

Marshfield Clinic Health System: Four-part series offered to help educators, caregivers deal with compassion fatigue and burnout

Posted on Thursday, Dec 2, 2021

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MARSHFIELD – Compassion fatigue and burnout is sweeping the nation and none of us are immune. That is why it is important to identify the signs of stress and burnout and learn tools and strategies to increase resilience.

Marshfield Clinic Health System Psychiatry & Behavioral Health and Center for Community Health Advancement departments in partnership with the Wisconsin Department of Administration Beyond the Classroom Grant Program are offering a four-part mental health Learning Series to help educators, caregivers and adults who work with children and youth.

This learning series provides an overview of compassion fatigue and burnout experienced by adults as they support children and adolescents through the pandemic. The series will highlight how daily work stress is affecting educator and caregiver mental health and well-being. The presentations will define compassion fatigue and burnout, identify early signs of burnout, become aware of risk factors and protective factors, and discuss realistic action steps towards building compassion resilience.

“We need to address the added stress that the COVID-19 pandemic has created for all of us for nearly two years,” said Dr. Jennifer Michels, clinical psychologist, at Marshfield Clinic Health System. “This series will help participants learn how to identify signs of burnout and implement accessible self-care strategies in their daily work to facilitate improved personal and team well-being.”

Visit www.wiafterschoolnetwork.org to select the “Learning Series” tab to learn more and register. The schedule for the series:

Dec. 3 - The Mental Health Impact of the Pandemic: Risk Factors, Stress Monitoring, and the Imperative for Intentional Self-Care, 11 a.m. to noon via WebEx, presented by Jennifer Michels, Ph.D., ABPP – Clinical Psychologist, Marshfield Clinic Health System.

Dec. 17 - Compassion Fatigue and Children & Youth Support Strategies, 11 a.m. to noon via WebEx, presented by Kelly Spanier, Psy.D., Psychology Postdoctoral Fellow, Marshfield Clinic Health System.

Jan. 7 - Stress and Anxiety Management: Strategies that Work, 11 a.m. to noon via WebEx, presented by Kelly Spanier, Psy.D., Psychology Postdoctoral Fellow, and Kelsie Offenwanger, Psy.D., Child/Adolescent Psychologist.

Jan. 21 - Personal Resilience and Well-Being: Fostering Growth Through the Pandemic, 11 a.m. to noon via WebEx, presented by Kelsie Offenwanger, Psy.D., Child/Adolescent Psychologist, Marshfield Clinic Health System.