



THE COORDINATING CENTER
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Grief, Trauma, and Stress: Finding Personal and Professional Balance

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March 20, 2026 – CMSA Chesapeake

1

Disclosures

- We have no financial disclosures or conflicts of interest to report with the content of this presentation.
- Some portions of our presentation are derived from our lived experiences and may be triggering emotionally but please consider this a safe space.



2

Objectives

Objective 1	Objective 2	Objective 3
• Describe and discuss the stages of grief, increasing your ability to recognize their presence in clients, as well as Case Managers.	• Recognize and describe grief, trauma, and stress in clinical, community, and personal settings.	• Differentiate between personal and professional grief, trauma, and stress and construct a personal or professional plan for your organization to employ coping strategies.



3

You are a Priority!

Every client has the potential for a profound impact on our personal and professional journey. Hailed as the frontline and some of the most trusted supporters and carers, Case Managers must also remember to prioritize themselves.




4

Stages of Grief

- Denial
- Anger
- Bargaining
- Depression
- Acceptance




5

Recognizing the Stage of Grief



Our personal and professional lives are intertwined. We must recognize when we need support, while also caring for others.



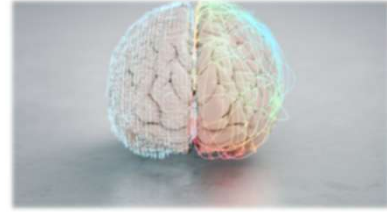
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Continued exposure to stress and trauma leads to maladaptive coping. Case Managers are often immersed in the storm.



7

The Science of Grief, Trauma, and Stress



8

Secondary Traumatic Stress



9

Work Life Integration

- Acknowledge your limits
- Prioritize Self Care
- Create a Support Network
- Communicate
- Be Flexible
- Seek Professional Guidance
- Reflect on your Journey



10

Finding Meaning



11

Organizational Culture of Care

- Employee and Family Coaching
- Leadership Training and Support
- Zero Tolerance Policy for Discrimination and Bullying
- Comprehensive Mental Health Benefits
- Work-Life Integration
- Inclusive Workplace Practices



12

2025 & 2026 Recipient of the Bell Seal for Workplace Mental Health: The Coordinating Center

•The MHA's Bell Seal for Workplace Mental Health is the nation's leading certification that assesses and recognizes employers committed to creating mentally healthy workplaces.

§Only two in five employers meet the standards for certification.

§Since 2019, hundreds of Bell Seal recipients have improved or implemented new policies and practices to support the mental health of 4.3 million employees.



13

Caring for Yourself



14

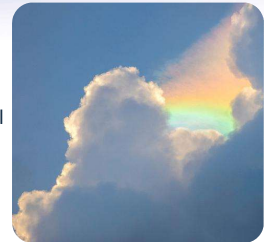
Gratitude as a Tool



15

Reflecting

How will you implement change in your personal and professional life to promote balance in managing grief, trauma, and stress?



16

Resources

[Youturn Health](#)

[National Institute of Health](#)

[VA Institute of Character](#)



17

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18

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Questions



19

20

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21

Thank you!



22