



Great Lakes ROTA-RC

Rural Opioid Technical Assistance Center
Funded by Substance Abuse and Mental Health Services Administration

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 Advocacy Network](#) – 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 Illinois-Extension, Purdue Extension, Michigan State University Extension, University of Minnesota Extension, and Ohio State University Extension. Learn more at our website <https://greatlakesrota.extension.wisc.edu>



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