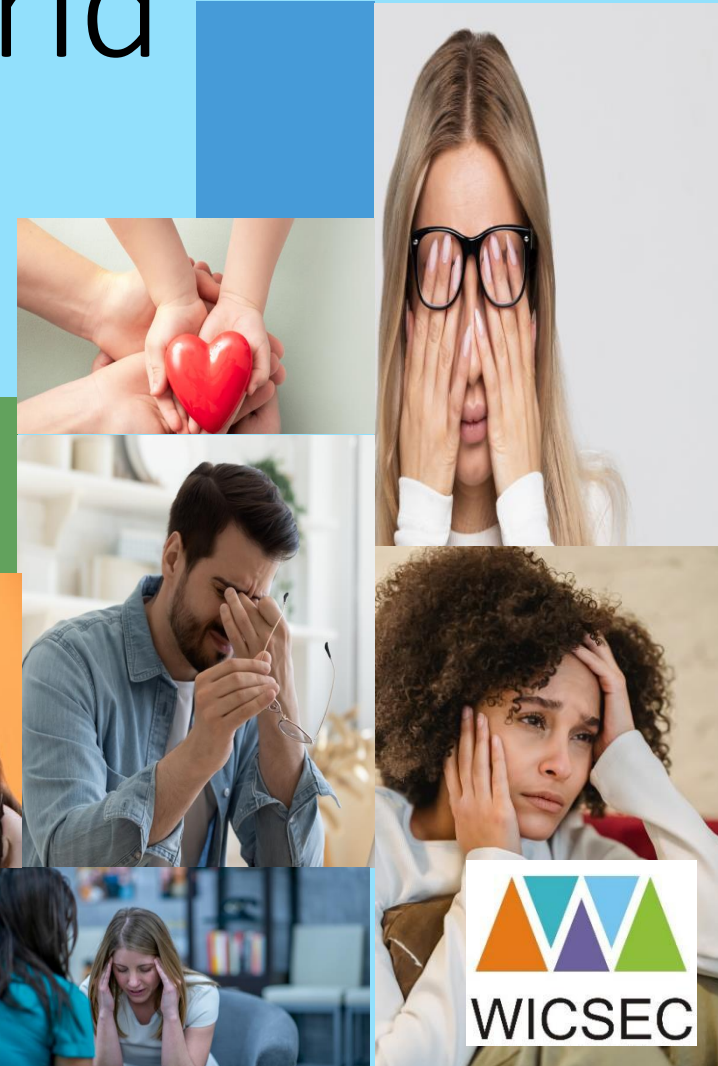


Compassion Fatigue in a Child Support World

Jennifer Solorio, M.P.A.

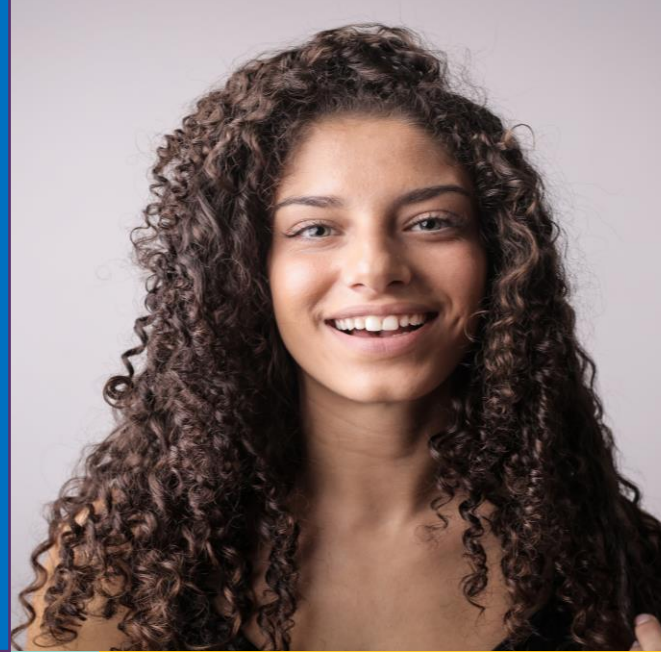
Supervising Staff Development Officer

Riverside County DCSS



This is not a training to replace or substitute clinician orders or recommendations, nor is this training a guaranteed 'fix-it' method for situations that occur in life. This course is designed to provide tools and promote positive guidance as you navigate through life's journey.

