Compassion Resilience

Community Resilience Toolkit

Collectively, this toolkit provides a more in-depth view of compassion resilience. Resources provide national, state, and local information.

The virtual education that supported this toolkit can be found at this hyperlink.



Spotlight:

The Northwoods Coalition is the oldest

and largest serving coalition in the state dedicated to substance use and prevention. Representatives from coalitions in a 35-county region, including all 11 of Wisconsin Tribal Nations, serve on a non-governing advisory board to help shape policies, practices, and programs which address public health issues arising from use of alcohol and other drugs.

State Resources

- WISE End Stigma Together WI
- Two for You, Self-Compassion through UWM - MN
- The Wellness Project OH
- Resilience Modules through Illinois Extension - IL

- First Responder Compassion Fatigue - IN
- Trauma Informed, Recovery **Oriented Systems of Care - IN**
- **Resources for Advocate** Resilience, Michigan Victim <u>Advocacy Network</u> – MI

National Resources

- Setting Compassionate **Boundaries**
- Healthy Culture Team **Agreements Example**
- Compassion Resilience Toolkits
- **Provider Resilience apps**, SAMHSA recommended, Defense Health Agency supported.
- Compassion Fatigue for **Educators**
- ATTC Compassion Fatigue **Resources**
- National Health Care Worker **Well-Being**
- Center for Mindful Self **Compassion**, Dr. Kristin Neff

For more information, contact:

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The Great Lakes Rural Opioid Technical Assistance Regional Center (ROTA-RC) is funded by SAMHSA to serve rural areas through technical assistance, education, and outreach. The University of Wisconsin-Madison Extension leads ROTA-RC in partnership with the University of Illinais-Extensian, Purdue Extension, Michigan State University Extension, University of Minnesata Extension, and Ohio State University Extension. Learn more at our website https://greatlakesrota.extension.wisc.edu





