



CO-REGULATION & SELF-CARE

Integrating Innovative Employment & Economic Stability Strategies into TANF Programs



PRESENTERS

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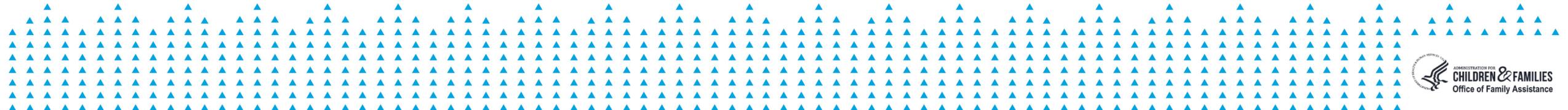
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PURPOSE & AGENDA

- Let's start with some definitions
- Why is this important in TANF?
- Recognizing and responding to your own stress
- What is Co-Regulation?
- Making a Plan: Self-Care in your Program

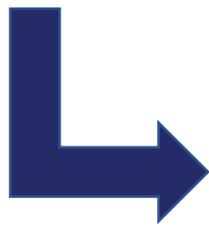
DEFINING REGULATION & SELF-CARE

Self-Regulation

The ability to monitor and control our own behavior, emotions, and thoughts

Co-Regulation

How we adjust our physical and emotional responses



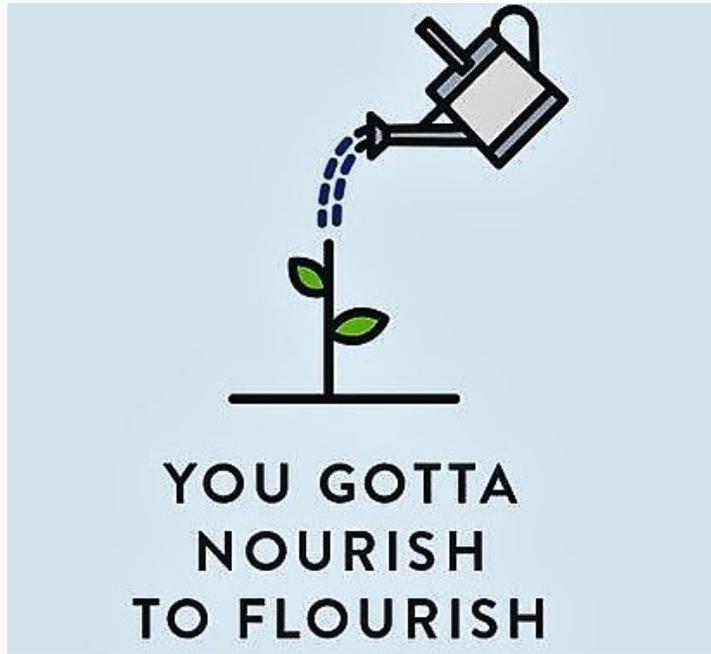
Self-Care

Regular activities and practices that reduce stress & maintain/enhance our well-being



<http://occupationaltherapychildren.com.au/what-is-co-regulation/>

WHY DOES THIS MATTER?



<https://www.joshuanhook.com/self-care-what-is-it-how-do-we-do-it/>

Coaching practice is
an investment in
your customers and
your staff

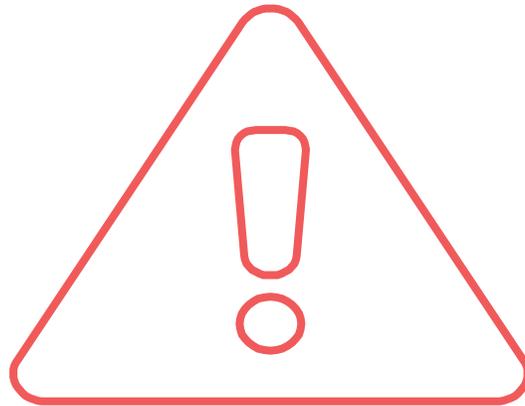


<https://vawnet.org/news/how-can-victim-advocates-find-balance-when-caring-themselves-and-supporting-victims-gender>

