

# The Declarations Quarterly

Summer 2024 | Edition 35

## Staff Day 2024

Jennifer Beattie, Director of CSS Administration

This year, Staff Day was held at the American Hotel in downtown Freehold, NJ. We had many wonderful presentations conducted by our staff, including a presentation by Clinical Director, Bill Hodgdon, and Assistant Director of Clinical Services, Mike Wilmot, about how to manage compassion fatigue and prevent burnout in CSS delivery. Staff walked away from this training with helpful new tools and tips to implement to recognize warning signs and address these feelings before they become detrimental to our work.

In addition to our internal trainings, we also had a guest presenter, Earle Leitch from Rutgers School of Health Professions, who provided vital information about how to utilize the Knowledge, Skills, Resources (KSR) form during the development of the Individualized Rehabilitation Plan (IRP). His training helped staff review some examples of goals and KSRs, providing feedback about the goal language and how the KSR form can be used to gain further insight into what the consumer really wants to work on and break it down into small, realistic steps.

We were so thankful to have Earle come share his knowledge and expertise, and we are looking forward to another individualized training for our clinical staff and supervisors to help expand our knowledge of engagement techniques and CSS documentation for continued education and practice!



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Photo by Pixabay from Pexels: <https://www.pexels.com/photo/sunflower-during-sunset-33044/>

# Summer Puzzles

Jennifer Beattie, Director of CSS Administration

Cool down with some puzzles! Try the Summer Scramble and the Community Support Services (CSS) word search! [Answers](#) are on pages 19 & 20!

## Summer Scramble

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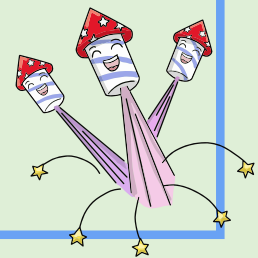
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# Community Support Services

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life coaching model	individualized	valued life role	plan
rehabilitative	interventions	time oriented	skills
aspirations	consumer driven	objectives	data
measurable	attainable	knowledge	
partnering	resources	realistic	
specific	assessment	dreams	
goals	hopes	plans	



# Walking for the Summer

Erin Mullen, RN/Director of Nursing (DON)

As the summer approaches, we look forward to the warmer weather, being outside and may tend to do more outdoor activities. Recently, I started challenging myself to walk 5 miles a day as part of a new exercise regimen and a way to enjoy the outdoors. Walking routinely provides a lot of health benefits both physically and mentally.

Some of these physical benefits include: improvement in cardiovascular health, stronger bones and muscle health, improved immunity, and weight loss. There are also some mental health benefits to walking such as, improvement on mood, sleep, stress reduction and increased energy. Another addition to your walk that can have a positive impact on your mental health, is to utilize mindfulness practices during

the walk. What sounds to you hear? What things do you see? What can you smell? How does the outdoors feel? Being mindful while walking can not only provide additional enjoyment during the walk but can also promote heightened awareness of the surrounding area.

Changing up the locations of your walk can also bring new sights and sounds to enjoy during your time walking. There are many parks, beaches and farms that have walking paths and trails in which you can utilize. On days where it may be rainy, you can look for indoor places to walk such as malls, indoor walking tracks, or utilize a treadmill at a gym.

So what if five miles a day is too much to commit to? Well, then trying walking a little each day. Set a realistic amount of time you can have available to walk such

as 20-30 minutes or even ten minutes a day. Any amount of walking can still bring on some positive health benefits. There are even some free walking applications that you can utilize to track your progress, such as the health application on phones, walking for weight loss, walker tracker, and pedometer.

Lastly, ensure that you utilize appropriate safety precautions when walking outdoors, such as wearing supportive comfortable shoes, walking in well-lit areas, and do not walk in areas where you feel unsafe.

No matter what your time and exercise level is, you can consider adding a walking regimen into practice. Do how little or as much as feels right for you and always check with your provider if you experience any discomfort while walking.



