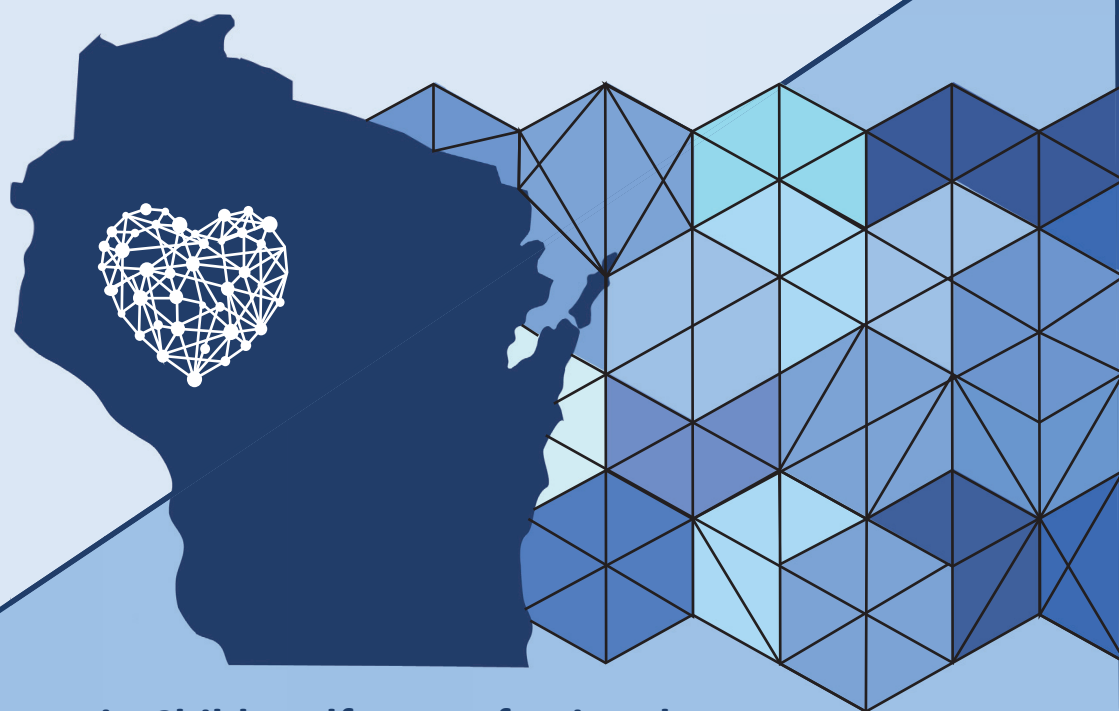


2020
Applied
Learning
Communities

Getting to the Heart of Virtual Contact



Wisconsin Child Welfare Professional
Development System

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Right Now

It may be hard to focus.

It might feel like it takes you twice as long to get things done.

You might be more irritable, overwhelmed, and exhausted than usual.

You may be grasping to stay in control.

Planning for the future is the furthest thing from your mind right now.

You may forget the meeting you scheduled, or the deadline set.

You only have enough mental energy to focus on the immediate.

It's likely you're craving connection.

This is normal, because...



You are not unstable or irresponsible or forgetful.

It's ok to "just be" and feel the way you feel about what's happening around you and/or to you.

You do not need to emerge from this a "better person."

It's ok to "just be." We are experiencing individual and collective trauma on a global scale.

The COVID-19 outbreak is a crisis that threatens both our physical and psychological wellness.

Self-Care Inventory

This job aid helps the child welfare professional take inventory on self-care practices during the COVID-19 outbreak.

Rate the following areas in frequency:

5 = Frequently

4 = Occasionally

3 = Rarely

2 = Never

1 = It never occurred to me

Physical Self-Care

_____	Eat regularly (e.g. breakfast, lunch and dinner)
_____	Eat healthy
_____	Exercise consistently
_____	Get medical care when necessary
_____	Take time off when sick
_____	Take time to be sexual
_____	Get enough sleep
_____	Wear clothes you like
_____	Make time away from phone
_____	Other _____



Psychological Self-Care

_____	Make time for self-reflection
_____	Engage in personal psychotherapy
_____	Write in a journal
_____	Read literature that is unrelated to work or COVID-19
_____	Do something in which you are not an expert or in charge
_____	Cope with stress in personal and/or work life
_____	Notice inner experience (e.g., listen to and recognize thoughts, judgments, beliefs, attitudes and feelings)
_____	Provide others with different aspects of self (e.g., communicate needs and wants)
_____	Try new things
_____	Practice receiving from others
_____	Improve ability to say “no” to extra responsibilities
_____	Other _____

