

We Rise International

Our Mission

Empowering the World with Health
and Hope

Our Values

Interconnection, Equity, Respect,
Compassion, Innovation, Resilience



**MORE
DETAILS
TO
COME!**

Upcoming Events

June 5 - Webinar -- Burn Bright vs. Burnout:
Adaptive Self Care for you and your clients.
4 Social work CEUs offered

9 a.m. to 1:30 p.m.

For more information or to register, click link below

[Burn Bright Registration](#)



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*April is:
Alcohol Awareness Month
&
National Month of Hope*

Donations are Tax Deductible

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Supporting The Support People

Webinar helps those who work in human services to employ self-care techniques during challenging times of Pandemic

By Executive Director Janelle Bitikofer

The twenty-two social workers and mental health counselors in the zoom video call turned off their videos for three minutes to quietly work on their assignment. “Either draw a picture or walk around your house and find an item that symbolizes what the pandemic has been like for you.” A few minutes later they all returned and divided into private online groups of 3 and 4 to share their visual aid with each other and talk about the unique stress of being frontline health or mental health workers in the U.S. during the pandemic.

In the four-hour online seminar, led by We Rise International Mental Health Technical Advisory Team member Dr. Bobbie Legg, the group discussed stress management and coping strategies, and the importance of emotional and physical self-care for health providers during this time. It was one of the many pieces of training and events We Rise Int’l has implemented, either alone or in partnership with other organizations, to provide support and strengthen the work of front-line medical, mental health and addictions workers, and other caregivers serving during the pandemic.

Health care workers, emergency responders, and mental health and addictions professionals across the U.S., and around the world, have been and continue to experience elevated levels of stress and trauma as they respond to the needs of their populations during the pandemic. Per data released April 8th by Keiser Health News, at least 3,600 U.S. health care workers lost their lives to COVID-19 during the first year of the pandemic. In addition to these safety concerns and the fear of bringing COVID-19 home to their families, doctors, nurses, mental health and addictions professionals, and other health care providers, have experienced significantly increased workloads. Overtime hours have skyrocketed across the nation. Compounded by the added complexity of trying to respond to people’s needs safely in person, or switching online, and responding to the constantly fluctuating emotional needs of citizens who are stressed, sick or losing loved ones or jobs during the pandemic, serving in health care during this time has burdened health workers with both primary and secondary trauma.

At We Rise International we consider it an honor and a privilege to be an organization responding to and supporting the needs of front-line health and mental health workers, faith leaders, and other support people during this time.

The Web-seminar on self-care for social workers and mental health professionals (Burn Bright vs. Burn-Out: Adaptive Self-Care Practices for you and your clients during and post-pandemic), which was done in partnership with CEUs offered by the National Association of Social Workers (NASW-PA) brought together front-line mental health workers and social workers from three states.

It was so well-received that we’re doing it again on zoom, Saturday, June 5th. All social workers and mental health counselors are welcome! See page 1 for link to registration.

We Rise Celebrates New Partnership Training Social Workers

*Program to provide learning opportunities for Graduate and Undergraduate
Millersville University students to learn non-profit administration*

Social workers serve as key mental health and addictions professionals and non-profit leaders across the U.S. and globally. This Spring We Rise Int'l is proud to announce our new partnership with Millersville University school of social work. Millersville is a respected university in the Pennsylvania state university system.

Beginning this summer, 2021, We Rise Int'l will serve as a field placement site for graduate and undergraduate social work interns from Millersville. In fall 2021 two graduate students will join our team for 8 months.

And this Summer, we welcome Jennifer Klinger, a Bachelors of Social Work Senior who will intern with us 23 hours per week from May-August. Welcome, Jennifer!

The social work interns from Millersville will work and learn alongside We Rise Int'l staff, advancing our mental health and addictions education and support programs, COVID-19 response, and the new Diabetes Initiative for Africa and the Caribbean. They will also support outreach, fundraising, social media, research, and program evaluation.

Join Us -- Five Ways to Get Involved with We Rise International

1. Stay informed! Sign up for our quarterly newsletter, at <https://weriseinternational.org/home>.
2. Refer a college or graduate student you know to apply for We Rise Int'l internships – a great way to get involved and build their resume!
3. Volunteer yourself! We Rise International loves retirees and volunteers of any age, living anywhere on the planet!
4. Encourage church leaders, and mental health and addictions professionals you know in PA to sign up for the training and support on mental illnesses and addictions offered through the Churches Care & Streetlights Programs.
5. Support We Rise International financially through an individual or business donation any time of year, or by helping organize an event in your community during our annual fundraising drive. All donations are tax-deductible.

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