



WEST VIRGINIA

PEER RECOVERY

Support Services Conference

Addressing the Opioid Crisis with Peer Recovery Support Services

Compassion Fatigue

D4

Meaningful Trainings

Framing Imagination. Building Intention. Sustaining Wonder.

Agenda & Learning Objectives

Compassion Fatigue: What is it?

Origins & Ethics of Self Care

Components & Caveats

A Flexible Framework

Personal Practices of Wellness



Introduce Yourself

Name

Job

Connection to Recovery

&

ONE (1) Thing that Brings You JOY!





Compassion Fatigue

Also called “vicarious traumatization” or secondary traumatization (Figley, 1995).

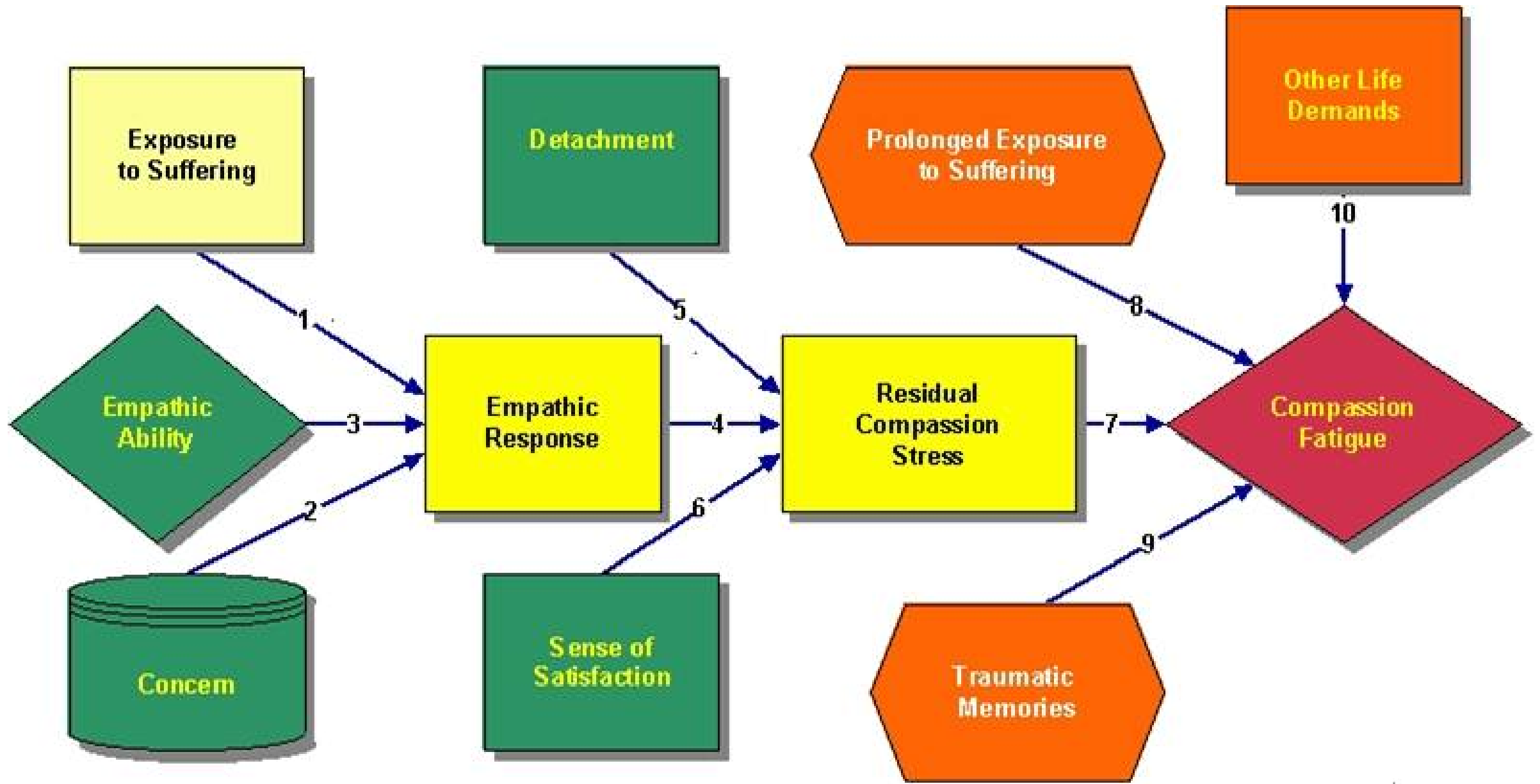
The emotional residue or strain of exposure to working with those suffering from the consequences of a traumatic event.



