

# Networks for Professionals: Vulnerability and Support

## WI AAP-Youth Canvas Painting a Picture of Mental Wellness

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# Learning Objectives



Understanding trauma, vicarious trauma and the cumulative impact it can have on professionals throughout the care continuum



Identify strategies for healthy coping and processing of trauma



Understanding ways to access formal and informal supports throughout the carer continuum

# Physician burnout leads to



WORSE MENTAL  
HEALTH OUTCOMES



PROVIDER  
TURNOVER



DECREASED  
QUALITY OF CARE

# Peer Support is:

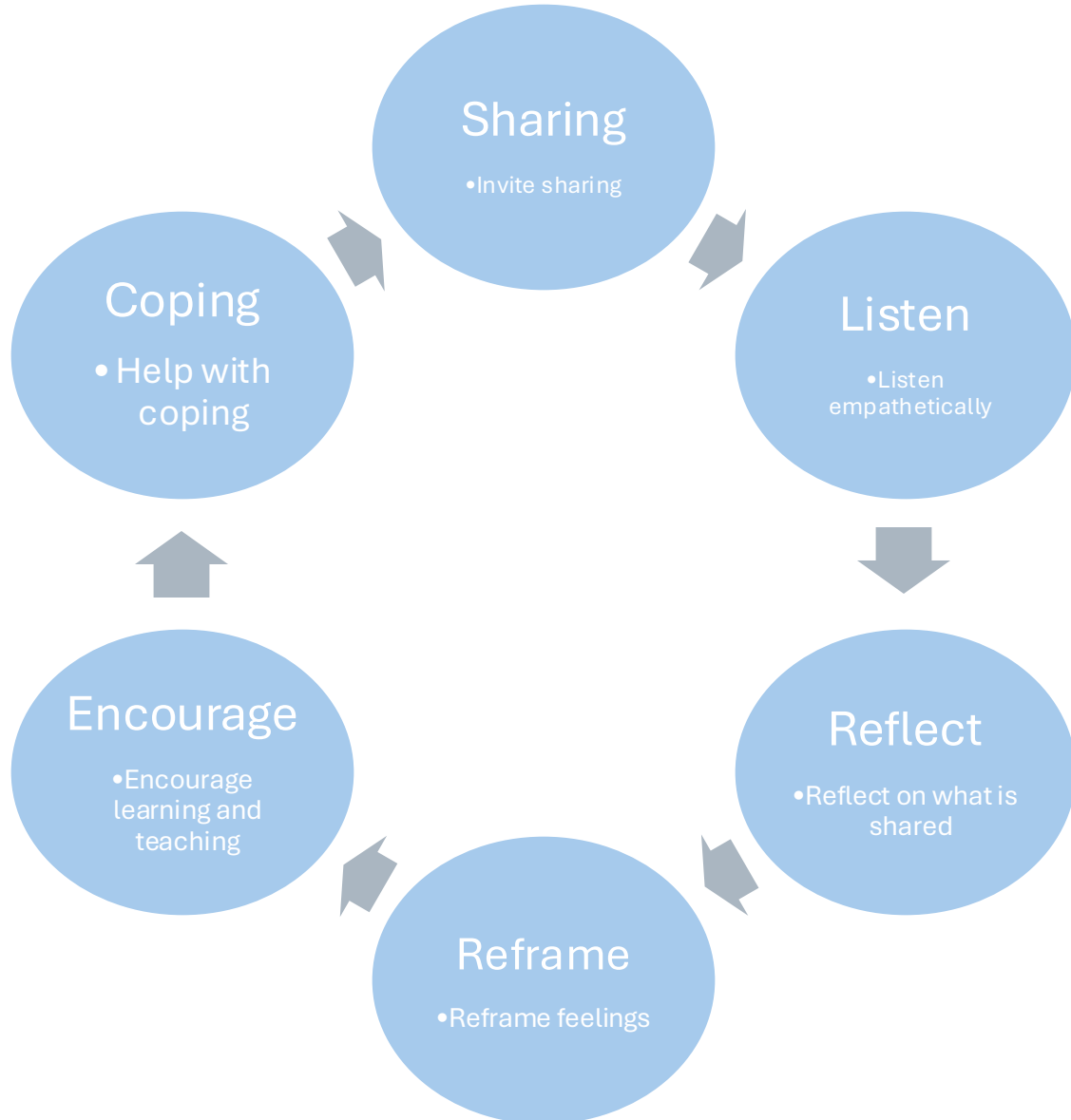
An organizational approach  
and an individual approach to  
being there for each other

A viable strategy to combat  
burnout

Beneficial because it can help  
medical professionals open up  
about what is causing them  
stress



# 6 Fundamental Elements of Peer Support





# Formal supports

Individual counseling

EAP

Peer Support

CISD-Critical Incident  
Stress Debrief



Thank  
You!

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