WELLNESS RESOURCES & RESTORATIVE SUPPORT

For individuals, teams, and organizations that care for others.

CARES Learning Partnership provides behavioral wellness education and restorative experiences for individuals, teams, and organizations. We help people navigate the demands of service, leadership, and care while strengthening self-awareness, connection, and sustainable practices.

WHY WELLNESS MATTERS

Caring for others, navigating change, and carrying responsibility can take an emotional and relational toll. Sustainable well-being calls for attention to both **individual needs** and the **relationships and environments** that shape our everyday experience.

CARES: THREE COMPLEMENTARY LENSES

INDIVIDUAL

Dr. H. Jean Wright II

Stress, resilience, psychological insight, and whole-person wellness.

RELATIONSHIPS

Cliff Wright Jr.

Consideration, self-regulation, listening, and restorative connection.

ORGANIZATION

Darryl Allen

Team culture, support structures, and sustainable ways of working.

PRINTABLE RESOURCES FOR INDIVIDUAL REFLECTION

A sampling of CARES educational tools to help you notice patterns, reflect, and identify practical next steps.

EMPATHETIC STRESS

Recognize compassion fatigue and how it differs from vicarious trauma.

TRAUMA AWARENESS

Move from recognizing trauma to responding with greater care and choice.

SELF-AWARENESS + REGULATION

Notice triggers and practice grounded responses under stress.

BEHAVIORAL WELLNESS

Reflect across eight dimensions of whole-person wellness.

RESTORATIVE THOUGHT LADDER

Move from threat-based thinking toward growth-centered repair.

AGENCY LADDER

Hold on to personal worth and values amid external pressures.

Also available: Consideration Conversation Guide, Conflict Reflection Tool, and Repairing Conversations. Explore the downloadable library at careslp.org/resources/.

HOW CARES SUPPORTS PEOPLE + TEAMS

Our offerings combine wellness education, facilitated relational experiences, and practical leadership support. We tailor delivery to the people served, organizational priorities, and available time and resources.

FOUR COMPLEMENTARY SUPPORT OPTIONS

BEHAVIORAL WELLNESS LEARNING

Interactive sessions on stress, compassion fatigue, vicarious trauma, emotional regulation, boundaries, self-compassion, and whole-person wellness.

RESTORATIVE CONNECTION

Professionally facilitated listening circles and compassionate-witnessing experiences. Built for listening, sharing, and connection, **not** for fixing people or producing answers.

LEADERSHIP + TEAM CULTURE

Support for considerate communication, fair process, relational trust, conflict awareness, and norms that make help-seeking and shared responsibility more possible.

WELLNESS RETREATS

A dedicated, experiential format combining self-awareness, restorative listening, cross-role understanding, wellness reflection, and agency-centered next steps.

WAYS TO ENGAGE

RESOURCES

Downloadable guides and personal reflection tools

WORKSHOPS

Focused learning and structured staff experiences

RETREAT / CONTINUITY

Immersive gathering with optional follow-up

TWO DISTINCT PATHWAYS: WELLNESS + CLINICAL CARE

CARES wellness workshops, retreats, and circles are educational and relational, **not therapy, diagnosis, or fitness-for-duty assessment**; sharing is voluntary. **Clinical services** may be requested separately through Dr. H. Jean Wright II, PsyD, MDiv, a clinical and forensic psychologist, with separate intake, consent, confidentiality, and applicable licensure.

NEXT STEP: EXPLORE A FITTING SUPPORT PLAN

Share your wellness priorities, participant needs, format, schedule, and budget parameters. CARES can propose an appropriate scope and investment: careslp.org/contact/