“We have not been directly exposed to the trauma scene, but we hear the story told with such intensity, or we hear similar stories so often, or we have the gift & curse of extreme empathy & we suffer. We feel the feelings of our clients. We experience their fears. We dream their dreams. Eventually, we lose a certain spark of optimism, humor & hope. We tire. We aren’t sick, but we aren’t ourselves.”

Charles Figley, Ph.D. 1995





The Compassion Fatigue Process (Figley, 2001)



Burnout

Cumulative process marked by emotional exhaustion and withdrawal associated with increased workload and institutional stress,
NOT trauma-related.

Compassion fatigue's calling card.



Compassion is a skill!

Compassion Fatigue



- **It's a process**
- **It develops over time**
- **It erodes one's ability to feel & care**



Mother Teresa

Understood Compassion Fatigue



In her plan to her superiors she wrote that it was **MANDATORY** for her nuns to take an entire year off from their duties every 4-5 years to allow them to heal from the effects of their care-giving work.



UNWELLNESS

AT WORK

IS INCREDIBLY COSTLY!



**In Total: \$2.2 trillion
annual loss in the
United States
(12% of GDP)**

Source: Milken Institute,
UC-Davis, EU-OSHA, Gallup



Lost opportunity?
(life choices)

Decreased capacity?
(work, community)

Damaged social connections?
(family, friends, professional peers)

**\$125 – \$190
BILLION
in health care
spending alone!**

Harvard & Stanford Business Schools

Other costs?





Signs & Symptoms

$\frac{2}{3}$

- **Exhaustion** – insomnia, fuzzy thinking, lack of focus
- **Cynicism** – uncooperative demeanor, apathy, frustration
- **Inefficiency** – packed calendar, excessive work hours
- **Loneliness** – few/no friends, withdrawal, chronic fatigue



The cost of a thing is the amount of what I will call life which is required to be exchanged for it, immediately or in the long run.

Henry David Thoreau, *Walden*



A Story About Hospice Care Givers

Coordination & Interpersonal Dynamics

- ▶ *Digitize Workflow*
- ▶ *Provide Coaching*
- ▶ *Streamline Purchasing*
- ▶ *Support Self Care*





- 1. Digitize Workflow*
- 2. Streamline Purchasing*



- 3. Provide Coaching*
- 4. Support Self Care*

Survey says...



Origins & Ethics

Self Care



- **Philosophy – self-knowledge, pursuit of the care for one’s own well-being; the ART of living**
- **Public Health – attitudes toward others**
- **Social Justice – self-determination**
- **Education – very practical**
- **Medical – Orem’s Model of Nursing**



