

NEWSLETTER

THE REFRESH

Western Maine Behavioral Health

ZERO SUICIDE INITIATIVE

The Zero Suicide implementation team received their results from the survey most of you responded to in September. We will be working on providing training opportunities and education around pieces of the zero suicide initiative that some wanted a better understanding of such as responses to clients we may believe are at a higher risk of suicide, safety planning, and asking direct and difficult questions. In the meantime, all staff have trainings regarding some of these topics assigned to them in Relias. Please make sure you completing all of your trainings when you can!



COMPASSION FATIGUE

In all of our roles with the agency we are working with people and the often emotional experiences they bring to our work. Meeting others with the level of empathy we often do, can result in strain on your emotions and well-being. Compassion fatigue can occur as a result of one particular incident or the build up of many interactions. It's similar, but not the same as burn out.



SUD RESOURCES

Please see some helpful links below to resources for clients struggling with substance use disorders. Katrina will be working on creating a document that will be available on the drive with this information and more so if you have any additional ideas, please email her!

[Certified Recovery Residences](#)
[Various NAMI Remote Support Groups](#)
[Fairbanks Recovery and Counseling](#)

SAFETY PLANNING

Every person we work with should have a safety plan. Case managers should review the safety plan every 90 days, ensuring the family still has a copy that is easily accessible. CSP's should make new safety plans with new clients and review the plan on file any time a new assessment is completed for a client. We will review how to properly complete a safety plan during our next all staff meeting.



SELF CARE CORNER

Quote of the Month:

"Self-care is giving the world the best of you, instead of what's left of you."
-- Katie Reed, Blogger

Self-Care Suggestion:

Your PTO does NOT roll over. Check back for an email from Amanda and schedule the use of the paid time off that you have earned. Take the day(s) to rest and recharge!

