Community-Care as the Next Step in Self-Care

BHG
Behavioral Health Group℠

Self-Care is the Foundation – Ethical Imperative:

- **Self-Care is still the entry-point/foundation**
  - ✓ Although community-care must authentically and strategically become a part of self-care, it can never override it – we must take care of ourselves first to ensure we are equipped to help others
  - ✓ Self-Care alone isn't enough
  - ✓ **Community-care IS self-care**

Community-Care Expands Self-Care:

- **To avoid burnout and isolation, self-care must be:**
  - ✓ Supported by community
  - ✓ Working in isolation is neither effective nor sustainable

Communitarian approach:

- **This philosophy emphasizes reciprocity, trust, and mutual accountability**
  - ✓ Recognizes that no one can be fully competent or sustainable in isolation

Barnett, J. E., & Homany, G. (2022). The new self-care: It's not all about you. Practice Innovations, 7(4), 313.

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Practical Ways to Integrate Community-Care

1. Require **<u>Self-Care Maintenance Plan Review</u>** as part of quarterly performance or quarterly clinical supervision review

2. Team Huddles/Clinical Supervision/1-on-1's all include <u>**routine wellness checks**</u> and time-off planning as a top priority; leaders are trained to **<u>intentionally broach topics of vicarious trauma</u>**

3. Diversify your peer support networks: keep building circle**<u>s</u>** of mutual support

4. Continuously seek supervision and mentorship

5. Join in collaborative learning experiences
   (i.e. conferences, workshops, interactive webinars, etc.)

6. Create safe spaces for vulnerability