Components & Caveats

Self Care



COMPONENTS

- **Mind**
- **Body**
- **Spirit**

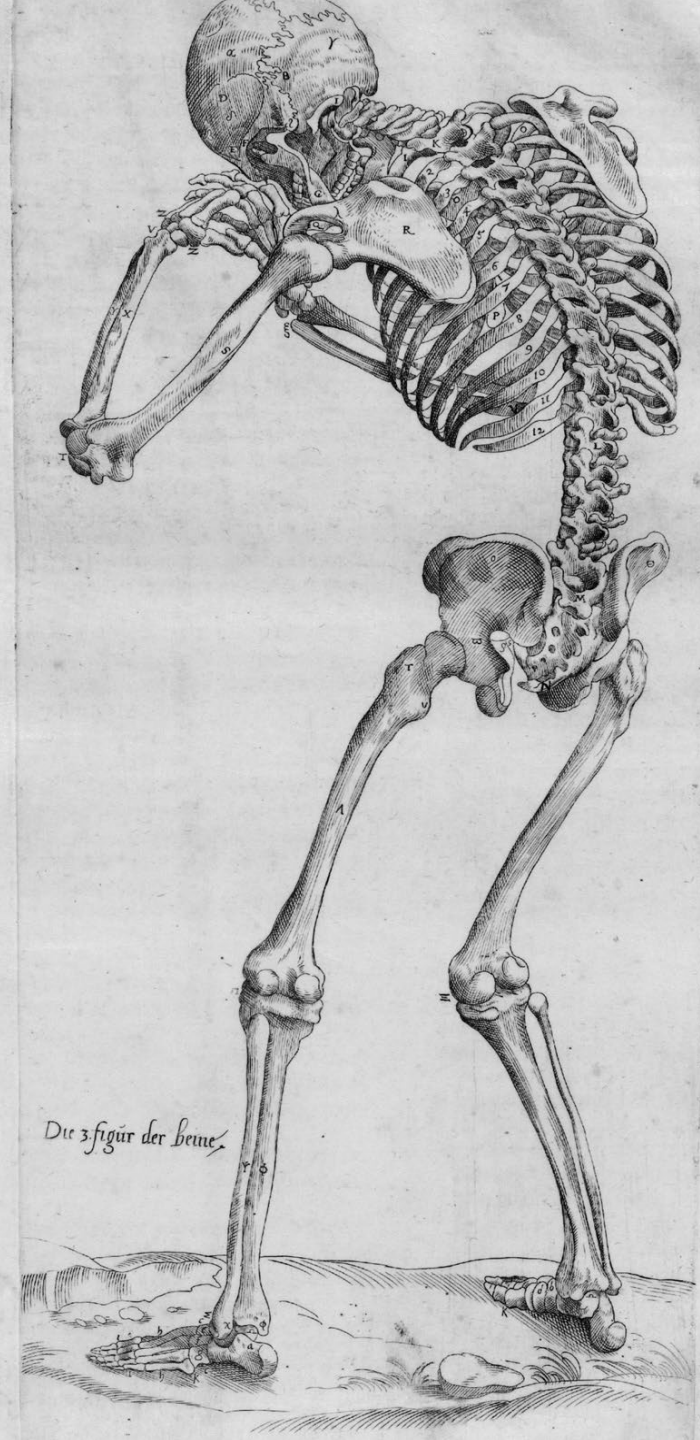
CAVEATS

- **Time**
- **Mood**
- **Support**

All About Stress

The discussion of compassion fatigue can
itself be considered stressful!

Let's explore





Worksheet (A) → All About Stress

- Consider prompts
- Turn to a neighbor
- Share your thoughts

Scan ❖ **Stretch** ❖ **Breathe**



Why Stretch?

Stretching improves flexibility which may:

Improve performance in physical activities

Decrease risk of injuries

Increase range of motion in joints

Enable muscles to work most effectively

www.mayoclinic.org





Why Breath Deeply?