Objectives



S₁ Y₄ M₃ P₃ T₁ O₁ M₃ S₁

Define
Compassion
Fatigue

Recognize the
Signs of
Compassion
Fatigue

Discuss
Strategies to
Combat
Compassion
Fatigue



Define Compassion Fatigue



What is Compassion Fatigue?

Compassion Fatigue

Involves emotional and physical exhaustion that can affect people who have been exposed to other individual's trauma or stressors.





Compassion Fatigue occurs when these triggers and experiences start to affect your thoughts, moods, and well-being outside of work.

Being affected by your work is a normal part of a caring profession, but when the feeling becomes overwhelming, you may be experiencing Compassion Fatigue.



People who choose to work in the public service world usually enjoy serving others.

They are empathetic individuals who are aware of societal needs.

Because they are aware of societal needs, they end up being exposed to events and even traumatic stories that affect individuals.



You don't have to be in the professional business of a caretaker,
you just have to be CARING.





- H.R. – Employee Trauma
- Supervisors – Employee Personal Issues
- Child Support Professionals - Death of a dependent, Customer is homeless with children, Customer suffering over divorce, etc.



COMPASSION FATIGUE?



With Compassion Fatigue, you end up overusing your compassion skills and reserves, so you no longer have much to provide.





Recognize The Signs of Compassion Fatigue

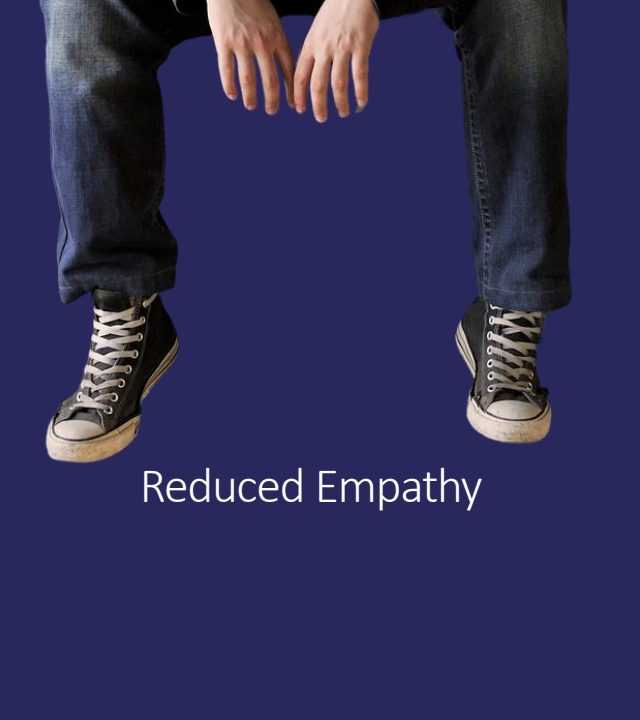


Feeling Worthless



Isolation & Disconnect

Feeling Worthless & Sad



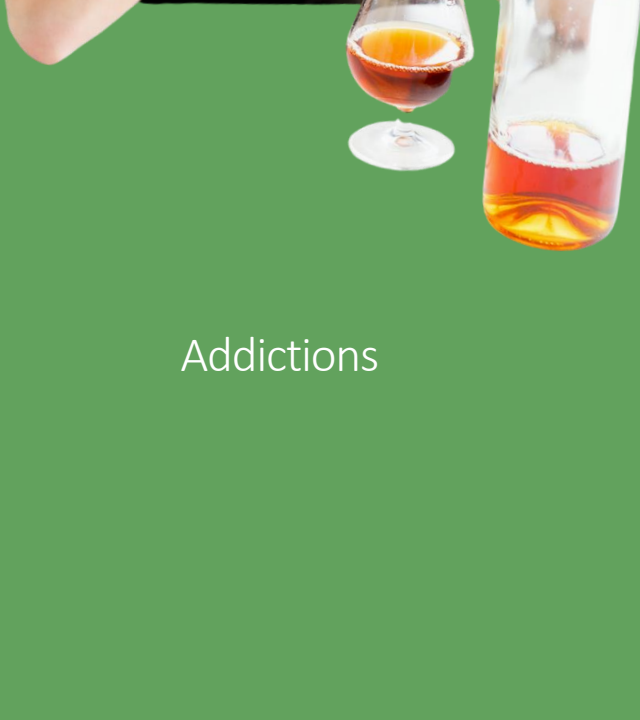
Reduced Empathy



Concentration



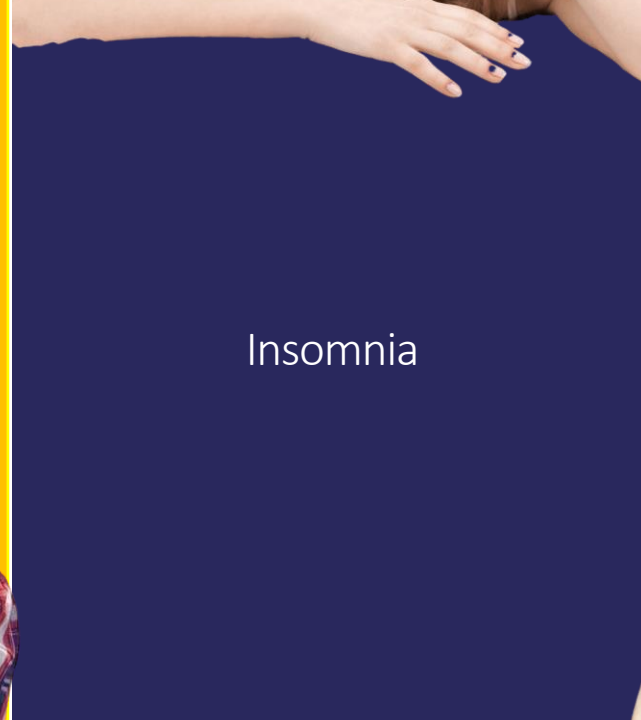
Headaches/Appetite



Addictions



Insomnia





Absenteeism



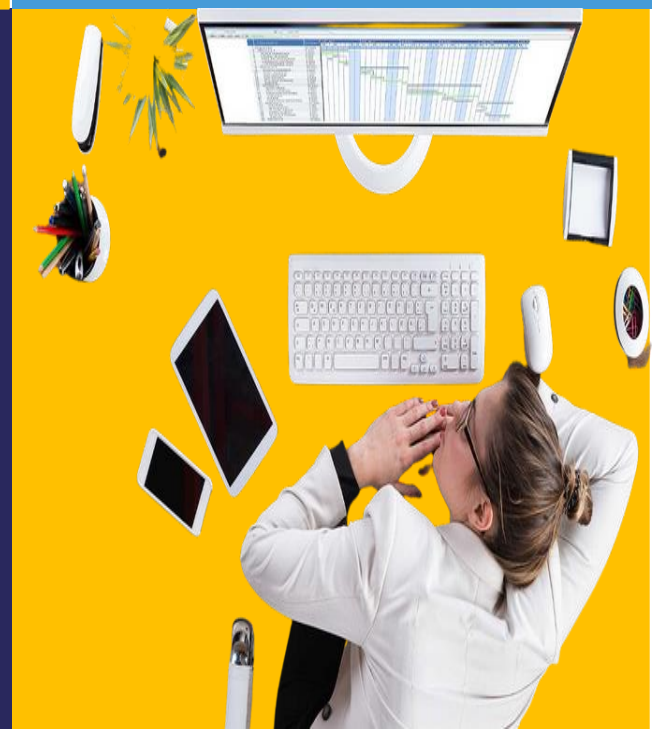
Presenteeism



Productivity



High Turnover



What does Compassion Fatigue look like at
Work?



