

Supervising Self-Management and Self-Care

Virtual Training ~ CE's available



April 11, 2024 - 10:00a.m - 12:00p.m.

Younger generations of staff expect organizations to care and support their wellbeing, while many older workers were oriented to a culture of work that kept distance between work, self, and “home”- what does this mean for supervisors of diverse workforces? In addition, we know that self-care and self-management can safeguard workers’ psyches and practice against vicarious trauma and compassion fatigue, so where does supervision fall in this reality? This conversation will support supervisors and managers in identifying what self-management is and how it does and does not relate to their roles in guiding and managing staff performance.

Learning Objectives:

- List at least 3 reasons why supervising self-management is a critical component of behavioral health.
- Recite at least 5 areas in which self-management care plans could be established.
- Name at least 5 strategies for supervising self-management as it pertains to the work.



Laura Hinds MSW, LCSW, is a clinical social worker with experience in medical, behavioral and mental health settings. Laura has had the pleasure of working with high acuity special needs populations and their providers for over 22 years. An alumna and Part-time Instructor at Penn’s School of Social Policy and Practice for 15 years, and Bryn Mawr’s School of Social Work and Social Research’s for the past 5 years, Laura has supported the learning and education of new social workers, veterans in the field, and their interdisciplinary partners. With a focus on trauma, human and gender development, racial equity, and crisis intervention Laura supports special needs populations and those who serve them.



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