

IM4US Training

# Solidarity in Practice: A Resilience Case Study

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# AGENDA

**01.**

**INTRODUCTION**

**02.**

**PROGRAM  
DESCRIPTION**

**03.**

**PROGRAM  
CHALLENGES &  
SUCSESSES**

**04.**

**GROUP  
DISCUSSION &  
Q&A**



# 01. INTRODUCTION



## **LEARNING OBJECTIVES**

- **Recognize how self-care resilience-building programming for staff can positively impact client services.**
- **Identify a few self-care resilience-building program ideas that can be implemented in their own organizations.**
- **Discuss potential benefits and challenges of applying this case study program to their respective organizations.**

A close-up photograph of several layers of vibrant green banana leaves. The leaves are oriented vertically, showing their characteristic parallel veins. A prominent tear runs horizontally across the middle of the frame, revealing a lighter, fibrous interior. The lighting is bright, highlighting the texture and color of the foliage.

## 02. PROGRAM DESCRIPTION

# EXODUS RECOVERY

## Integrated Care Clinic, South Los Angeles



*Integrated Care Clinic and Mental Health Urgent Care.  
Photo %: [www.Mark-Ridley-Thomas.lacounty.gov](http://www.Mark-Ridley-Thomas.lacounty.gov)*



*Integrated Care Clinic, Waiting Room Photo c/o: [www.exodusrecovery.com](http://www.exodusrecovery.com)*



# JEFF, Client Program Participant Experience



**SHARON, LCSW**  
**Program Director**  
**Exodus Recovery**  
**Foundation**



# **SOMATIC SERVICE DELIVERY APPROACH- The Resilience Toolkit**

**The system focuses on:**

- regulating stress and growing resilience**
- using somatic tools in a social ecological framework**
- implementing behavior change theory concepts to build participants' regular practice**



# **FRAMEWORK OBJECTIVES**

**Participants are able to:**

- **recognize their stress and relaxation cycles**
- **understand when their stress is helping or harming**
- **choose from a menu of quick mindfulness and movement tools**
- **build their new skills into habits**



# PARALLEL PROGRAM DESIGN

The program includes :

- 30-minute drop-in group for staff weekly
- 30-minute drop-in group for clients weekly
- Lumos Transforms Extern facilitator for 6 months
- Supervision by Toolkit Certification Trainers and Program Director



# GROUP AGENDA

- **Introductions**
- **Review framework and stress and relaxation cycle concepts**
- **Conduct a self-inventory**
- **Practice mindfulness and movement tools**
- **Engage in reflection and discussion**
- **Conduct a self-inventory**
- **Homework**