Emotional Self-Care

_____	Allow for quality, virtual time with others whose company you enjoy
_____	Maintain contact with valued others
_____	Give self affirmations and praise
_____	Love self
_____	Reread favorite book or review favorite movies
_____	Identify and engage in comforting activities, objects, people, relationships and places
_____	Allow for feeling expression (laugh, cry, etc...)
_____	Other _____



Spiritual Self-Care

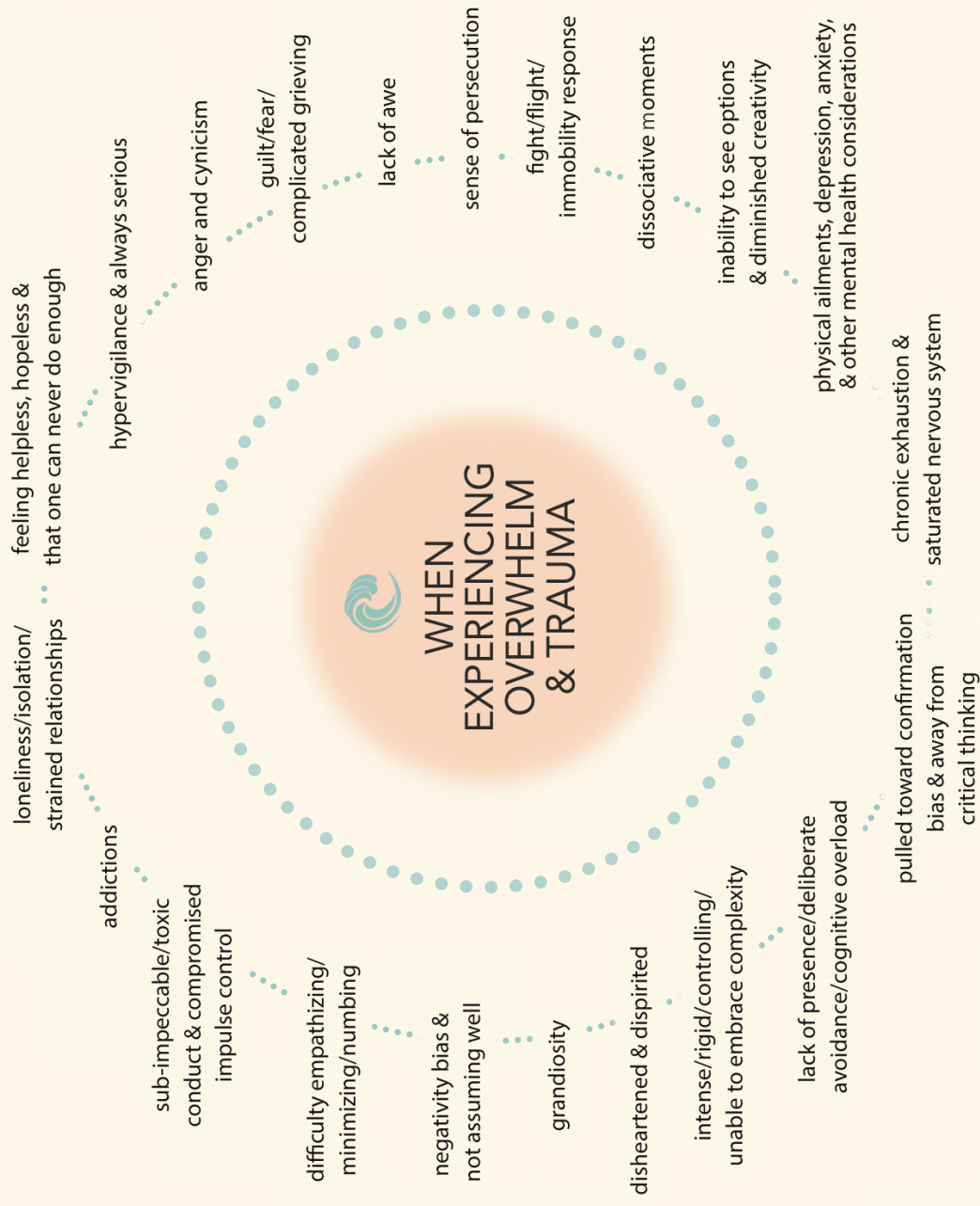
_____	Allow time for reflection
_____	Spend time with nature
_____	Participate in a spiritual community
_____	Open to inspiration
_____	Cherish own optimism and hope
_____	Be aware of nonmaterial aspects of life
_____	Cultivate ability to identify what is meaningful and its place in personal life
_____	Meditate/pray
_____	Contribute to causes in which you believe
_____	Read inspirational literature (lectures, music etc...)