Photo by breoanp: <https://www.pexels.com/photo/beach-1133584/>

Info Source: <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261>





## **Meet...Gabrielle Eyrich!**

Hi everyone, my name is Gabby and I started working at Declarations, Inc. at the end of May 2024! I accepted the position of Life Coach 2, I knew from the minute I stepped in the building for my interview that this is a place I could see myself growing and succeeding. Shauna, Bill, and Jen made me feel so welcomed, they talked me through everything and made me feel that even though I was fresh out of graduate school I would make a great fit for Declarations.

Since being in the field, I have worked for two years within domestic violence. I worked with 180 Turning Lives Around in their domestic violence safe house and within Amanda's Easel, a creative arts therapy program for children and families who have experienced domestic violence. I have also worked at the Boys and Girls Club on their Trauma Informed Team for three years. Within these positions I worked with children aged 3-15 and with adults who experienced serve mental health as well. Moving on from these jobs I knew I wanted more experience with the adult population on an individual basis and to learn the ropes within CSS to help me build my skills and Declarations showed that they were just the right place for me to broaden my knowledge and skills. As of May 2024, I graduated from Monmouth

University with my Master's in Social Work. Social Work is a field that I feel is most rewarding, I get to help and support people and watch them grow in their own personal lives and get to be a part of their journey of successes. I picked to pursue social work as a career path for just that reason. Being the reason someone smiles, feels supported, and receives the care they need is beyond rewarding. I enjoy helping create plans to better their mental health and have come to learn just how much CSS plays an intricate role in helping those who need us most. We are here to care for those who feel they are not cared for, support those who otherwise may not have any, and help those who feel helpless. I look forward to watching not only my own growth but our consumer's growth in my time here at Declarations. I'm excited to learn the ropes and become a more skillful social worker.

Self-care in this field is so important and something I believe everyone needs. In my spare time I practice self-care by spending time with friends and family, going on hikes, painting, going to the beach, and reading. I also love spending time with my cat, she's a little black cat and her name is Pandora! I am excited to continue my journey here at Declarations and get to know each and every one of you!

## Staff Spotlight On...



## Daria Sbraccia Jefferson Life Coach 1

**Accomplishment/Reason for Spotlight:** She has been adjusting her schedule to fit the consumer needs and to help them accomplish their IRP goals. Daria goes above and beyond her job duties and always has a great attitude about everything. She is kind, helpful and always ready to jump in.

**Submitted by:** Carly Halpin, Jefferson Life Coach 1

# Eight Dimensions of Wellness

Megan Cotter, Franklin & Sherman Team Leader 1

Day in and day out, we engage with our consumers on the dimensions of wellness, but have we taken the time to look inward and see where we are in each of these dimensions? Please see the following assessment tool from the University of Colorado Boulder. We can use this tool on ourselves to better gauge where we are at. It is valuable to know where we fall in each of these areas to better serve ourselves, loved ones and our consumers. I challenge you to carve out some time and utilize this tool. I hope this provides some good reflection time and you can see your strengths and areas that you need to focus on. To do the work we do we must take care of ourselves first and I hope this helps you do that.

## Personal Assessment: 8 Dimensions of Wellness

**Directions:** Circle the number that applies to you for each statement. Then, total up the number for each of the 4 columns. Write the sum of all your totals in the light gray box to the right of the chart. This number is your score for that dimension (out of 40).

<b>EMOTIONAL</b>	Rarely, if ever	Sometimes	Most of the time	Always	
I find healthy ways to cope with stress (e.g. exercise, meditation, social support, self-care activities, etc.)	1	2	3	4	
I am able to ask for assistance when I need it, either from friends and family, or professionals.	1	2	3	4	
I accept responsibility for my own actions.	1	2	3	4	
I am able to set priorities.	1	2	3	4	
I feel good about myself and believe others like me for who I am.	1	2	3	4	
I am flexible and able to adapt/adjust to life's changes in a positive way.	1	2	3	4	
I can express all ranges of feelings (i.e. hurt, sadness, fear, anger, joy, etc.) and manage emotion-related behaviors in a healthy way.	1	2	3	4	
I maintain a balance of work, friends, family, school and other obligations.	1	2	3	4	
I do not let my emotions get the better of me. I think before I act.	1	2	3	4	
I have a healthy relationship with social media.	1	2	3	4	
<b>TOTAL</b>					