Home?





Discuss Strategies to Combat Compassion Fatigue

Who is the most important person in your life?



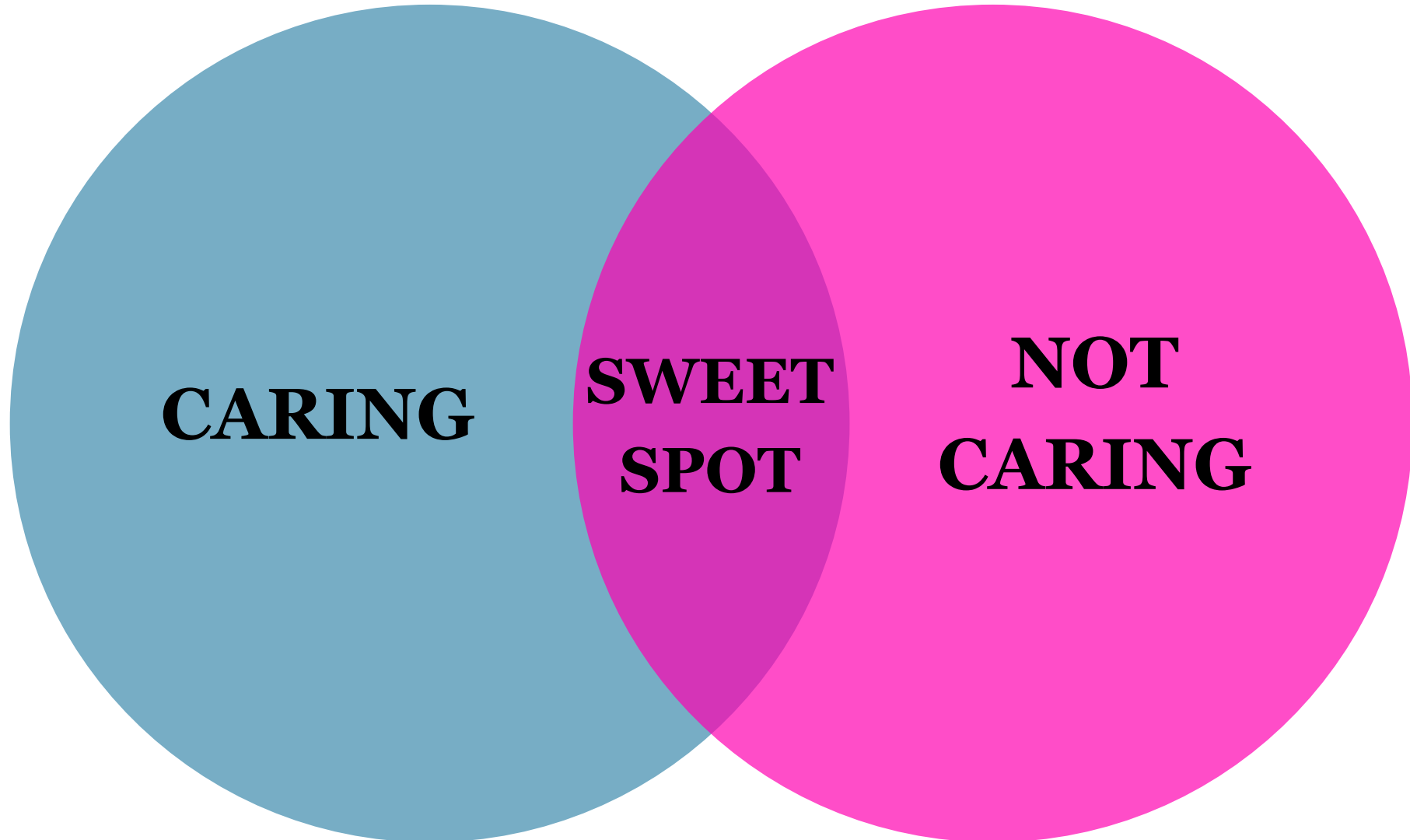


**“In case of a cabin pressure emergency, put on your own mask FIRST
before assisting others”**