Workplace or Professional Self-Care

_____	Allow for breaks during the workday
_____	Engage virtually with co-workers
_____	Provide self quiet time/space to complete tasks
_____	Participate in projects or tasks that are exciting and rewarding
_____	Set limits/boundaries with computer, clients and colleagues
_____	Balance workload/cases
_____	Arrange work space for comfort
_____	Maintain regular supervision or consultation
_____	Participate in virtual peer support group
_____	Other _____

**Review assigned numbers. Appreciate areas of strengths while making positive changes in areas with significantly low scores to improve balance in life.*





Tiny

THE TRAUMA STEWARDSHIP INSTITUTE'S SURVIVAL GUIDE

PROTECT YOUR MORNINGS

[or whenever you wake up]
less cortisol, more intentionality.



GO OUTSIDE

[or look outside]

perspective, context +
something larger than this.



BE ACTIVE

[avoid stagnation]

in body, mind, spirit.

CULTIVATE RELATIONSHIPS

those that are edifying + healthy.

NURTURE GRATITUDE

what is one thing, right now,
that is going well?



DETOX

if navigating addictions
be wise + safe
limit news + social media.

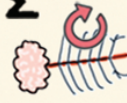
SPEND TIME WITH ANIMALS

↓ stress hormones, ↑ comfort.



METABOLIZE ~~yourself~~ EXPERIENCING

re-regulate your nervous
system.



SIMPLIFY

[less is more]
be aware of decision
fatigue + cognitive overload.



ADMIRE ART

the gift of feeling transported.

LAUGH



pure humor = a sustaining force.

FOSTER HUMILITY & EXTEND GRACE

self-righteousness
+ hubris = unhelpful.



SLEEP

to cleanse + repair brain + body.

CLARIFY INTENTIONS

how can i refrain from causing harm,
how can i contribute meaningfully?

BE REALISTIC + COMPASSIONATE

[with yourself]
be mindful of the quality of your
presence. it means so much
to others.



grateful!

even now.
especially now.

date

i am grateful for...

psyched about...

Yessss!

paying attention to...

taking a moment
to notice



Quarantine B-I-N-G-O

This job aid was created by staff at Brown County Human Services. It reinforces several self-care strategies and supports team building and connection.

Welcome to Quarantine Bingo! Complete these simple directions in order to participate in the game!

1. Print your blank bingo card
2. Fill your bingo squares with things from the list below that you have done or experienced while in quarantine!
3. Follow along and mark the squares that are called throughout the game! Be sure to either print multiple blank cards or use removable markers (pennies, pieces of paper, candy, etc.) as we will be having several rounds and several winners!!

Try a new recipe	Play yard games
Craft with family	Participate in an online training
Go on a hike/walk	Do an at-home workout
Go into the office	Were hired/training during COVID
Have a video chat failure/malfunction	Go for a run
Walk with a pet	Yoga
Family game night	Virtual work event with your team
Play puzzles	Take a virtual exercise class
Watch Church online	Wash your car
Virtual chat with family	Build a fort
Watch a new series/movie	Re-arrange furniture/change home décor
Ride a bike	Paint a room in your house
Work at home with your spouse	Play a sport
Eat lunch away from workspace	Have a birthday during quarantine
Learn a new skill	Decorated windows with rainbow/hearts
Do yard work	Stocked up on toilet paper
Participate in virtual happy hour	Sent a meme/GIF on TEAMS
De-clutter	Do a random act of kindness
Celebrate an event/holiday virtually	Sidewalk chalk in the driveway
Send a letter/card	Virtual game night
Read a book	Bake something new
Home improvement project	Film a TikTok
Teach your kids	Stick to a new schedule
Have a bonfire	Start or attend a book club
Have a picnic	Listen to a new podcast
Scavenger hunt	Bird watching
Discover a new hobby	Gardening
Spring cleaning	Watch Disney+



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