<b>SPIRITUAL</b>	Rarely, if ever	Sometimes	Most of the time	Always	
I take time to think about what is important in life – who I am, what I value, where I fit in, where I'm going.	1	2	3	4	
I make time for relaxation during the day.	1	2	3	4	
I have a belief system in place (religious, agnostic, atheist, spiritual, etc.).	1	2	3	4	
My values guide my decisions and actions.	1	2	3	4	
I have a sense of purpose in my life.	1	2	3	4	
I am tolerant and accepting of the view of others.	1	2	3	4	
I utilize resources to improve my well-being.	1	2	3	4	
I am active in communities or causes I care about.	1	2	3	4	
I am able to set, communicate and enforce boundaries.	1	2	3	4	
I work to create balance and peace within my interpersonal relationships, community and the world.	1	2	3	4	
<b>TOTAL</b>					

<b>PHYSICAL</b>	Rarely, if ever	Sometimes	Most of the time	Always	
I manage my weight in healthy ways.	1	2	3	4	
I exercise regularly.	1	2	3	4	
I get 7-9 hours of sleep each night and feel rested in the morning.	1	2	3	4	
I seek advice from health care professionals if I have a health concern I cannot solve on my own.	1	2	3	4	
I do not use or avoid harmful use of drugs (over-the-counter, prescription and illicit).	1	2	3	4	
I drink alcohol responsibly (i.e. designated sober driver, avoid binge drinking, etc.)	1	2	3	4	
I protect my skin from sun damage by using sunscreen with SPF 30+, wearing hats and/or avoiding tanning booths and sun lamps.	1	2	3	4	
I maintain healthy eating patterns that include fruits and vegetables.	1	2	3	4	
I stay hydrated and drink water throughout the day.	1	2	3	4	
I protect myself from STIs and unwanted pregnancy by either abstaining from sexual behaviors or using proper protection, such as condoms.	1	2	3	4	
<b>TOTAL</b>					

## SOCIAL

	Rarely, if ever	Sometimes	Most of the time	Always
I am satisfied with my social life.	1	2	3	4
I am involved in at least one university community or group.	1	2	3	4
I maintain a network of supportive friends, family and social contacts.	1	2	3	4
I have at least one meaningful relationship in my life.	1	2	3	4
I am accepting of the diversity of others (race, ethnicity, religion, gender, ability, sexual orientation, etc.)	1	2	3	4
I am able to prioritize my own needs by saying “no” to others’ requests for my time.	1	2	3	4
I have someone I can talk to about my feelings and struggles.	1	2	3	4
I participate in social activities and enjoy being with people who are different from me.	1	2	3	4
I give and take equally in my relationships.	1	2	3	4
I plan time with my family and friends.	1	2	3	4
<b>TOTAL</b>				

## FINANCIAL

	Rarely, if ever	Sometimes	Most of the time	Always
I am able to set and stick to a budget each month so I don’t run out of money.	1	2	3	4
I know my total amount of debt and interest rates.	1	2	3	4
I pay my credit cards, tuition/fees and other bills on time.	1	2	3	4
I know about the different sources of financial aid that I am eligible for and apply when I am able.	1	2	3	4
I have a savings account and save money regularly.	1	2	3	4
I know my credit score.	1	2	3	4
I keep my financial information safe by using secure passwords, PINs and dual authentication.	1	2	3	4
I feel good about my current and future financial situation.	1	2	3	4
I check my bank statements/accounts each month.	1	2	3	4
I understand how to build credit and use credit cards wisely.	1	2	3	4
<b>TOTAL</b>				

## OCCUPATIONAL

	Rarely, if ever	Sometimes	Most of the time	Always
I am able to balance work, play, school and other aspects of my life.	1	2	3	4
I take advantage of opportunities to learn new skills that can enhance my future employment opportunities.	1	2	3	4
I know what skills are necessary for the occupations I am interested in.	1	2	3	4
I strive to develop good work habits (dependability, initiative, etc.).	1	2	3	4
I work effectively with others.	1	2	3	4
I have confidence in my job search skill (resume writing, interviewing, cover letters, networking, etc.).	1	2	3	4
I have explored different career options.	1	2	3	4
I know where to find employment opportunities (job service, online, etc.)	1	2	3	4
I manage my time effectively.	1	2	3	4
I have participated in internships or volunteer work.	1	2	3	4
<b>TOTAL</b>				



