

Celebrating Ourselves: Beating Burnout

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Celebrating Ourselves

Persons who are responsible for the wellness of other persons and systems, such as paid care providers and administrative professionals, often face stress and burnout resulting in absenteeism, turnover, increased errors and even mortality. This can be very harmful to organizational productivity and credibility, creating costly gaps in care and services. But who cares for the care providers and administrators? Providers and professionals working in health delivery must be reminded how to assert themselves, set healthy boundaries and respond to stress in healthy ways. Focus groups held by HCEI across the US confirm the need to celebrate the spirit and journey of caring persons while teaching self-preservation skills for the future. When caregivers and administrators care for themselves first they then provide better care to others.

Presentation Outline

Beginning 1996 in the United States, HCEI held the first-ever nationwide focus groups with both paid and non-paid persons to document their experiences and needs. From Boston to Kansas, participants expressed their needs. In response, this dynamic, interactive and empowering seminar was developed and has been presented to thousands of persons. Participants self-identify based on their own experiences and learn through a series of writing, visual and other experiential exercises. The session includes appreciation of dedication and encourages caring persons to set healthy future goals.

Objectives

Seminar participants will be able to:

- Understand dynamics of providing assistance, care and advocacy
- Articulate how each person experiences stress uniquely
- Identify symptoms of compassion fatigue
- Utilize practical, proven solutions and exercises for stress reduction
- Set healthy goals and create a future response plan for personal/professional stress

Presentation

Founder and Director R. Scott Boots received his MPA degree at the University of Illinois at Chicago and is also a graduate of the University of Iowa and Interlochen Center for the Arts. A caregiver himself, he has worked as a training and administration consultant with the Massachusetts Departments of Environmental Protection, Social Services and Public Health and served as Co-Chair of Pastoral Care and Chair of the AIDS Support Committee at Trinity Church in the City of Boston. After founding HCEI in 1992, Scott has studied wellness at the Touch Therapy Institute in Cambridge, MA and the Mind-Body Clinic at Boston's Beth-Israel Deaconess Hospital. His seminars have been presented to thousands of caring persons internationally. Recent audiences include Mt. Sinai Health System Chicago, Scripps Mercy Hospital San Diego, Oregon Alzheimer's Association, Chicago Medical School, Wake Forest University School of Medicine, and the MN Academy of Audiologists.