



Supporting Staff & Families During the Holidays

Inspired Boost
December 14, 2021



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A Moment to Think- Write-Share

Step 1: Think about what this time of the year brings up for you?

Step 2: Take a moment to jot some thoughts down

Step 3: Share with your partner





Reflections - Group Debrief

Inspire Action's Key Strategies for the Holidays

Providing Healing-Centered, Culturally Responsive, and Trauma-informed Supervised Visitation & Safe Exchange

Services Includes:

- Take Time to Connect
- Lead with Care and Compassion
- Acknowledge the Humanity and Unique Life Circumstances of each Individual
- Support Safety & Well-being
- Counteracting Power & Control

Think-Write-Share-Act

Step 4: What can you do during this time of the year to build resiliency for yourself and your team?

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WHAT CAN YOU DO DURING THIS TIME OF THE YEAR TO BUILD RESILIENCY FOR YOURSELF AND YOUR TEAM?

Mentimeter

Stick to the boundaries I have set and that my staff have set.

Check in with each other

Schedule fewer client appointments, allow time for self care

Being intentional connecting with staff.
Meeting others with compassion first.

I can bring my best self and allow for grace during this time

We exchanged cookies with each other at our last staff meeting.

Practice meaningful self care.

Stay connected find safe places to talk and express my emotions so I can be 100 percent when I show up for other families and stay effective for mine

Recognize mental, spiritual thoughts and feelings of all that I am connected with, engage in healthy conversations about what they want and how they celebrate.

WHAT CAN YOU DO DURING THIS TIME OF THE YEAR TO BUILD RESILIENCY FOR YOURSELF AND YOUR TEAM?

Practicing mindfulness and staying present in the moment

Ask and listen with compassion and the goal of learning

Provide backup to staff members when needed.

check ins leading with compassion and care. reminding people that it's okay to feel down, but that they're not alone in this.

Be present and an active listener!

Upcoming Inspire Training

Equity & Trauma-Informed Compassionate De-escalation in Supervised Visitation Services

Part 1: January 10, 2022

Part 2: January 11, 2022

7:30-9 AM Hawaii / 8:30-10 AM Alaska / 9:30-11 AM Pacific / 10:30-12 PM Mountain /
11:30 AM-1 PM Central / 12:30 PM-2 PM Eastern

For more details and to register: www.inspireactionforsocialchange.org/supervised-visitation-training

Virtual Supervised Visitation Immersion Training

January 18, 20, 25, & 27, 2022

6 AM-11 AM Hawaii / 8 AM-1 PM Alaska / 9 AM-2 PM Pacific / 10 AM-3 PM Mountain /
11 AM-4 PM Central / 12 PM-5 PM Eastern

For more details and to register: www.inspireactionforsocialchange.org/supervised-visitation-training

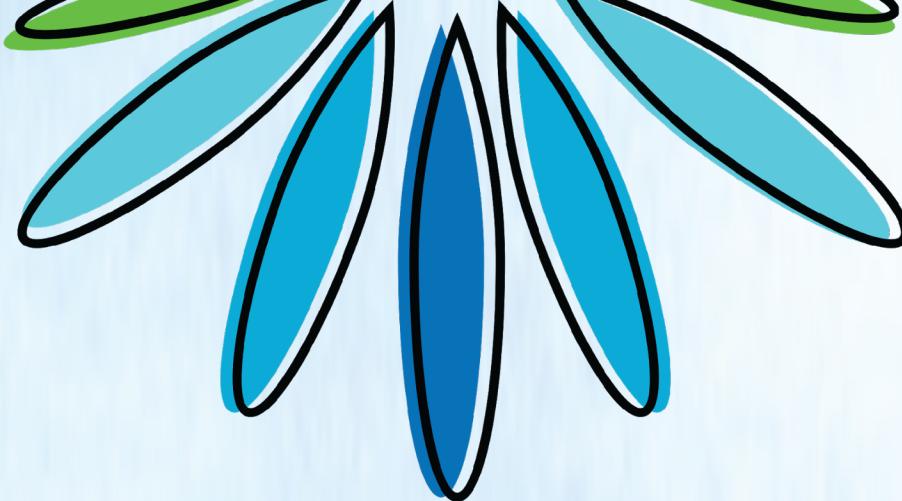
Future Inspired Boost Topics

What else would you like to learn and explore?

Send us any Inspired Boost topics you would like to place in the “queue” for future calls.

Send us an email at

info@inspireactionforsocialchange.org



We are here to provide you support - please contact us anytime!

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