## INTELLECTUAL

	Rarely, if ever	Sometimes	Most of the time	Always
I know about available campus resources to help me study.	1	2	3	4
I feel fulfilled in my academic program.	1	2	3	4
I seek personal growth by learning new skills.	1	2	3	4
I look for ways to use my creative and critical thinking skills.	1	2	3	4
I am open to new ideas.	1	2	3	4
I learn about different topics that interest me from books, magazines, newspapers and the internet.	1	2	3	4
I know how to access academic resources when necessary.	1	2	3	4
I am comfortable reaching out to my professor/TA for help or attending office hours.	1	2	3	4
I am eager to learn.	1	2	3	4
I stay informed about social, political and other current issues.	1	2	3	4
<b>TOTAL</b>				

## ENVIRONMENTAL

	Rarely, if ever	Sometimes	Most of the time	Always
I spend time outdoors enjoying nature.	1	2	3	4
I reduce, reuse and recycle products.	1	2	3	4
I try to lessen my environmental impact.	1	2	3	4
I walk, bike, use public transportation or carpool when possible.	1	2	3	4
I am concerned about impacts on my local, national and world climate.	1	2	3	4
I have a space to call my own.	1	2	3	4
I feel comfortable in the space I occupy.	1	2	3	4
I feel content in my environments (class, home, work, etc.).	1	2	3	4
I shop locally.	1	2	3	4
I participate in campus events that help my community (food drives, fundraisers, etc.).	1	2	3	4
<b>TOTAL</b>				

## Personal Wellness Checklist

**Directions:** Write down your scores from each of the dimensions and compare it to the maximum score. You can divide your score by the maximum score to get a percentage value if that is helpful.

DIMENSION OF WELLNESS	MY SCORE	MAXIMUM SCORE
Emotional		40
Spiritual		40
Physical		40
Social		40
Financial		40
Occupational		40
Intellectual		40
Environmental		40

Which dimensions could you improve on? \_\_\_\_\_

Which dimensions are going "okay"? \_\_\_\_\_

Which dimensions are you having success in? \_\_\_\_\_



Health and Wellness Services  
UNIVERSITY OF COLORADO BOLD

\*This assessment has been adapted from the New York State Bar Association (NYSBA)

**Info Source:** [https://www.colorado.edu/health/sites/default/files/attached-files/personal\\_assessment\\_-\\_8\\_dimensions\\_of\\_wellness.pdf](https://www.colorado.edu/health/sites/default/files/attached-files/personal_assessment_-_8_dimensions_of_wellness.pdf)

## Mr. Biscuit

Daria Sbraccia, Jefferson Life Coach 1



Our consumer, Lisa F., has a loving cat named Mr. Biscuit. She describes him as being her best friend as he is “therapeutic and is 17 pounds of pure love.” Lisa further shared that Mr. Biscuit is “expressive with his body language and he looks and acts like Garfield.” Mr. Biscuit is an emotional support for Lisa as he provides compassion and comfort if Lisa is feeling down and/or sick.

## Newsletter Ideas?

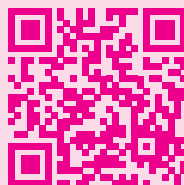
Jennifer Beattie, Director of CSS Administration

We want to hear from you! What are some things you’d like to see in our quarterly newsletter editions? Any specific topics for staff to review?

Please submit your ideas to the following link for considerations for future newsletter editions!:

<https://forms.office.com/r/qpEwLSb5un>

Can’t click the link? Try scanning the QR code below!:



# Self-Care Menu

Jennifer Beattie, Director of CSS Administration

During the Staff Day presentation by Mike and Bill, we discussed the importance of self-care. Self-care doesn't always look like bubble baths, pedicures, and treating yourself to a fancy coffee and pastry. Sometimes it can be boring things, such as making our bed, taking care of activities of daily living (ADLs), and keeping that plan to go for a daily walk for 20 minutes, even when we would rather do anything else.