Provides energy - Calms the mind

Stabilizes the nervous system

Sharpens memory & concentration - Aids alertness

Detoxifies the blood - Improves immune system

Promotes healing - Strengthens the heart

Speeds physical recovery - Relieves muscle stiffness

Improves digestion & metabolism

Improves athletic performance

<http://www.o2fresh.com/>

Lessens fatigue







Worksheet (B) → Energy Management

- **Fill in chart**

Sprinter vs. Distance Runner

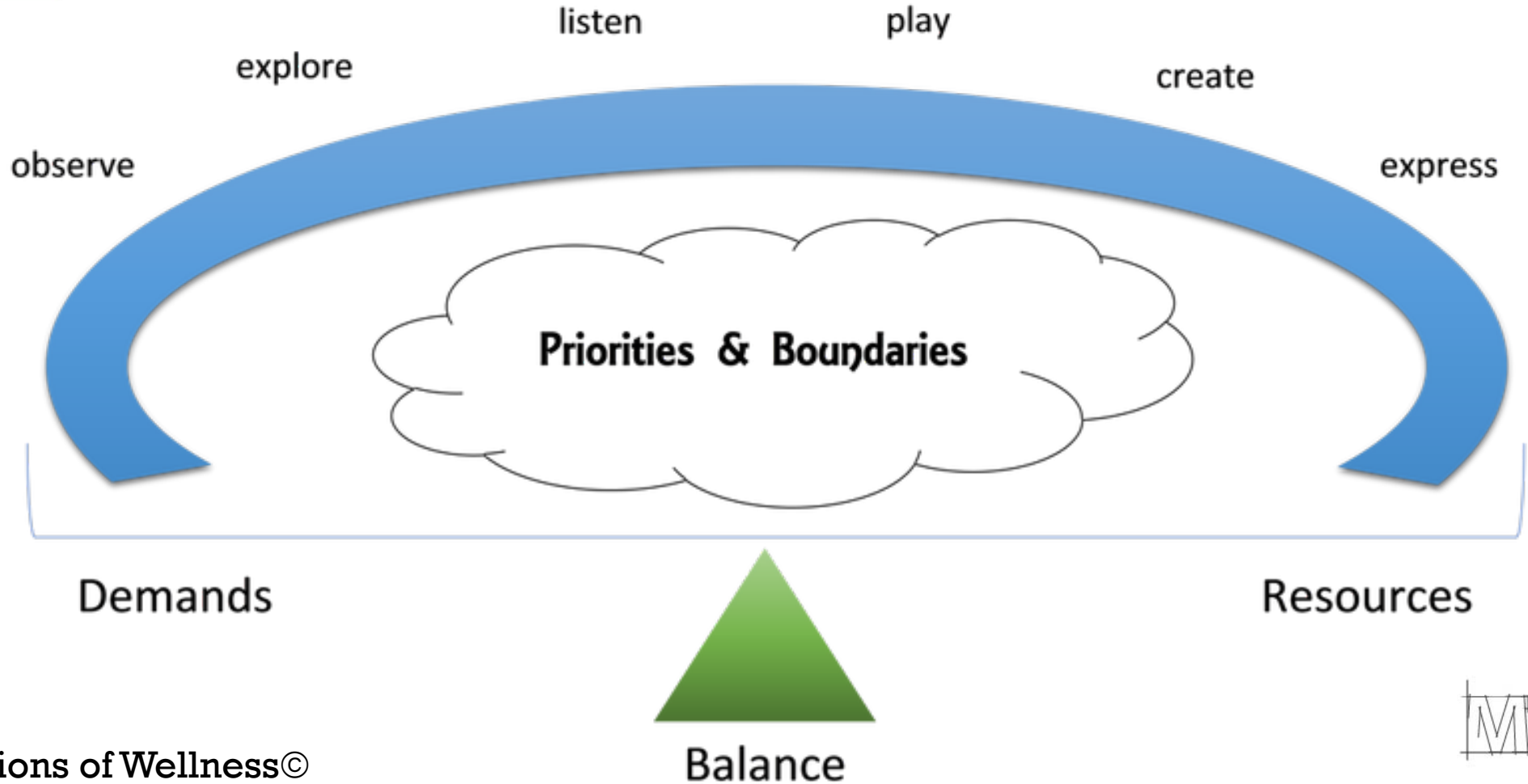


Signs & Symptoms

- **Exhaustion** – insomnia, fuzzy thinking, lack of focus
- **Cynicism** – uncooperative demeanor, apathy, frustration
- **Inefficiency** – packed calendar, excessive work hours
- **Loneliness** – few/no friends, withdrawal, chronic fatigue

$$\frac{2}{3}$$

A Flexible Framework



Why Play?

Facilitates Creativity
Develops Imagination
Promotes Dexterity
Increases Physical, Cognitive &
Emotional Strength
It's fun!

