

## **Recognizing and Addressing Compassion Fatigue: Building Resilience and Well-Being** **Jeneé Lewis-Walker, Psy.D., Licensed Clinical Psychologist**

### **Session Description:**

Professionals supporting individuals with Autism Spectrum Disorder (ASD) and Intellectual and Developmental Disabilities with Mental Health needs (IDD-MH) often work in emotionally demanding environments that require sustained empathy, flexibility, and problem-solving. Over time, this work can place staff at risk for compassion fatigue, secondary stress, and burnout, which can impact both personal well-being and the quality of care provided.

This presentation will help community partners recognize the signs and impact of compassion fatigue, distinguish it from burnout, and understand how the nature of IDD-MH work can heighten vulnerability to stress. Participants will explore practical strategies to build resilience at both the individual and team level, including reflective practice, boundary setting, peer support, and organizational approaches that promote sustainability in helping roles. The session emphasizes that supporting the well-being of caregivers is essential to providing effective, person-centered services. Attendees will leave with concrete tools to identify early warning signs, strengthen coping strategies, and foster environments that support long-term engagement in this critical work.

### **Learning Objectives:**

1. Identify the key signs and symptoms of compassion fatigue.
2. Develop actionable tools and techniques to implement self-care practices that can promote resilience, well-being, and the prevention of compassion fatigue in themselves and those they support.
3. Apply evidence-based strategies to build and maintain resilience, fostering long-term well-being and the capacity to manage the emotional demands of support work.

**Dr. Jeneé' Lewis-Walker** is a clinical psychologist, educator, and advocate dedicated to advancing the mental health and well-being of marginalized communities, particularly children, adolescents, and families navigating intellectual, developmental, and psychological challenges. Originally from Richmond, Virginia, she began her career as a special education teacher after earning her bachelor's degree in Special Education and Psychology from Elizabeth City State University. Her classroom experiences sparked a deeper commitment to mental health, leading her to pursue advanced training in psychology, including graduate degrees from Norfolk State University and Regent University, where she earned her Doctorate in Clinical Psychology with a concentration in Children and Adolescents.

Dr. Walker currently serves as Director of Children's Mental Health Services and Project Facilitator for the National Center for START Services®, where she supports the development and implementation of crisis prevention and intervention programs nationwide for individuals with intellectual and developmental disabilities and complex mental health needs.

With almost two decades of experience across clinical, residential, hospital, and community settings, she provides psychological assessment, therapy, and professional training. Her work integrates