

# Frontline Workers Wellness Support

Designed for Frontline Workers



## Background

Frontline Workers encounter unique operational stressors that leave them vulnerable to experiencing psychological challenges. As helpers who work long and hard hours to support those most in need, acquired stress injuries, overwhelm, burnout, erosion of self-regulation skills, and inability to unwind or feel present throughout one's life are common obstacles.

Working within smaller communities increases the possibility of direct relations with patients and clients further amplifying the traumatic stressors encountered. In addition to being faced with limited resources for clients, frontline workers often have limited coverage to secure support they need to minimize the impacts of this very demanding work. It is under this light, that Sea to Tree Health & Wellness has developed a service that can swiftly and efficiently restore self-regulation for this important group of individuals.

## Objective

The Frontline Worker Wellness Program enables participants to learn the important skill of shifting depleting stressors into productive resilience. Upon completion, in conjunction with mental health modules and support sessions, participants will advance skills related to down-regulation. This will help with altering their baseline reactions to traumatic and life stressors and learn how to engage and maintain rest, rejuvenation, and greater resilience in their role as frontline workers.

## Structure

Our 12-month wellness support plan includes individual wellness training, counselling and coaching sessions with our counsellors, either in person or via telemedicine. We can modify the structure to accommodate the participant group's specific needs.

## This Program includes

- Education / presentation nights focusing on topics such as critical incidents, dealing with patients' mental health concerns, when to know it's time for support, communication strategies and conflict resolution. The goals of these workshops and presentations is to help promote wellness and sustainability in the field and in the work, family and life balance
- Bi-annual assessments with 2 follow-up counselling sessions each to create / implement wellness plan
- Subsequent monthly counselling sessions to support wellness and achieve personal goals
- Monthly Individual and/or Group Supervision
- Open to other items to be included based on individual team needs

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