Adapted from:

pediatrics.aappublications.org/content/119/1/182
American Academy of Pediatrics



Why Observe?

Focuses the Mind on Present Moment
Fosters Self Awareness
Tempers Judgment, Increases Awareness
Improves Well-Being & Health
Contributes to Happiness

Adapted from:

www.helpguide.org/harvard/benefits-of-mindfulness.htm



Why Create?

Unleashes Imagination
Promotes Intellectual Dexterity
Facilitates Community
Fosters Feelings of Value & Contribution
It Feels Good!

Adapted from:
Meaningful Trainings' observations



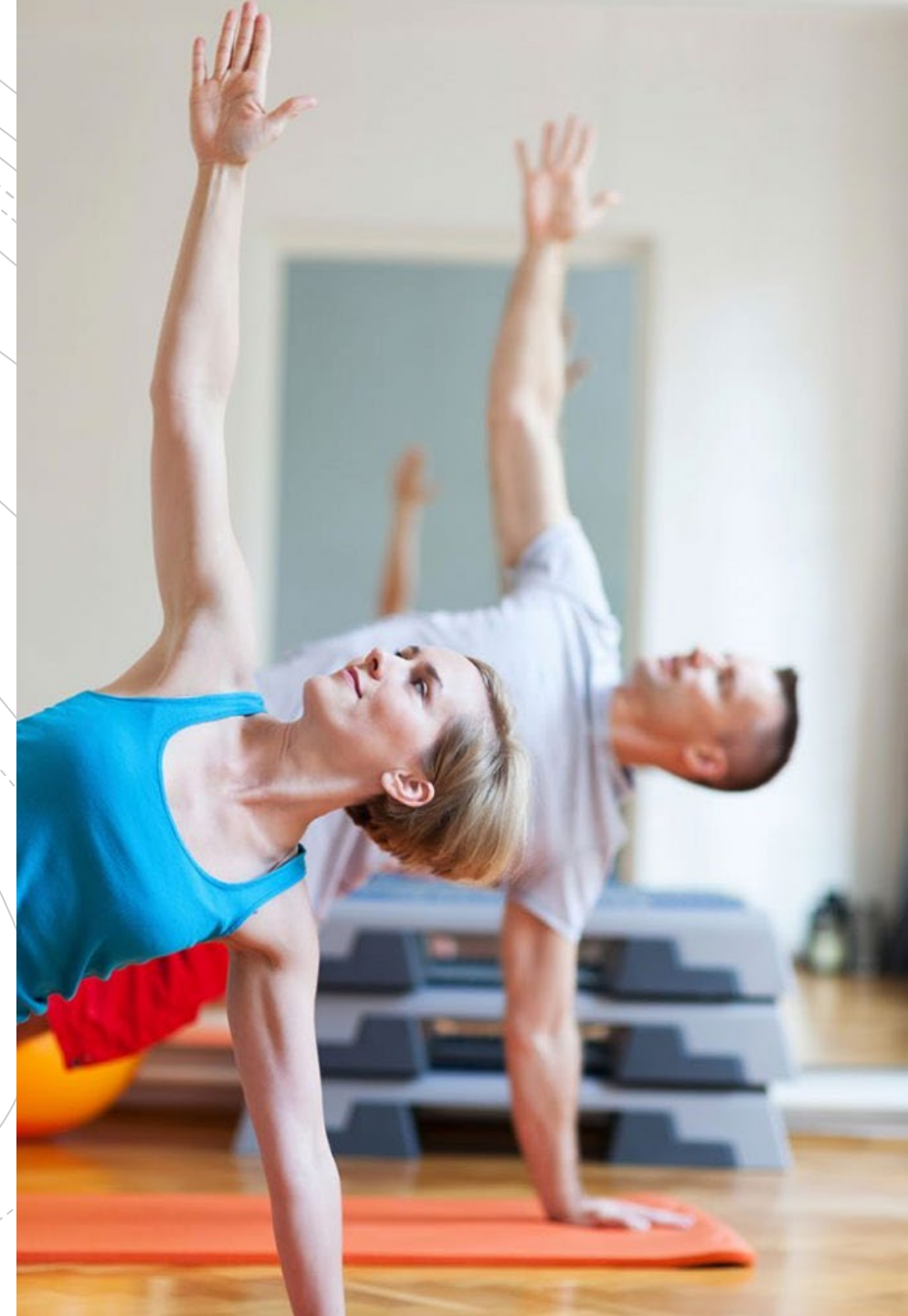
Why Practice?