On the following pages is a worksheet that can guide you to create a "Self-Care Menu." This tool can help you lay out all of the options for different self-care activities, exciting, boring, and anything in-between. This is a cute and creative way to make a list of different activities that can be utilized to take a moment for ourselves during our day-to-day lives and recharge.

The reason I am sharing this tool is the way the menu is broken down:

Starters should include activities you can do for just that intended purpose: starting your day off on the right foot. What are some things you can do in the morning to take care of yourself and set the tone for a positive day? Maybe this looks like waking up before you have to run out the door to enjoy a warm cup of tea with your journal. Or maybe it's taking a shower at your own pace rather than racing someone else for the warm water before you have to run out the door? Perhaps it's your favorite breakfast enjoyed at the kitchen table rather than in the car.

Seasonal specials are items that can only (or mostly) be enjoyed during specific times of the year. This may look like carving pumpkins with friends during the fall, walking at a favorite nature reserve during warmer weather, spending a day at the beach, drinking hot chocolate next to a window while it's snowing outside.

I also like that there is a category to list activities that can be shared with others, as it helps to re-frame self-care as an activity for everyone at any time--not just when we are in crisis or as an isolative activity. Sharing our self-care activities with friends can make us more inclined to practice them, as well as more likely to potentially increase socialization if it's an activity both parties can enjoy.

There is even a spot here where you can include those more luxurious activities like getting a massage, manicure, pedicure, or treating yourself to a fancy coffee and pastry! We just have to be mindful that these are likely not everyday activities, as they're not necessarily realistic financially to practice daily.

Hopefully mapping your self-care activities and ideas in this new format may help spark new ideas of things you can include in your routine that may help recharge or reset, including small things to practice throughout the day or week. Remember, self-care techniques work best when we are including them in our day-to-day lives, rather than only trying to access our toolbox or "menu" when we are at a boiling point. While they can help in the moment, we may feel less stressed and more easily able to access our tools if we are implementing them regularly, as we are taking time for ourselves on a regular basis vs. only when we are about to hit our breaking point.

**Info Source:** <https://mindremakeproject.org/wp-content/uploads/2023/10/Self-Care-Menu-REVISED.pdf>

# Self-Care MENU

Create a menu with your favorite ways to practice self-care as well as things you want to try.

## Starters

List ideas for self-care that you can do to start your day out right. Ideally, these things shouldn't take up too much time. Self-care starters should be bite-sized!

Examples: Coffee on the deck, daily inspirational reading, affirmations, etc.

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## Seasonal Specials

Self-care that you can only do seasonally.

Examples: Sledding, sunbathing, spring picnic, autumn hayride, etc.

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## Entrées

Self-care "mains," ways to recharge that you have more time to devote to.

Examples: Visit a museum, walk in the park, watch your favorite show, at-home spa day, etc.

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## Entrées to Share

List self-care ideas that you can do with another person!

Examples: Exchange self-care menus to share ideas, trade massages with a loved one, play a game of chess, etc.

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## Sides

Little things you can do for self-care that you can add to your daily routine.

Examples: Use your favorite pen, watch a funny TikTok, pat a dog, smile, etc.

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## Desserts

Luxurious ways to treat yourself or indulge; use sparingly!

Examples: Get a mani/pedi, buy yourself something nice, etc.

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## Beverages

Think *\*literally\** for this section! List beverages (or frozen treats) that complement your self-care practices or that you can use to treat yourself.

Examples: A glass of your favorite fancy beverage, Starbucks Frappuccino, hot mulled cider, a milkshake, etc.

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# Self-Inventory for Mental Health Professionals

Jennifer Beattie, Director of CSS Administration

Staff in the field of social work and mental health can face unique challenges in their day-to-day work. We work closely with people in their homes, often talking about wellness, goals, aspirations, and managing crises. While social workers are expected to use the NASW Code of Ethics to guide their practice, we could benefit from a tool or check-in to help ensure we are remaining culturally mindful and professional in our day-to-day engagements with consumers.

