



2023-2024 RSC GROUP COHORTS

The next cohort of RSC groups for Tuolumne HHSAs are scheduled to begin in the fall. All groups occur once monthly and end in May 2025.

If you are interested in joining, please **sign up with Macejko DeLacy by Friday, August 9.** Max of 8 participants per group.



Seasoned Social Workers (Child Welfare)

3rd Tuesdays @ 1:00 – 3:00 PM
Start date: Tuesday, September 17, 2024

Seasoned Social Workers (ASOC, Engagement/Empowerment)

2nd Wednesdays @ 9:00 – 11:00 AM
Start date: Wednesday, September 9, 2024

ISOC Probationary/New Hires

Time: 2nd and 4th Tuesdays from 1-2:30
Occurs twice monthly
Start date: Continuous, required for new staff

ISOC Support Team

1st Mondays @ 8:30 – 10:30
Start date: Monday, September 9, 2024 (due to Labor Day Holiday)

*To schedule an Individual/ On Demand RSC

- (1) email your facilitator or
- (2) visit alyssanajera.com/ondemandrsc and click on the link at the top of the page

Reflective Supervision/Consultation (RSC)

is an innovative model of professional development used to support employees in high-stress, vulnerable, and/or trauma exposed professional roles. RSC is a consistent, confidential space that provides employees with support in navigating common challenges in the helping profession, such as emotions resulting from your professional role or responsibilities, complex cases, workplace stress, secondary trauma and burnout.

RSC is available to you through

- (1) small groups and
- (2) individual sessions also known as On Demand RSC.



Alyssa Najera Team
www.alyssanajera.com

Alyssa Najera
Licensed Clinical Social Worker
Reflective Consultant



Kalindi Malcom
Licensed Marriage and Family Therapist
Reflective Consultant



Preparing for RSC Group

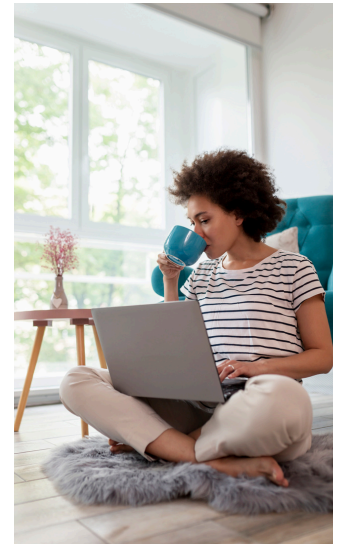
To learn more about RSC visit alyssanajera.com



What to Expect

Group provides you with a confidential space to navigate the emotional responses resulting from your professional responsibilities in the workplace. It is facilitated by a Reflective Consultant with a mental health background, and is intended to help you

- (1) Identify and work through work-related and/or personal stressors that may be impacting work performance
- (2) Engage in critical thinking, active reflection, and problem solving with your peers and
- (3) Reduce the risk of Secondary Traumatic Stress (STS) and burnout



Secure a Private Space

Your RSC session is confidential. Secure a space that is quiet, provides minimal distractions, and ensures your session is private.

Consider the following:

- If you are in the office, reserve a small conference room
- Use a sound machine
- Use headphones, if needed
- If working remotely, use a quiet room in your home

Participatory Experience

RSC Group is an organic conversation focused on navigating the experiences and emotions resulting from your work. Please be prepared to be present for yourself and your peers; multitasking is discouraged.

Consistent Attendance

Consistent attendance to group is essential to the group dynamic, safety, and overall experience of you and your peers. Plan to attend regularly. If you are unable to attend for any reason, please inform your facilitator as soon as possible.

Technology Tips

All sessions are held via **Zoom**.

- Ensure device is charged
- Camera must be on
- Close all other apps on your device