Improves Performance
Increases High-Stakes Readiness
Reduces Necessary Effort
Frees Mental Energy
Results Endure Over Time

Adapted from:

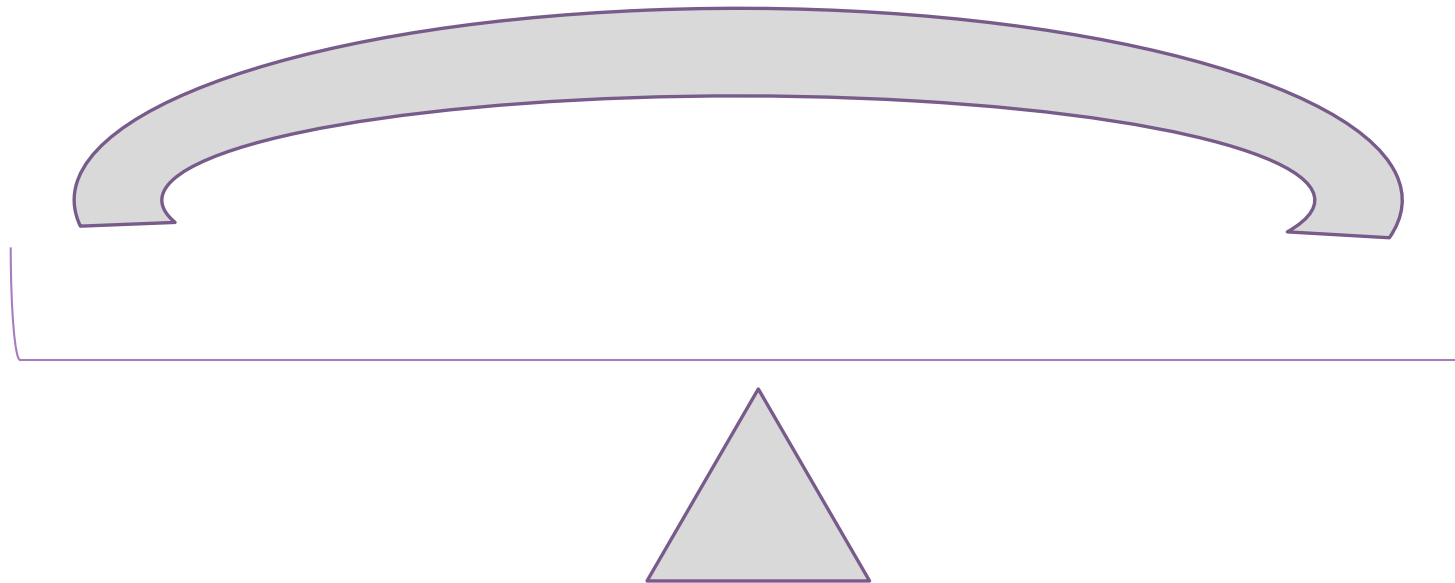
<http://www.teachthought.com/uncategorized/the-neurological-benefits-of-practice/>

<https://digest.bps.org.uk/2008/09/29/practice-practice-practice-the-benefits-are-ongoing/>





Worksheet (C) → Personal Wellness Tool



Balance

A Question of Ethics

How do we encourage & support personal agency in our recoverees & in ourselves?

How are we supported by our organizations & communities?



Take-Aways & Inquiries





WEST VIRGINIA
PEER RECOVERY
Support Services Conference

Addressing the Opioid Crisis with Peer Recovery Support Services

Thank You

Meaningful Trainings

Framing Imagination. Building Intention. Sustaining Wonder.