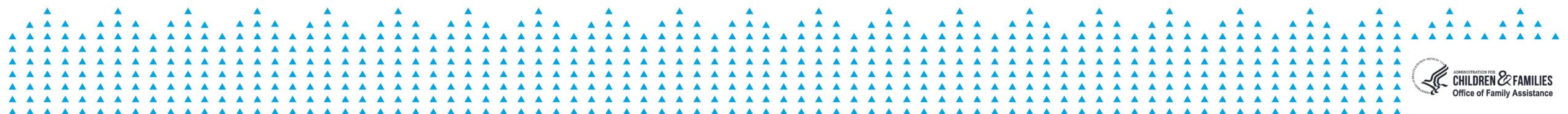
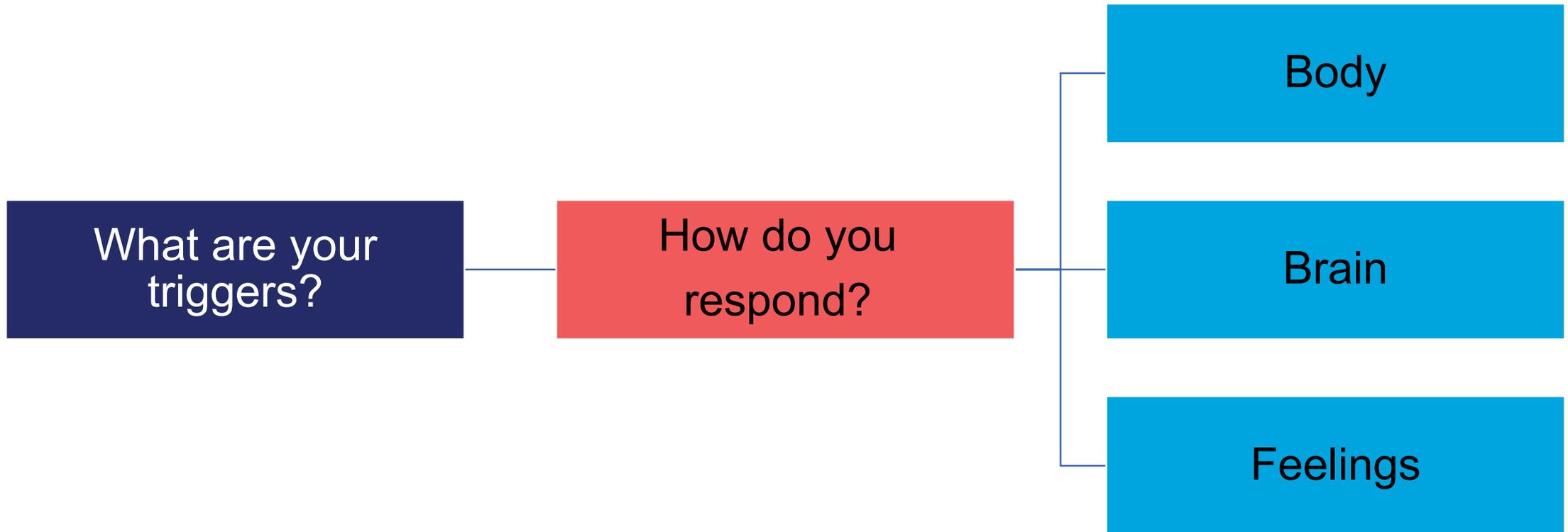
PREVENTING BURNOUT

“No Time” → More Stress → Need for self-care grows
→ Lack of perceived time available decreases

= BURNOUT



RECOGNIZING YOUR OWN STRESS



NOW IT'S TIME TRY OUT REGULATION TECHNIQUES

The practice of taking.....

- action to preserve or improve one's own health, and
- taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