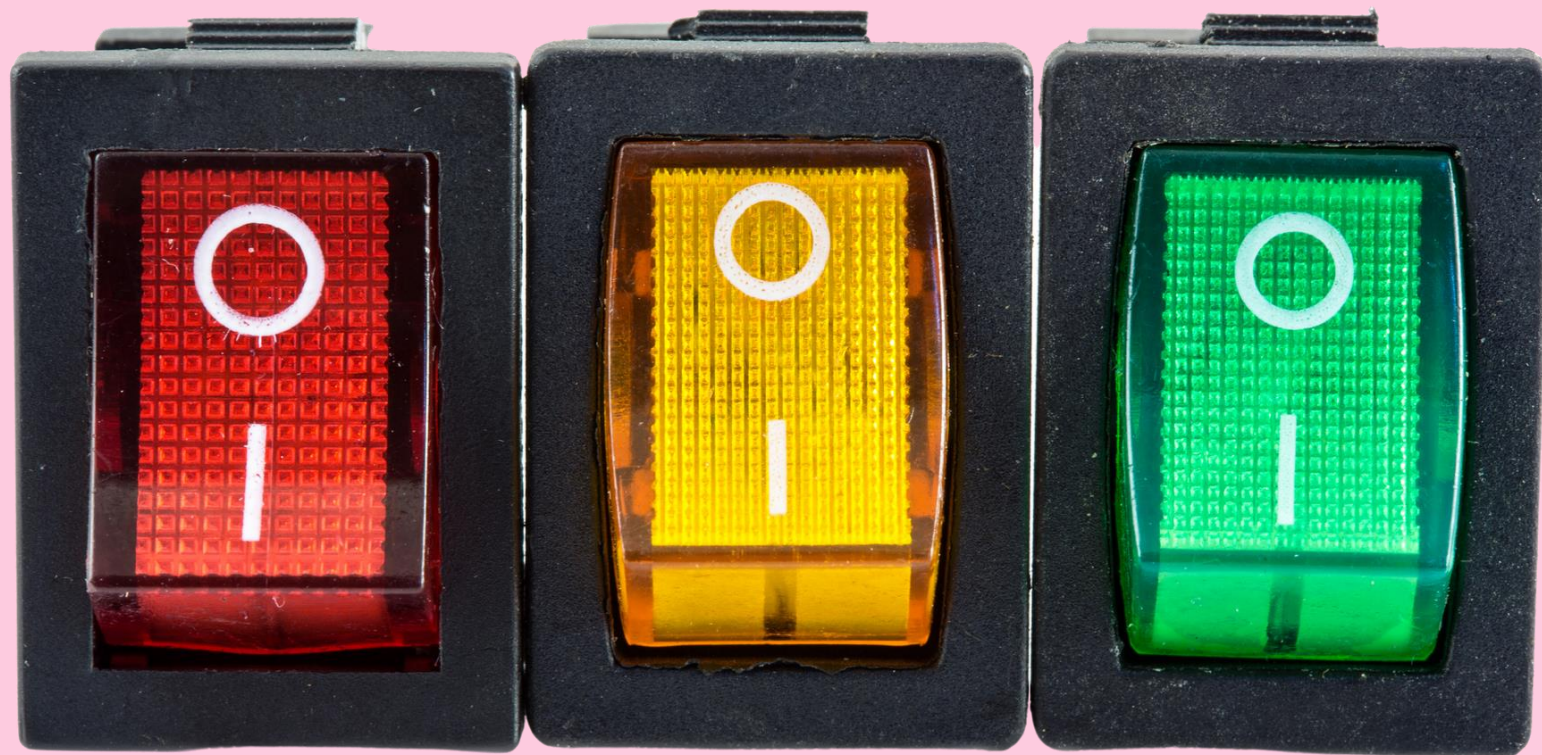
Exquisite Empathy





Resiliency Strategies



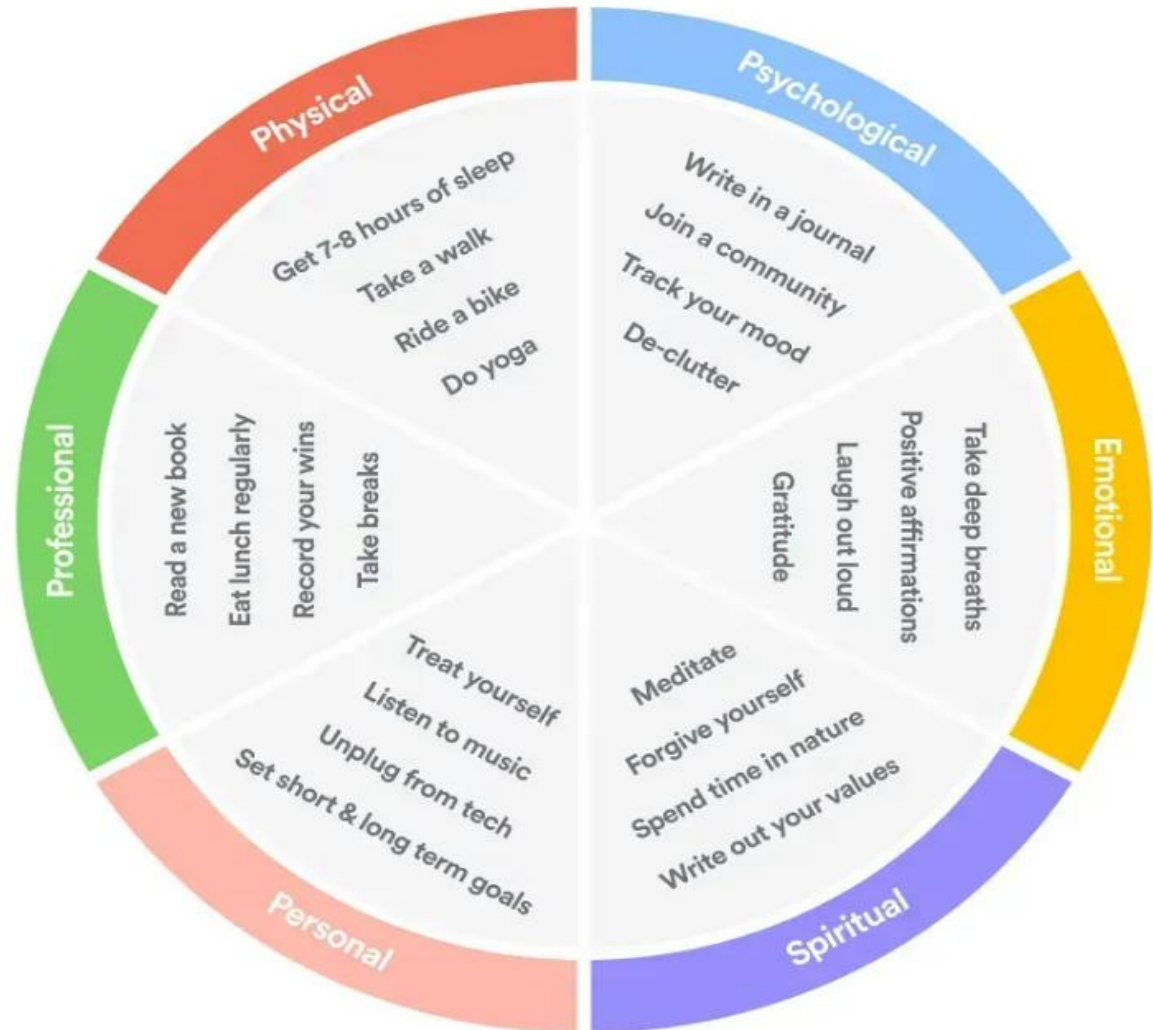




Self-Care Wheel Activity

6 Areas of Self-Care

Self-care is time that you dedicate to you; with the intention of boosting and nourishing your mental, emotional, and physical health.





Recap



S₁ Y₄ M₃ P₃ T₁ O₁ M₃ S₁

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Questions?

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