Self Care and the Evolution of Personal Recovery

PEER SUPPORT ECHO

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Self care is vital to peer support/recovery coaching.

- Lack of intentional self-care can lead to burnout and/or compassion fatigue.

- Modeling recovery must be genuine and organic.

- Working in the SUD field often involves serving people suffering, in crisis, and traumatic experiences.

- Exposure to this atmosphere can cause vicarious trauma, which can lead to issues with crossing boundaries and ethical violations.

- Good relationships are important not only with clients, but also with the staff members that you work with.

Signs and symptoms of burnout/compassion fatigue.

- Begin to cut corners
- Begin to avoid the issue/stay away
- Begin to confront family and AI
- Begin to denigrate the person we are helping
- Use of humor is inappropriate
- Oversights, mistakes and lapses of concentration
- Start distancing ourselves from others…don't want to talk about it

More signs and symptoms

- Enthusiasm turns sour
- AI and other family members become irritants, instead of persons
- We make complaints about all aspects of life.
- Tired all the time, don't want to talk about what is going on.
- We start to neglect our family, work, school.
- We try to avoid our pain and sadness—self medicate
- Our hopelessness turns to rage
- We begin to hate people…any/all people
- Others appear incompetent or ignorant to us (other family members, therapists etc..)
- We develop a real distain for the AI.
- We have…no patience…no sense of humor…no time for fun

Tidbits

- You're responsible for your task, God is responsible for the outcomes.
- You're not God.
- The need will always be greater than the resources.
- Use care in how you measure "success"
- Value small victories.
- Who you are is as important to the mission
    as what you do.
- Their pain is not your pain.
- Don't take them home with you.
- Remember to care for your spirit, emotions and body so that there will be something left to give.

Evolution of personal recovery.

- Self care can be different for everyone, but generally there are similarities.
  - These include caring for oneself mind, body, and spirit.
- Personal recovery changes and adapts as the individual's experiences evolve.
- Often recovery arenas, opinions, and activities change the longer someone works in the SUD field.
- PSS may choose to change programs, meetings, or embrace a totally different pathway as they begin to see more of the staff they supervise or clients they work with in meetings.

My personal recovery and self-care.

- I am in school and work full time, am a mother to 3 kids, and balance a ton of other responsibilities as well.

- For some self care would be to drop something but I cannot do that, so my version would be to stay on top of everything, so I do not get too far behind.

- For me, self care often comes from within… like the way I speak to myself, the intentional time I take to make a grueling task, like school work, more enjoyable.

- While I still have a sponsor, work the steps, and support and embrace other pathways, I have found that therapy and spirituality in other contexts is very important in this era of my life.

Thank you…

- Material on this PowerPoint contains slides from Favor Greenville.
- Thank you for allowing me to be part of this Hub!

CMEs and CEUs

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2nd and 4th Tuesday of each month 12:00 – 1:00 pm Unique Challenges of Peer		
Date	**Topic**	**Presenter**
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02/23/2021	Substance Use Related Deaths: Working with Grief	Taanya Mannain, MSW
03/09/2021	Successful Peer Supervision	Dave Pruett, CPSS, NCPRSS, MHA
03/23/2021	Hot topic: Fentanyl	Michael Capata, MD

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