This self-inventory is a unique tool that can help focus inward to assess our engagements with consumers or coworkers, while allowing us to acknowledge mistakes and plan to correct them moving forward. I like that this tool aims to be non-judgmental, as it asks if something happened and how we can fix it from occurring again. While we all try to refrain from bias, our personal values and choices effect our decisions and actions, so it is important to continue to check in with ourselves and supervisors to manage these in our practice.

Some areas to note:

When building rapport with clients, we have to be mindful of maintaining professional boundaries. Sometimes, it is in the best interest of the individuals we work with to share our own experiences; however, we must always be mindful of how much we are sharing and if this is in the best interest of the consumer or for our own fulfillment. I love that this is included in this checklist, as it is a way to check in daily to see if perhaps we are oversharing or blurring boundaries, as this can be a slippery slope.

I think another area of challenges can be being our authentic, genuine self with the individuals we work with. We want to remain professional while we are at work, but we also want to make sure we

are being consistent and authentic in how we are engaging. It's not beneficial to anyone if we are being dishonest or phony with the individuals we work with, as they often can easily see right through dishonesty. Think about how many staff members they've encountered before you- I'm sure they've had plenty of experience with a wide variety of workers and can sense when they're being lied to or treated disingenuously.

I also think the section at the end of this daily tool is important, as it asks about our level of burnout and our activities of self-care that we can implement. This ties in nicely with the information provided by Mike and Bill during Staff Day, as well as the Self-Care Menu shared in this newsletter.

This assessment tool could be used as a short daily check-in or perhaps condensed further to be a faster check-in, if needed. It could certainly be helpful to bring findings, especially the last page, to supervisory meetings to explore areas where you excel, areas for improvement,



Photo by Madison Inouye: <https://www.pexels.com/photo/self-care-isn-t-selfish-signage-2821823/>

Info Source: <https://mindremakeproject.org/wp-content/uploads/2019/12/jewell-2019-daily-self-inventory-for-mental-health-professionals-final-draft.pdf>



## DAILY SELF-INVENTORY FOR MENTAL HEALTH PROFESSIONALS

Author: Cassie Jewell, M.Ed., LPC, LSATP

Date: December 29, 2019

1. Did I cause harm (physical or emotional) today, intentionally or unintentionally, to self or others?

Yes

No

2. If so, how, and what can I do to make amends and prevent reoccurrence?

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3. Have I treated everyone I've come across with dignity and respect today?

Yes

No

4. If no, how did I mistreat another/others? What were my underlying thoughts/feelings/beliefs?  
How can I improve in this area?

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5. Have I imposed my personal values on a client (or clients) today?

Yes

No

6. If so, which values, and what steps can I take to prevent this from happening in the future?  
***(Note: professional counselors are to respect diversity and seek training when at risk of imposing personal values, especially when they're inconsistent with the client's goals.)***

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7. Currently, what are my personal biases and how can I overcome them?

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8. Have I done anything today that has *not* been in effort to foster client welfare (i.e. self-disclosure for self-fulfilling reasons)?

Yes                      No

9. If so, what were my motives and how can I improve on this?

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10. On a scale from 1-10 (1 being the least and 10 the greatest), how ***genuine*** have I been with both colleagues and clients? \_\_\_\_\_

11. On a scale from 1-10, how ***transparent*** have I been with both colleagues and clients? \_\_\_\_\_

12. What specific, evidence-based counseling skills, tools, and techniques did I use today? Am I certain there is empirical research to support my practices? (If no, how will I remedy this?)

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13. Have I practiced outside the boundaries of my professional competence (based on education, training, supervision, and experience) today?

Yes                      No



14. What have I done today to advance my knowledge of the counseling profession, including current issues, evidence-based practices, relevant research, etc.?

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15. What have I done today to promote social justice?

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16. Have I maintained professional boundaries with both colleagues and clients today?

