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

Lawanda Williams, LCSW-C, MPH
Health Care for the Homeless
Baltimore, MD

Regina Reed
National HCH Council
Baltimore, MD

Lynea Seiberlich-Wheeler, LCSW
West County Health Centers
California

Sierra Roberts, LCSW
Colorado Coalition for the Homeless
Denver, CO
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

STRESS LEVEL

LOW

HIGH
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 (reed@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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