

# Solano Child Welfare 2026-2027 RSC Group Cohorts

**Sign Ups Close Friday, July 24, 2026**

Identify your classification and select one group to sign up for.

## Supervisors

4<sup>th</sup> Tuesdays @ 12:30 - 2:30

Occurs once monthly

Start date: Tuesday, September 22, 2026

Facilitator: Denae Cook, ASW

## Social Workers

### Group 1 for New RSC Participants

Must be (1) fully onboarded, including completion of CLC and (2) new to RSC group. This would also be an appropriate group if you participated in RSC group in the past, but were unable to complete the cohort with a 70% or more attendance.

### Group 2: Returning RSC Participants (2x monthly)

Open to social workers who have completed at least one full cohort in the past, with an attendance of 70% or more.

### Group 3: Returning RSC Participants (once monthly)

Open to social workers who have completed at least one full cohort in the past, with an attendance of 70% or more.

The next cohort of RSC groups for Solano is scheduled to begin in September 2026 and will run through spring/summer 2027. To sign up, contact Nicole Saltzman.

\*RSC is confidential with a max of 8 participants per group. Learn more at [alyssanajera.com/solano](http://alyssanajera.com/solano).

## Support Staff

### Group 1

1<sup>st</sup> and 3<sup>rd</sup> Wednesdays @ 2:30 - 4:00

Occurs 2x monthly

Start date: Wednesday, September 16, 2026

Facilitator: Denae Cook, ASW

### Group 2

3<sup>rd</sup> Thursdays @ 8:00 - 10:00

Occurs once monthly

Start date: Thursday, September 17, 2026

Facilitator: Alyssa Najera, LCSW

1<sup>st</sup> and 3<sup>rd</sup> Wednesdays @ 10:00 – 11:30 AM

Occurs 2x monthly

Start date: Wednesday, September 16, 2026

Facilitator: Denae Cook, ASW

2<sup>nd</sup> and 4<sup>th</sup> Thursdays @ 8:30 - 10:00

Start date: Thursday, September 10, 2026

Occurs 2x monthly

Facilitator: Heather Albertson, LCSW

1<sup>st</sup> Thursdays @ 8:00 - 10:00

Start date: Thursday, September 3, 2026

Occurs once monthly

Facilitator: Alyssa Najera, LCSW



Alyssa Najera Team  
[www.alyssanajera.com](http://www.alyssanajera.com)

To learn more about your RSC facilitators visit  
[alyssanajera.com/alyssanajerateam](http://alyssanajera.com/alyssanajerateam)

# About RSC Group

## Available to

Staff who are fully onboarded and have completed CLC.

*\*Please note that On Demand RSC (1:1 RSC), however, is available to all staff.*

## About RSC

Reflective Supervision / Consultation (RSC) supports staff of all levels who are in high-stress, trauma-exposed roles at risk of burnout, compassion fatigue, direct, or secondary traumatic stress. It provides a consistent, confidential space with **external consultants** to reflect on their work, connect with peers, and navigate the emotional impact of their role.

## About RSC Groups (virtual only)

- RSC groups are confidential and limited to 8 participants.
- Sessions are held remotely via Microsoft Teams
- Participants must join from a private space (closed office or conference room). A conference room may be reserved for your group, your facilitator will keep you informed. If joining with other participants from the conference room, one participant will need to bring a laptop.
- Consistency is essential for group rapport and safety. By signing up, you commit to attending regularly.
- RSC is protected time; please coordinate any coverage needs with your supervisor.

## Questions?

Contact Nicole Saltzman  
NMSaltzman@SolanoCounty.com

## Reminders for Participants

- **First Session:** Attendance at the first session is required to remain in the group. If you aren't able to attend, email the facilitator, and he/she/they will reach out to you individually to follow up.
- **Protected Time:** RSC is protected time. Although participation does *not* require supervisor approval, please consult your supervisor to arrange any coverage.
- **Participatory Experience:** RSC Group is an organic conversation focused on navigating the experiences and emotions resulting from your work.
- **Be Present:** Be present for yourself and your peers. Multitasking is discouraged.
- **Cameras On:** This is a participatory experience rooted in organic, guided conversations. Cameras must be on throughout the group.
- **Confidentiality:** Groups are confidential. Exceptions to confidentiality will be discussed at the first session.
- **Consistent Attendance:** Consistency is an essential part of the group process and safety. Signing up is a commitment to *attend at a minimum 70%* of the cohort sessions.
- **Working in Office:** All groups will have a respective conference room reserved for the group time. Details will be provided after sign-ups close.
- **Working Remotely:** If you are joining remotely from another location, please ensure you are in a private and confidential space. Avoid joining from a public space such as a cubicle, coffee shop, or open breakroom.