**03. PROGRAM CHALLENGES,  
SUCCESSSES, & NEXT STEPS**

**SOLEAH, CNHP  
Former Program  
Extern**





## **DORIS, MFT Intern Staff Program Participant**

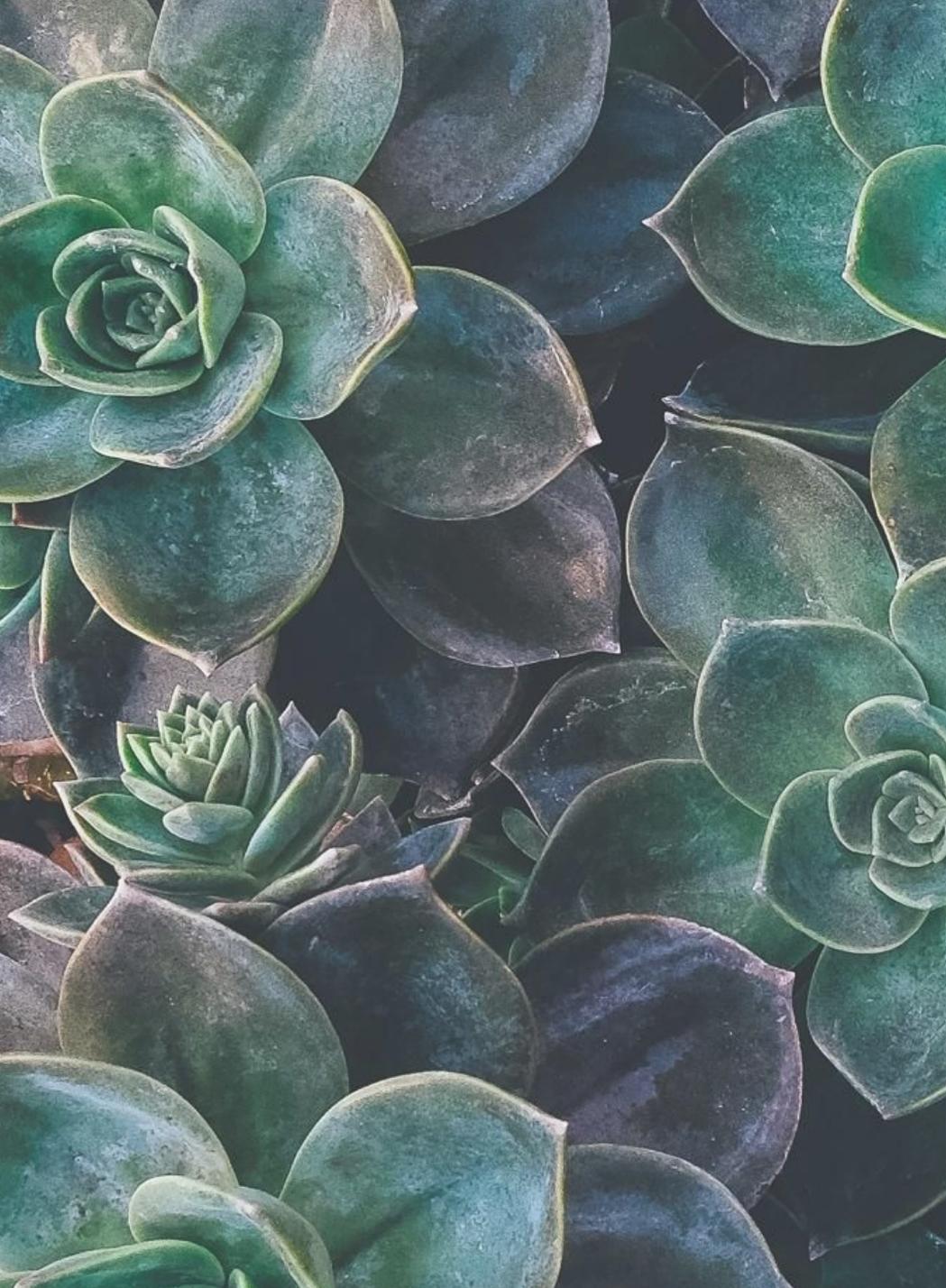
**JENNIFER, PhD**  
**Current Program**  
**Extern**



***“I can tell when I’m about to get nervous or when I’m getting frustrated. I could notice now. Before, it was just a reaction. Now I can actually control it.” -Jose***



**DAVID, CHARLOTTE, & JOSE, Client Program Participants**



# Program Next Steps

- Program Director's hopes
- New potential pilot site
- Evaluation
- Funding

A top-down view of a lush succulent garden. The plants are densely packed and feature a variety of colors including deep purples, soft blues, vibrant greens, and pale yellows. The textures range from smooth, fleshy leaves to small, needle-like foliage. The overall appearance is vibrant and healthy.

# 04. GROUP DISCUSSION & Q&A



# DISCUSSION QUESTIONS

- **What stress, relaxation, and resilience needs do your staff and clients have at your organization?**
- **What resilience-based programming would you like to see at your organization to address these needs?**
- **What potential benefits & challenges to do you anticipate implementing a somatic-based program like the one in this case study at your organization?**



**Q&A**



# CONTACT.

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