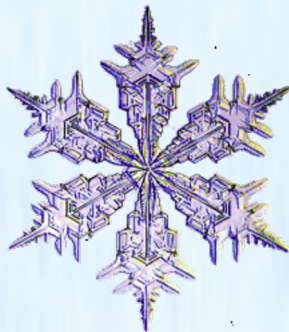




# Supporting Staff & Families During the Holidays



Inspired Boost  
December 14, 2021



# A Moment to Think- Write-Share

Step 1: Think about what this time of the year brings up for you?

Step 2: Take a moment to jot some thoughts down

Step 3: Share with your partner





## **Reflections - Group Debrief**

# Inspire Action's Key Strategies for the Holidays

## **Providing Healing-Centered, Culturally Responsive, and Trauma-informed Supervised Visitation & Safe Exchange Services Includes:**

- Take Time to Connect
- Lead with Care and Compassion
- Acknowledge the Humanity and Unique Life Circumstances of each Individual
- Support Safety & Well-being
- Counteracting Power & Control



# Think-Write-Share-Act

Step 4: What can you do during this time of the year to build resiliency for yourself and your team?

Please scan this QR code or visit [www.mentimeter.com](http://www.mentimeter.com) and enter code: 5706 9625



# WHAT CAN YOU DO DURING THIS TIME OF THE YEAR TO BUILD RESILIENCY FOR YOURSELF AND YOUR TEAM?

Stick to the boundaries I have set and that my staff have set.

Check in with each other

Schedule fewer client appointments, allow time for self care

Being intentional connecting with staff.  
Meeting others with compassion first.

I can bring my best self and allow for grace during this time

We exchanged cookies with each other at our last staff meeting.

Practice meaningful self care.

Stay connected find safe places to talk and express my emotions so I can be 100 percent when I show up for other families and stay effective for mine

Recognize mental, spiritual thoughts and feelings of all that I am connected with, engage in healthy conversations about what they want and how they celebrate.

# WHAT CAN YOU DO DURING THIS TIME OF THE YEAR TO BUILD RESILIENCY FOR YOURSELF AND YOUR TEAM?

Practicing mindfulness and staying present in the moment

Ask and listen with compassion and the goal of learning

Provide backup to staff members when needed.

check ins leading with compassion and care. reminding people that it's okay to feel down, but that they're not alone in this.

Be present and an active listener!

# Upcoming Inspire Training

## **Equity & Trauma-Informed Compassionate De-escalation in Supervised Visitation Services**

Part 1: January 10, 2022

Part 2: January 11, 2022

7:30-9 AM Hawaii / 8:30-10 AM Alaska / 9:30-11 AM Pacific / 10:30-12 PM Mountain /  
11:30 AM-1 PM Central / 12:30 PM-2 PM Eastern

For more details and to register: [www.inspireactionforsocialchange.org/supervised-visitation-training](http://www.inspireactionforsocialchange.org/supervised-visitation-training)

## **Virtual Supervised Visitation Immersion Training**

January 18, 20, 25, & 27, 2022

6 AM-11 AM Hawaii / 8 AM-1 PM Alaska / 9 AM-2 PM Pacific / 10 AM-3 PM Mountain /  
11 AM-4 PM Central / 12 PM-5 PM Eastern

For more details and to register: [www.inspireactionforsocialchange.org/supervised-visitation-training](http://www.inspireactionforsocialchange.org/supervised-visitation-training)



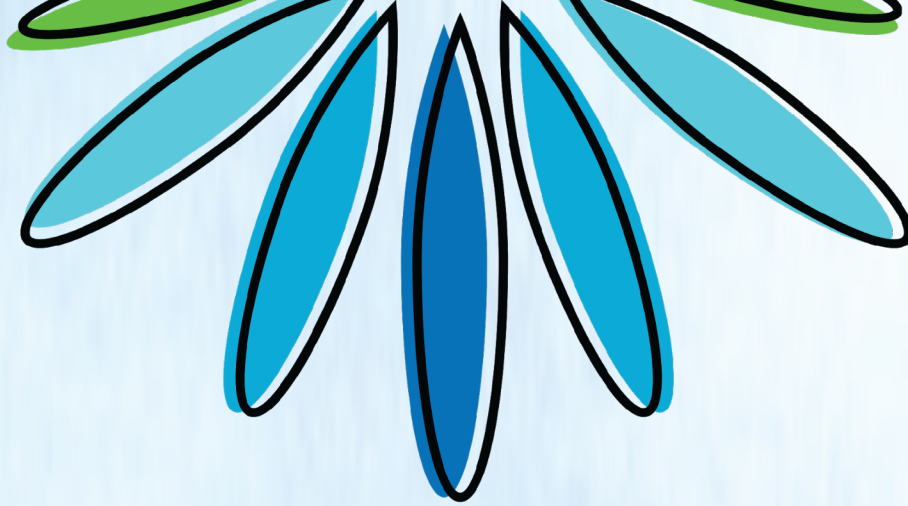
# Future Inspired Boost Topics

What else would you like to learn and explore?

Send us any Inspired Boost topics you would like to place in the “queue” for future calls.

Send us an email at

[info@inspireactionforsocialchange.org](mailto:info@inspireactionforsocialchange.org)



**We are here to provide you support - please contact us anytime!**

Amrita Hanjrah (she/her): [amrita@inspireactionforsocialchange.org](mailto:amrita@inspireactionforsocialchange.org)

Beth McNamara (she/her): [beth@inspireactionforsocialchange.org](mailto:beth@inspireactionforsocialchange.org)

Jennifer Rose (she/her): [jennifer@inspireactionforsocialchange.org](mailto:jennifer@inspireactionforsocialchange.org)