QUICK REGULATION STRATEGIES



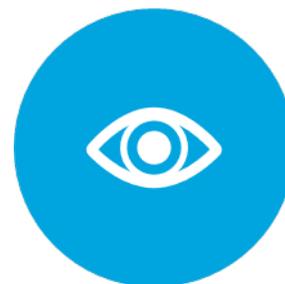
Breathing Strategies



Head To Toe Scan



Mantra



Visualization

ADDITIONAL REGULATION STRATEGIES



The Window Pane



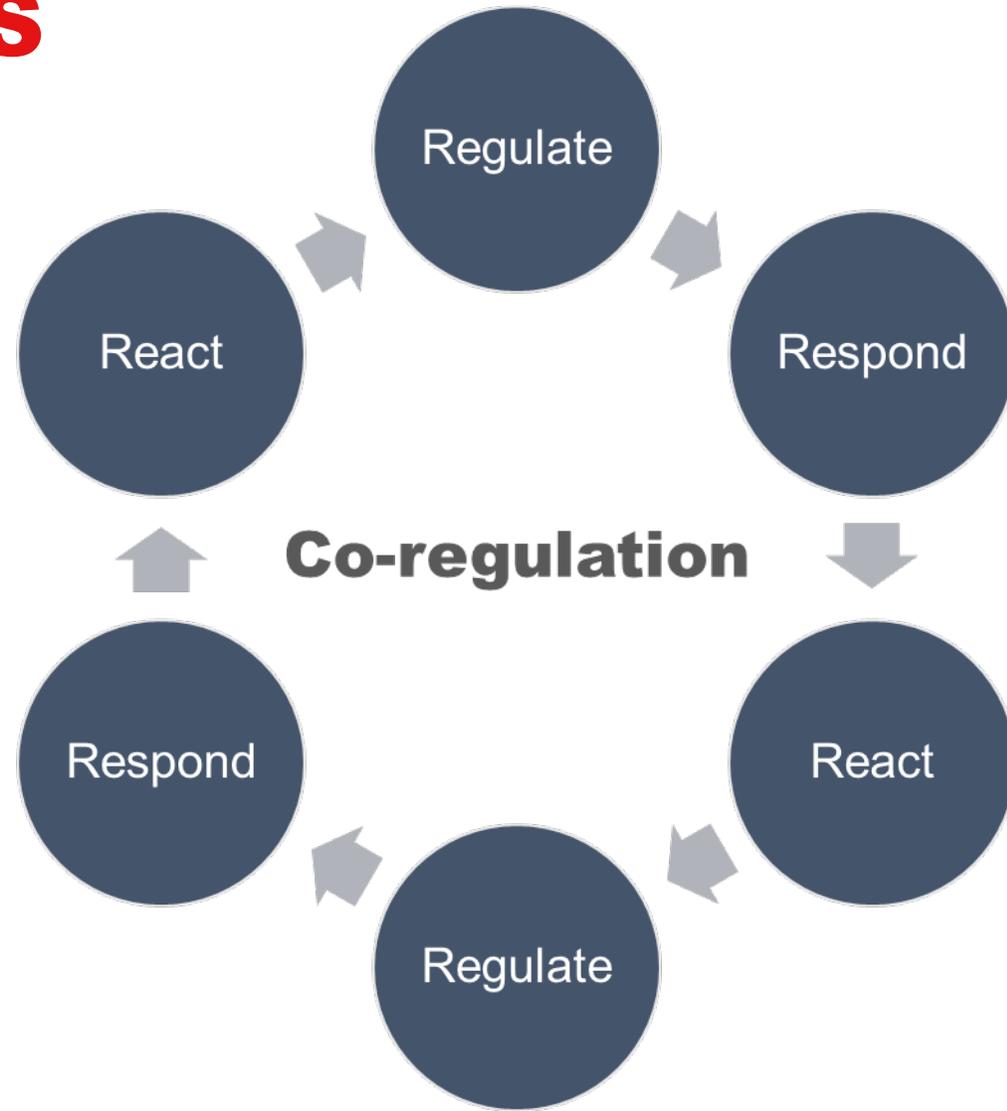
Question Reframe



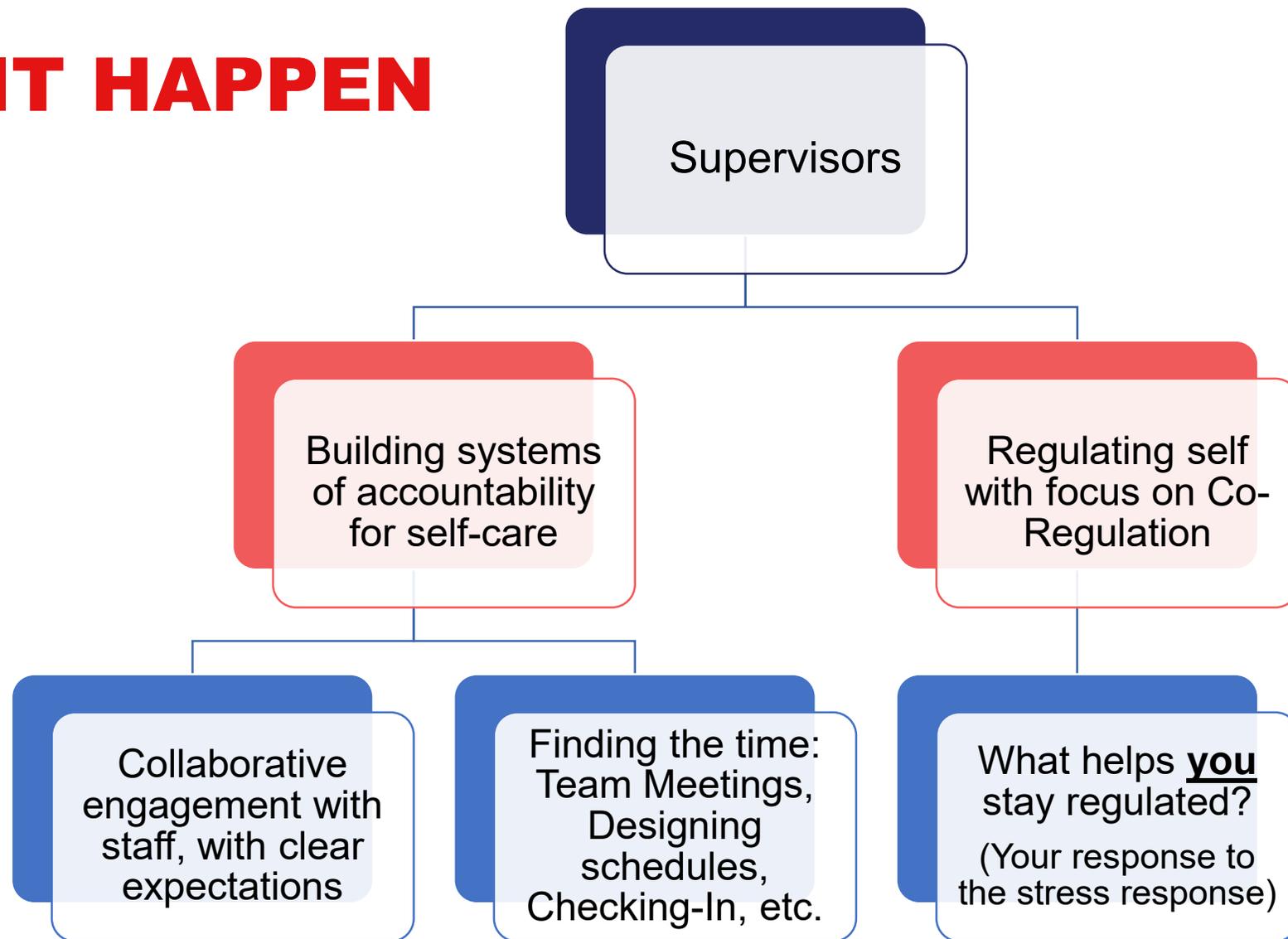
Now let's talk about co-regulation!



