

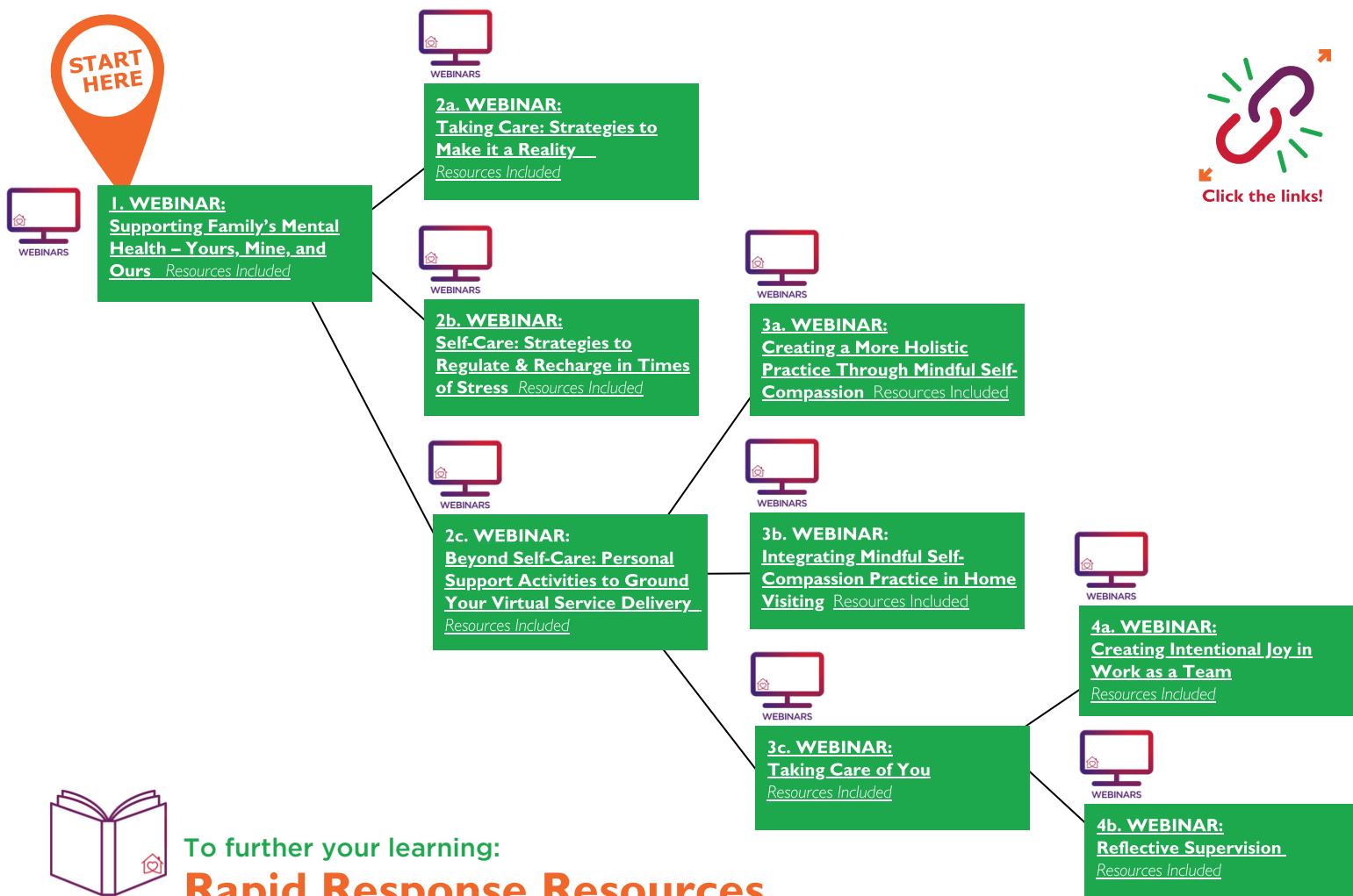


Rapid Response Home Visiting

Professional Self-Care Learning Path

Throughout the Professional Self-Care Learning Path, family service professionals will learn information and strategies, and hear about other's professional experiences exploring influences on family support professionals' mental health, methods to build professional protective factors, practices that maintain self-compassion, and how to design a joy-filled work environment.

The following graphic depicts the self-directed Professional Self-Care Learning Path. The path takes **between 4 and 9 hours to complete** and learners self-select one to two modules/webinars at each level. When selecting modules, please refer to the inventory of the module/webinar learning descriptions on the back of this sheet.



Virtual Vitality Resources: These resources are practices and principles that provide focusing, grounding, and calming practices. These practices are invitations to participate. Always listen to your body and mind and do what makes you comfortable.



Module & Webinar Descriptions



1. Webinar: Supporting Family's Mental Health – Yours, Mine, and Ours

This webinar explores barriers to accessing mental health services. Learners will gather strategies for supporting mental health.



2a. Webinar: Taking Care: Strategies to Make it a Reality

This webinar describes self-care and mindfulness activities, which can be used individually or applied to family engagement practices. Learners will gather strategies for professional group support that have successfully met home visiting staff needs.



2b. Webinar: Self-Care: Strategies to Regulate & Recharge in Times of Stress

This webinar describes self-care practice through the lens of Protective Factors. Learners will gather strategies they can implement to regulate stressors and recharge.



2c. Webinar: Beyond Self-Care: Personal Support Activities to Ground Your Virtual Service Delivery

This webinar focuses on personal support activities and goes deeper to explore some self-compassion and mindfulness activities. In this webinar, learners will gather strategies to care for themselves, their families, and others with grounding, reflection, and breathing exercises.



3a. Webinar: Creating a More Holistic Practice Through Mindful Self-Compassion

This webinar focuses on the Joy in Work and opportunities to embed it into quality improvement strategies. Learners will discover examples where teams implement Joy in Work practices.



3b. Webinar: Integrating Mindful Self-Compassion Practice in Home Visiting

This webinar focuses on the importance of mindful self-compassion and how it can benefit personal and professional lives. Learners will explore mindful self-compassion practices for daily life and learn techniques that can be used and shared with peers and families.



3c. Webinar: Taking Care of You

This webinar offers an opportunity to learn about self-care. The focus is on mental health by considering professional needs in self-care and mindfulness.



4a. Webinar: Creating Intentional Joy in Work as a Team

This webinar focuses on the Joy in Work and opportunities to embed it into quality improvement strategies. Learners will discover examples where teams implement Joy in Work practices.



4b. Webinar: Reflective Supervision

This webinar explores the core elements of reflective supervision through the lens of a virtual approach. Presenters discuss essential considerations, concrete strategies, and suggestions for creating a regular, reflective, and collaborative approach.

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