Yes                      No

17. Did I protect client confidentially to my best ability today?

Yes                      No

18. To my best knowledge, am I adhering to my professional (and agency's, if applicable) code of ethics?

Yes                      No

19. On a scale from 1-10, what is my level of "burnout"? \_\_\_\_\_

20. What have I done for self-care today?

- Exercise
- Healthy snacks/meals
- Meditation
- Adequate rest
- Adequate water intake
- Regular breaks throughout the workday
- Positive self-talk
- Consultation
- Therapy
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_





**AREAS FOR IMPROVEMENT:**

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**AREAS IN WHICH I EXCEL:**

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**PROFESSIONAL AND/OR SELF-CARE GOALS FOR TOMORROW:**

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# Summer Puzzles Answer Keys

Jennifer Beattie, Director of CSS Administration

Below are the answers to the **puzzles** from pages 2 & 3. How did you do?

## Summer Scramble

WDABKOLRA

AECHB

DASN

MIIMWGSN

TONAIVCA

EOODSIPL

SASEHLLES

ARI NDNTIOOIICGN

ABINGTH SUIT

JESRY EROSH

BEAECBUR

ECI CEAMR

IRKOERWFS

GMNCPIA

ODAEEMNL

NGSSAESSUL

SCALTDANE

SLAEABBL

FRBOSNIF

**BOARDWALK** \_\_\_\_\_

**BEACH** \_\_\_\_\_

**SAND** \_\_\_\_\_

**SWIMMING** \_\_\_\_\_

**VACATION** \_\_\_\_\_

**POOLSIDE** \_\_\_\_\_

**SEASHELLS** \_\_\_\_\_

**AIR CONDITIONING** \_\_\_\_\_

**BATHING SUIT** \_\_\_\_\_

**JERSEY SHORE** \_\_\_\_\_

**BARBECUE** \_\_\_\_\_

**ICE CREAM** \_\_\_\_\_

**FIREWORKS** \_\_\_\_\_

**CAMPING** \_\_\_\_\_

**LEMONADE** \_\_\_\_\_

**SUNGLASSES** \_\_\_\_\_

**SANDCASTLE** \_\_\_\_\_

**BASEBALL** \_\_\_\_\_

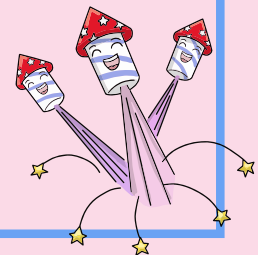
**BONFIRES** \_\_\_\_\_



# Community Support Services



life coaching model individualized	valued life role	plan
rehabilitative	interventions	time oriented
aspirations	consumer driven	objectives
measurable	attainable	knowledge
partnering	resources	realistic
specific	assessment	dreams
goals	hopes	plans



# Summer, Summer, Summer-time!

Jennifer Beattie, Director of CSS Administration



Join us in celebrating the following summer milestones:

July	August	September
<p>Gabrielle Eyrich - 7/19            Shauna Fontenelli - 7/22            Mike Wilmot - 7/23            Jim Marhold - 7/24            Jennifer Hodge - 7/30</p>	<p><b><i>Birthdays</i></b>            Erin Mullen - 8/3            Joseph Russoniello - 8/10            Jennifer Beattie - 8/11</p>	<p>Mike McEniry - 9/2</p>
<p>Alexandra Schueler - 7/5/12 -            12 yrs</p>	<p><b><i>Work Anniversaries</i></b>            Kellen Polito - 8/2/10 - 14 yrs            Mike McEniry - 8/29/11 - 13 yrs            Barbara Mele - 8/12/13 - 11 yrs            Allison Turbach - 8/16/22 - 2 yrs            Quinn Olsen - 8/1/23 - 1 yr            Monika Skora - 8/1/23 - 1 yr</p>	<p>Shauna Fontenelli - 9/27/22 -            2 yrs</p>

### ***Other Updates:***

**The agency welcomed the following staff:**  
 Gabrielle Eyrich, Adams Life Coach 2 (May 2024);  
 Alessandra LoGrande, Jefferson Life Coach 1 (May 2024);  
 Carly Halpin, Jefferson Life Coach 1 (May 2024);  
 Wendy Marinko joined the Board of Directors for Declarations, Inc.!

Photo by Ylanite Koppens: <https://www.pexels.com/photo/summer-letter-cube-on-soil-1209611/>