THE PROCESS



MAKING IT HAPPEN



COMPLETE YOUR SELF-CARE PLAN

What's next?

Integrating Innovative Employment & Economic Stability Strategies into TANF Programs

TANF Works!

My Self-Care Plan

React

WHAT ARE MY TRIGGERS?

1 _____

2 _____

3 _____

HOW DO I USUALLY RESPOND?

Body: _____

Brain: _____

Feelings: _____

Regulate

I WILL USE THESE STRATEGIES (CHECK THE MOST HELPFUL TO YOU):

WINDOW PANE QUESTION REFRAME OTHER

BREATHING STRATEGIES HEAD TO TOE SCAN

VISUALIZATION MANTRA

Respond

MAKE A LIST OF THREE THINGS YOU WILL BRING BACK TO YOUR PROGRAM.

1 _____

2 _____

3 _____

MAKE A COMMITMENT

When will I do it? _____

What will motivate me to do it? _____

Where can I get support and encouragement? _____

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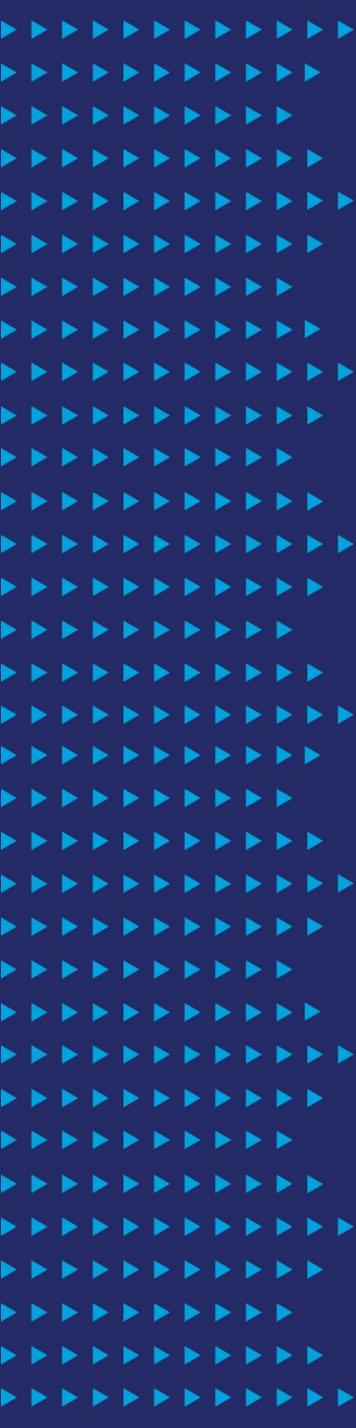
This product was developed by Public Strategies, EMPath, and MDRC, and funded by the Office of Family Assistance under contract number IHSP233370051, Integrating Innovative Employment & Economic Stability Strategies into TANF Programs (IIESS).

ENCOURAGE & SHARE

- What is one idea you have for engaging in intentional co-regulation in your program?
 - Share on a post-it!

*Learn from each other – encourage –
and inspire!*





THANK YOU!

Coaching for Success Series 2019

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