



National Veterans'
Technical Assistance Center

Homeless Veterans' Reintegration Program (HVRP) Self-Care for Providers Community of Practice

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National Veterans' Technical Assistance Center (NVTAC) Team



Sarah Chung

Training and Technical Assistance Coach

✉ contact@nvtac.org



Steve Dudasik

Training and Technical Assistance Coach

✉ contact@nvtac.org



Jenn Steigerwald

Training and Technical Assistance Coach

✉ contact@nvtac.org

Perceptions of the Field

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- Savior complex
- Negative self-talk
- This is “part of the work”
- Always available (no boundaries)

Recognizing the Symptoms of Burnout

Burnout

- Taking on the client's trauma (empathy turns to sympathy)
- Becoming cynical or critical at work
- Becoming irritable or impatient with colleagues, clients, or family
- Having trouble concentrating
- Fatigue
- Stress
- Bringing the work home

Prevention Strategies



Prevention Strategies

- Fostering transparent communication with your team and loved ones
- Develop action steps
- Setting boundaries
- Physical, emotional, and mental care



Available Resources

- Self-care plan
- Employee Assistance Program (EAP)
- Peer support
- Community activities

Discussion



What are you currently doing to prevent burnout?



What are you currently doing to sustain self-care?



Questions?

Thank You!

Email: contact@nvtac.org

Website: nvtac.org