

Wisconsin Afterschool Network Learning Series

Educator and Caregiver Compassion Fatigue and Burnout

Provided by Marshfield Clinic Health System Psychiatry & Behavioral Health Department
In partnership with the Wisconsin Department of Administration Beyond the Classroom Grant
Program

Click [here](#) to register for learning series

Compassion fatigue and burnout is sweeping the nation and none of us are immune. That is why it is important to identify the signs of stress and burnout and learn tools and strategies to increase resilience through the ongoing adversities faced by educators, caregivers and adults who work with children and youth. This learning series provides an overview of compassion fatigue and burnout experienced by adults as they support children and adolescents through the endemic. The series will highlight how daily work stress is impacting educator and caregiver mental health and well-being. We will define compassion fatigue and burnout, identify early signs of burnout, become aware of risk factors and protective factors, and discuss realistic action steps towards building compassion resilience. Following the webinar, educators, caregivers and adults who work with children and youth will be able to identify and implement self-care strategies and tools into their daily work to facilitate personal and team well-being.

Learning Objectives:

- Participants will be able to define what is meant by compassion fatigue and burnout and their impact on educator mental health and well-being.
- Participants will be able to recognize signs and symptoms of burnout and compassion fatigue in oneself and team members.
- Participants will learn at least five self-care strategies and team-care strategies to facilitate well-being and resilience.
- Participants will learn how self-care and compassion approaches can offset educator and caregiver fatigue, stress, and burnout

December 3 – The Mental Health Impact of the Pandemic: Risk Factors, Stress Monitoring, and the Imperative for Intentional Self-Care

(11:00-12:00 pm via WebEx)

Presented by Jennifer Michels, PhD ABPP – Clinical Psychologist, Marshfield Clinic Health System

The COVID pandemic is impacting the mental health of our population in profound ways. Professionals in education and human service professions are on the front lines of our mental health emergency and, understandably, burning out. This webinar will review the evidence of pandemic mental health impact, define and outline the features of compassion fatigue and burnout, and identify risk factors. A stress tolerance model will be introduced in combination with tools for recognizing burnout. The webinar will review immediate well-being strategies to implement.

December 17 – Compassion Fatigue and Children & Youth Support Strategies

(11:00-12:00 pm via WebEx)

Presented by Kelly Spanier, PsyD – Psychology Postdoctoral Fellow, Marshfield Clinic Health System

Compassion fatigue affects the way we feel about our daily interactions with others and ourselves. As a burnout friend and teacher told me “I am no longer acting like the teacher I want to be, I am acting against my values.” Compassion fatigue affects deeply and often leads to lack of meaningful and value driven engagement. In this presentation you will learn how to manage compassion fatigue with self-compassion, support peers, and engage in value consistent action. In the webinar, you will be given a brief introduction to a collection of resources and strategies you can use to help support children and youth experiencing burnout. We hope these resources help lessen your workload in the face of increasing demands and decreased support.

January 7 – Stress and Anxiety Management: Strategies that Work

(11:00-12:00 pm via WebEx)

Presented by Kelly Spanier, PsyD – Psychology Postdoctoral Fellow, Marshfield Clinic Health System and Kelsie Offenwanger, PsyD – Child/Adolescent Psychologist, Marshfield Clinic Health System

Very few of us come to our roles knowing fully how to prepare others for life and learning, especially during unparalleled times like the present. Much of our mental activity is deep-rooted or instinctual and it can take direct effort to establish self-care and compassion in our day to day lives. This presentation will introduce you to the impact of stress, the cycle of anxiety, and how these concepts impact our functioning. We will review the way stress affects our mind and body and learn practical cognitive, emotional, and behavioral strategies.

**January 21 - Personal Resilience and Well-Being: Fostering Growth Through the Pandemic
(11:00-12:00 pm via WebEx)**

Presented by Kelsie Offenwanger, PsyD – Child/Adolescent Psychologist, Marshfield Clinic Health System

With the present pandemic also comes an opportunity for growth that opens the doors to develop lifelong mindfulness tools that foster ongoing resilience. Together in this webinar, we will explore resilience and well-being techniques to support yourself and the populations you serve. All the tools can be woven into your busy schedule and implemented in under 5 minutes. The goal is to turn these unprecedented times into a period of learning and strength.

Click [here](#) to register for learning series

Speaker Bios and additional information can be found on the Wisconsin Afterschool Network Website.

Click [here](#) to learn more



Proudly enriching the health of our communities through a partnership between Marshfield Clinic Health System and the Wisconsin Afterschool Network, with generous support from the Charles Stewart Mott Foundation, Wisconsin Department of Public Instruction, Wisconsin Department of Children and Families, Wisconsin Department of Administration and Supporting Families Together Association

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