CENTER FOR CHILD & FAMILY HEALTH

# WORKFORCE WELLNESS SUPPORTS

**We aim to strengthen workforce resilience and trauma-informed capacity through training, consultation, and peer support on trauma-informed approaches to individual and organizational wellness.**

Support topics may include:

- Supervision supports and techniques
- Strategies for improved morale/connection among co-workers
- Connection to community supports
- Psychoeducation on trauma, burnout, compassion fatigue (CF), and secondary traumatic stress (STS)
- Grief support
- Case consultation/support
- Critical incident diffusing/informal debriefing/low-impact debriefing

## Peer Support

We offer role-specific virtual support groups for direct line workers, supervisors, and agency leaders in partnership with Southmountain Children and Family Services (Morganton, NC). Support groups offer a space for participants to learn and practice coping strategies, receive psychoeducational resources, and share and reflect on experiences in a confidential setting.

## About Our Project

The Center for Child and Family Health and NCDHHS are partnering to provide trauma-informed workforce wellness supports to the child welfare, adult protective services, and mental health workforce in the 27 western NC counties impacted by Hurricane Helene. Project activities support direct line staff, supervisors, and agency leaders for comprehensive workforce wellness and system recovery.

## Training

CCFH provides training in trauma-informed practice, equipping providers and agencies with strategies, practices, and interventions to effectively address trauma. This training series emphasizes supportive supervision, peer connection, and sustainable personal well-being for helping professionals. Agency leaders may also connect with us for agency- or team-specific workshops.

### Spring 2026 Trainings

- *Stabilizing the Workforce: Foundations for Trauma-Informed Conversations | February 6, 12pm-1pm*
- *Resilient Workplaces: Organizational Tools for Promoting Morale and Connection | March 20, 12pm-1pm*
- *Wellness Approaches You Can Use: Skills for Renewing Energy, Purpose, and Connection | May 8, 12pm-1pm*

## Consultation

We work one-on-one and with teams to provide ongoing and/or specific support on issues impacting workforce wellness. Supervisors and agency leaders may request consultation on the proposed topics above or seek support on a specific area of need. We offer in-person consultation by request.

**Want to learn more?**

View our webpage and sign up for our next offering!

www.ccfhnc.org/helene

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funded by NCDHHS