DIGITAL DIALOGUE

WORKFORCE SUPPORT

Workforce Wellbeing

Centering Yourself to Better Support Others

Children's Bureau

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Strong & Thriving FAMILIES

21st National Conference on Child Abuse and Neglect

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Speakers

Join the National Conversation on Child Abuse and Neglect

SPEAKER
Amelia Franck Meyer, EdD, LISW, APSW
CEO, Alia

MODERATOR
Nilofer Ahsan
Lead, Knowledge & Partnerships
CANTASD

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The burnout and retention problem in child welfare is enormous, and it has real consequences for families.

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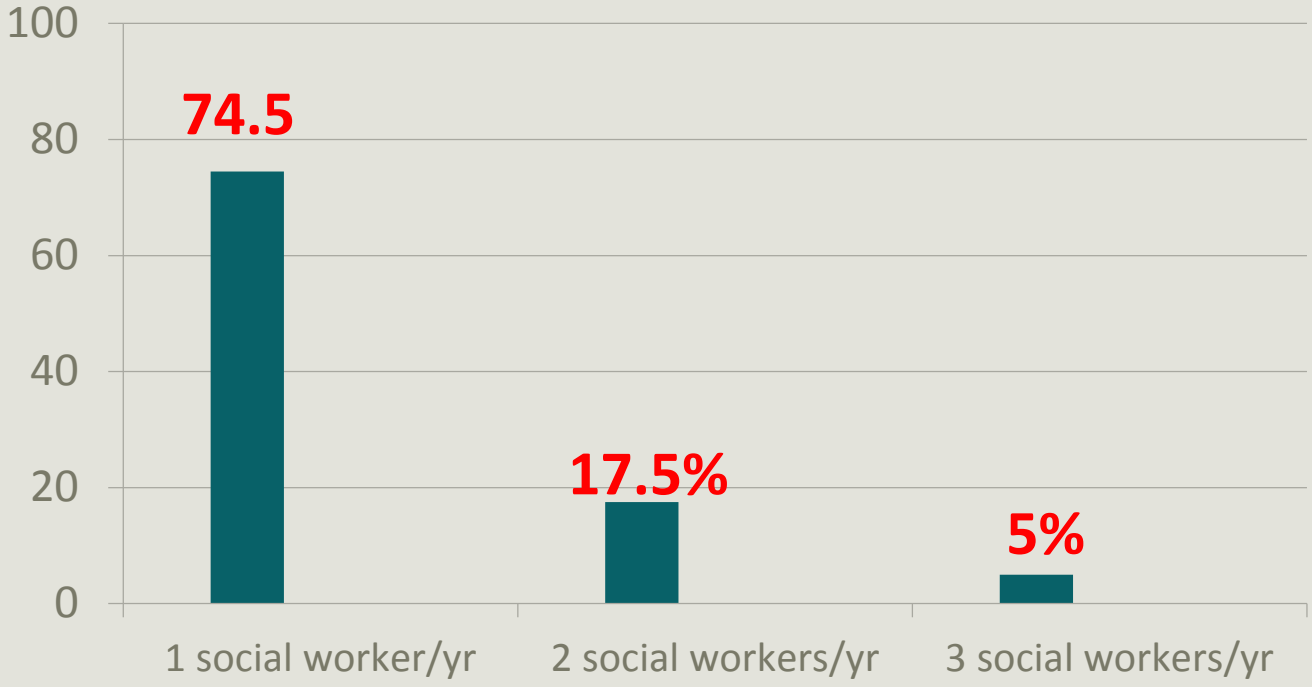
Youth % chance of permanency by number of social worker changes



Flower, McDonald & Sumski (2005)

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Working in child welfare is tough, but not for the reasons you might expect.

It's more this…

than this.

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The pain will come.
Our choice is to face it or numb it.

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There is good news!

Resilience and wellbeing can be practiced and learned.

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Wellbeing Actions

GET IT OUT

Physical discharge

FILL IT UP

Seek joyful actions

REARRANGE IT

Change your thoughts

PROTECT IT

Set limits and boundaries

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GET IT OUT with physical discharge.

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FILL IT UP with joyful actions.

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REARRANGE IT for perspective.

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PROTECT IT for endurance.

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Who is taking care of you?

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Hands down

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So how do YOU protect yourself?

1

GET IT OUT

2

FILL IT UP

3

REARRANGE IT

4

PROTECT IT

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Discussion

- Please type questions into the chat box

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Get Social with Alia

@AliaInnovations

Amelia Franck Meyer

amelia@aliainnovations.org
@alfranckmeyer

Amelia's TEDx Talk

"The Human Need for Belonging"

www.aliainnovations.org

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Resources

Join the National Conversation on Child Abuse and Neglect

- Secondary Traumatic Stress Podcast: https://www.acf.hhs.gov/cb/resource/child-welfare-podcast-secondary-traumatic-stress
- What About You? A Workbook for Those Who Work with Others: https://www.ncwwi.org/files/Incentives__Work_Conditions/What_About_You_Workbook.pdf
- The Workforce Development Framework: https://ncwwi.org/index.php/workforce-development-framework

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Thank You and Next Steps

Join the National Conversation on Child Abuse and Neglect

Thank you for your participation!

How useful was this session?

Additional Comments:
hello@CANTASD.org

Upcoming:

April 17: *Integrating Mindful Awareness Strategies to Support Well-Being and Resiliency in the Child Welfare Workforce*

NCCAN April 24-26

- *3 Plenary Sessions*
- *5 Master Sessions*

July 9: *Creating the UnSystem for Child Abuse and Neglect*

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Fill your bucket.