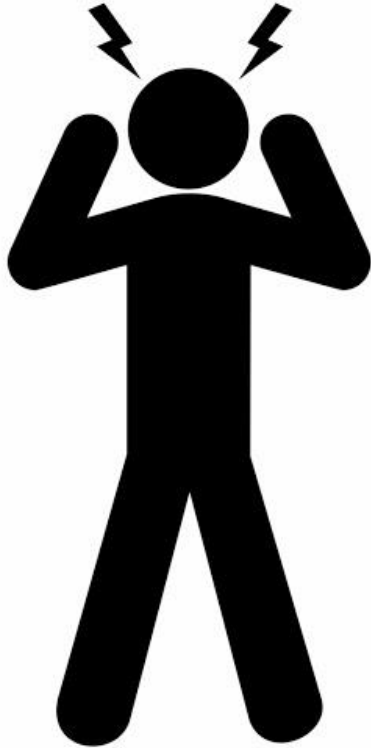
COVID-19 & TRAUMA

Stress Intensifiers: Duration, Uncertainty, & Importance

Trauma – Events involving intense stress that overwhelms the nervous systems capacity for regulation, resulting in an existence dominated by the trauma

Vicarious Trauma & Secondary Trauma

POLL



PANELISTS



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What does self-care really mean?

**Typical coping skills
and tools may not be
available to us. How
do we cope?**

**There is a chance that
things might actually
be worse in six
months. Help.**

**How do we acknowledge
the pain and suffering
around us without
becoming overwhelmed?**

**How can we support
each other?**

ADVOCACY IS SELF-CARE

Sign-up for our Mobilizer:
nhchc.org/mobilizer

Send us your stories from the front-lines (rreed@nhchc.org)

Listen to our Poverty Policy Podcast

Bonus- send us a haiku!



**I don't want to take a
bubble bath. I am burned
out. I want to run away.**

What say you, panelists?

THANK YOU FOR COMING

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