



Joy in Work Self-Care Initiative

We know that it seems like the world is changing every day and sometimes it's hard to keep up. Southside has implemented a new self-care focus with our Joy in Work program, addressing acute stress and the importance of caring for yourself in these times to ensure that staff is keeping themselves well- physically, mentally, emotionally, and spiritually.

As part of our organizational mission and the quadruple aim, our BH team has developed casual, non-therapeutic self-care sessions that are offered twice a week via Zoom and in person. These groups are be drop-in style, so staff can come whenever it works for them. In these sessions, our BH staff introduces us to a multitude of self-care options and based on feedback from staff, leads us through activities that allow us to start our own journey through care and healing.