

Self-Care Resources

It's rough out there these days. We know treatment court teams and participants are working extra hard to not just cope, but to thrive. Here is a mix of resources about self-care and coping with stress. We include quick and easy tools you can use, as well as webinars, podcasts, and videos. NTCRC's primary mission is to provide YOU with the knowledge and resources you need, and taking care of yourself is the number one priority.



Webinars

SAMHSA/GAINS Center

Self-Care for CJ Professionals across the Sequential Intercept Model: Intercepts 0-2 (Community Services, law enforcement, & Initial court hearings/initial detention).

December 17, 2020.

<https://www.youtube.com/watch?v=AwYQBfA96oc>

This webinar presents information on stressors faced by criminal justice professionals and ways to support self-care.

SAMHSA/GAINS Center

Self-Care for CJ Professionals across the Sequential Intercept Model: Intercepts 3-5 (Jails/Courts, Re-entry, Community Corrections).

January 28, 2021

<https://www.youtube.com/watch?v=ygYFtAJUISY>

This webinar shares best practices, resources, and supports that agencies and staff should be aware of to build resilience and promote self-care.

American Psychological Association

Practicing What We Preach: Essentials of Self-Care in Times of Stress

April 2022

<https://www.apa.org/education-career/training/self-care-essentials>

This webinar presents a handful of key strategies to maintain our mental well-being when trying to help others do the same. Practical and unique slants will be provided on using self-awareness, cognitive reframing, and optimal use of mindfulness and meditation.

I AM confident. I AM creative. I AM passionate. I AM worthy.

Podcast Episodes

National Treatment Court Resource Center (NTCRC)

Justice to Healing – The Whys of Self Care for Treatment Courts

March 11, 2021

https://www.youtube.com/watch?v=RkUC_7eh3w4

Hosts Kristen DeVall, Ph.D. and Christina Lanier, Ph.D. welcome Sally MacKain, Ph.D., the Director of Clinical Treatment at the NTCRC and professor of psychology, as she discusses how stress may impact treatment court practitioners. They focus on the science behind the stress, distress, and impairment continuum, as well as how self-care practices can assist with stress management. Dr. MacKain also provides guidance on signs of burnout, as well as some ideas for active self-care.

National Treatment Court Resource Center (NTCRC)

Justice to Healing – Self-Care and Mindfulness

March 15, 2021

<https://podcast.ntcrc.org/1351483/episodes/8145722-self-care-and-mindfulness>

Hosts Kristen DeVall, Ph.D. and Christina Lanier, Ph.D. welcome Jacquelyn Lee, Ph.D., Associate Professor of Social Work at the University of North Carolina Wilmington, as she walks us through self-care and the foundations of mindfulness.

I AM successful. I AM resilient. I AM strong. I AM loved.

Short Videos

American Psychological Association

Tool Kit: Demo of each of 5 strategies

- *Calm Yourself*
- *Focus Yourself*
- *Relax Yourself*
- *Ground Yourself*
- *Celebrate Yourself*

<https://www.apa.org/topics/stress/manage-stress-tools>

Dr. Françoise Mathieu

The Edge of Compassion (17:41 mins)

<https://www.youtube.com/watch?v=lcaUA6A37q8>

Dr. Brene' Brown

Empathy (3 mins)

<https://www.youtube.com/embed/1Ewgu369Jw>

Dr. Jamil Zaki

How Power Erodes Empathy, and the Steps We Can Take To Rebuild It (10:47 mins)

<https://player.wbur.org/hereandnow/2020/07/09/jamil-zaki-empathy-power>

I AM patient. I AM organized. I AM grateful. I AM capable.

Articles & Blog Entries

Personal & Professional Self-Care

Miller, Shari & Lee, Jacquelyn. (2013). A Self-Care Framework for Social Workers: Building a Strong Foundation for Practice. *Families in society: the journal of contemporary human services*. 94. 96-103. 10.1606/1044-3894.4289. https://www.researchgate.net/publication/266395156_A_Self-Care_Framework_for_Social_Workers_Building_a_Strong_Foundation_for_Practice

Society for Psychotherapy

Barnett, J. (2014, December). Distress, burnout, self-care, and the promotion of wellness for psychotherapists and trainees: Issues, implications, and recommendations. <https://societyforpsychotherapy.org/distress-therapist-burnout-self-care-promotion-wellness-psychotherapists-trainees-issues-implications-recommendations/>

NTCRC's *Beyond the Field Series*

DeVall, K.E. (2021, February 3). *Compassion Fatigue*. <https://ntcrc.org/compassion-fatigue/>

DeVall, K.E. (2021, January 8). *Self-Care*. <https://ntcrc.org/self-care/>

DeVall, K.E. (2020, November 30). *Therapeutic Jurisprudence & Empathy*. <https://ntcrc.org/therapeutic-jurisprudence-empathy/>

Tip Sheets

Stress Management Tip Sheet

<https://www.apa.org/topics/covid-19/manage-stress-tips.pdf>

I AM blessed. I AM happy. I AM beautiful. I AM myself.

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This project was supported by Grant No. 15PBJA-23-GK-02431-DGCT awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the SMART Office. Points of views or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.