

## Summary of Discussions

**Date:** Aug 18<sup>th</sup>, 2020

**Case Synopsis:**

Navigating NAVIGATE: Supporting Compassion and Self-Care

Reason for case consultation and any specific questions that the provider would like answered.

1. Wellness, self-care and resilience during COVID-19
2. Consider options to build your resilience
3. Characteristics of a resilient team

**Summary of Recommendations:**

Recommendation: description of recommendation.

*Elaborating on recommendation, and clarifying information (e.g.; where to access scales, monitoring required when prescribing medication, etc.):*

- Recommendations from today:
- Reflection is a key first step to resilience by encouraging us to consider our strengths and needs
  - Efforts to connect virtually both in synchronous and asynchronous ways are important, both for patient care as well as for team-building and self-care.
  - We heard lots of examples of this: involving multiple staff in client sessions, using Whatsapp groups, implementing a yoga group for clinicians, patients and families
  - Using video platforms that allow for face-to-face contact, sharing documents can also facilitate collaboration and help people stay connected
  - Sharing wins at the beginning of NAVIGATE team meetings, as well as incorporating “mindful moments,” teambuilding activities, and social opportunities (e.g., “team tea”) can help teams stay motivated and connected
  - Try to be thoughtful and proactive about maintaining your own wellness: taking vacation, scheduling in stretch breaks, etc.
  - Resilience is important both at the individual level and the team level, and these end up complementing each other

**Follow-up**

If it would be helpful to have some further discussion and consultation regarding this case, please consider bringing it back to ECHO EPI-SET in the next month. To do so, please connect with: Abanti Tagore ([abanti.tagore@camh.ca](mailto:abanti.tagore@camh.ca)) and Andrea Alves ([andrea.alves@camh.ca](mailto:andrea.alves@camh.ca)).