The Impact of Mindfulness Education for Social Workers

– A Riverside County Pilot Program –

Renda Dionne, PhD
Monah Hanson
Geovanna Asturias
Aisa Diaz
Welcome

Aisa Diaz
Social Service Planner,
Children’s Services Division
Riverside County
• Riverside Pilot
  – Planning and Development
• A Day in the Life of a Social Worker
  – SW secondary stress, nature/demands of the job
• Mindfulness for Social Workers
• Pilot Results
• Testimonial
• Question and Answer Session
• Closing Remarks and Thanks
Why Here? Why Now?

- Culture Change
- Case Loads
- Detentions
- Staff Morale
- Multi-Level Advocacy
- Staff Burnout
- Proactive Intervention

Stress
How to Flourish in Social Work

Preserving personal longevity and happiness, relationships, and your career

COMMON AILMENTS

“*A feeling of depletion leads to dysfunction... a [Social Work] practitioner becomes increasingly ‘inoperative.’”*

- BURNOUT
- COMPASSION FATIGUE
- SECONDARY TRAUMATIC STRESS
Implementation Process

• Planning and Development
  – CSD Strategic Plan
  – Inspiration & Research

• The Study
  – The Surveys
    • Demographics
    • Mindfulness (CAMM)
    • Professional Quality of Life (ProQOL 5)
    • Perceived Stress Scale (PSS)
  – Anonymity!
THE STUDY

• Experimental Group, Control Group
• Nine Surveys
• Anonymity!
  – Randomly assigned ID
  – “Third Party”, single point of contact, not shared
  – Information used in aggregate
• Purpose
  – Is Mindfulness right for Riverside County?
  – Worth expanding?
A DAY IN THE LIFE OF A SOCIAL WORKER

Monah Hanson
Regional Manager,
Children’s Services Division
Riverside County
A Day in the Life

• SW secondary stress
• Nature/demands of the job impact:
  – Engagement with families
  – Engagement at work
  – Overall quality of life
• Examples of SW secondary stress
MINDFULNESS EDUCATION
FOR SOCIAL WORKERS

Renda Dionne, Ph.D

Mindfulness Facilitator
UCLA Mindfulness
Awareness Research Center
Mindfulness Education for Social Workers

The awareness that arises from paying attention in the present moment with a kind, curious, and open attitude.

John Kabat-Zinn

- Autopilot
- Muscle Building
Mindfulness Education for Social Workers

Social Workers

- Health and Social Service fields = chronic job stress.
  Chronic job stress = lowered job performance and high employee-related costs.
- Burnout =
  - Depersonalization of the provider–patient relationship
  - Decreased attention and concentration
  - Compromised decision-making
  - Inability to establish strong relationships with patients.
  - Associated with suboptimal client/patient care, as reported by patients.
Mindfulness Education for Social Workers

Western Science—Ancient Practice

- Brain Changes
- Health/Stress
- Wellbeing and Happiness
Mindfulness Education for Social Workers

Mindfulness associated with:

- Lowered stress
- Improvements in:
  - Compassion,
  - Burnout,
  - Stress,
  - Awareness of signs and sources of stress,
  - Self-care attitudes and behaviors,
  - Interactions with clients and colleagues

EXPERIENCE THE MOMENT
Testimonial

Geovanna Asturias
Social Services Supervisor
Children’s Services Division
Riverside County
RESULTS – STUDY I

• 6 or more sessions, improved scores
• Substantial Decrease:
  – Secondary Traumatic Stress, Perceived Stress, Burnout
• Moderate Increase:
  – Compassion Satisfaction
• Improved Performance
  – Safety Assessments
Results – Study II

• 6 or more sessions, improved scores
• Moderate Decrease:
  – Secondary Traumatic Stress, Perceived Stress, Burnout
• Substantial Increase:
  – Compassion Satisfaction
• Improved Performance
  – Time to Investigation
  – Safety Assessments
Questions & Answers

Renda Dionne, Ph.D.
Mindfulness Trainer/Facilitator

Monah Hanson
Regional Manager, Children’s Services

Geovanna Asturias
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THANK YOU!

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