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CARE4YOU[®]

Conference Resource Guide

Friday, June 12, 2026

The
conference
that cares
for those
who care for
others.



AGENDA



9:00 AM – 10:15 AM ET

Compassion Begins with Curiosity

Lessons Learned from 25+ Years in the Field

Presented by Françoise Mathieu, MEd, RP



10:30 AM ET - 11:15 AM ET

Rethinking Addiction

A Conversation on Stigma, Fear, and Hope with Dr. Nzinga Harrison

Presented by Nzinga Harrison, MD & Françoise Mathieu, MEd, RP



12:30 PM - 1:30 PM ET

Scaling Support

Building a Mutual Support Community of Practice

Presented by Dr. Janine Rowe, MEd, LMHC, CASAC, SAP, CEAP



1:45 PM - 2:45 PM ET

These Are Hard Times, Not Hopeless Times

Holding On to Meaning in Our Work

Presented by Jillian Horton, MD



2:50 PM - 3:15 PM ET

Where Can Curiosity Lead Us?

CARE4YOU 2026 Closing Address

Presented by Françoise Mathieu, MEd, RP



Compassion Begins with Curiosity

Lessons Learned from 25+ Years in the Field

Presented by Françoise Mathieu, MEd, RP

- **Beyond Kale & Pedicures: Can We Stop Burnout & Compassion Fatigue?** by Françoise Mathieu | <https://tendtoolkit.com/beyond-kale-and-pedicures/>
- **Amy Edmondson on Psychological Safety: Creating Fearless Organizations** by Dr. Richard Chambers | <https://drrichardchambers.com/amy-edmondson-on-psychological-safety-creating-fearless-organizations/>
- **The Burnout Challenge: Managing People's Relationships with Their Jobs** by Christina Maslach & Michael P. Leiter | <https://tendtoolkit.com/the-burnout-challenge-maslach-leiter/>
- **Building Resilient Teams: Facilitating Workplace Wellness & Organizational Health in Trauma-Exposed Environments** by Dr. Patricia Fisher | <https://tendtoolkit.com/building-resilient-teams-fisher/>
- Bride, B. E., Sprang, G., Hendricks, A., Walsh, C. R., Mathieu, F., Hangartner, Ross, L. A., Fisher, P., Miller, B.C. (2024). **Principles for STS-responsive practice: An expert consensus approach.** Psychological Trauma: Theory, Research, Practice, and Policy, 16(8), 1301-1308. <https://doi.org/10.1037/tra0001575>
- Sprang, G., Lei, F., & Bush, H. (2021). **Can organizational efforts lead to less secondary traumatic stress? A longitudinal investigation of change.** The American Journal of Orthopsychiatry, 91(4), 443-453. <https://doi.org/10.1037/ort0000546>
- **Laziness Does Not Exist** by Devon Price | <https://www.indigo.ca/products/laziness-does-not-exist>

- Mathieu, F. (2023). **Managing the things we can't unsee: Tools to recognize and reduce secondary traumatic stress.** In Child Sexual Abuse: Practical Approaches to Prevention and Intervention.
- **Psychological First Aid Guide** for Children's Advocacy Center Supervisors | <https://www.srcac.org/resource/psychological-first-aid-guide-for-childrens-advocacy-center-supervisors/>
- **Widen the Window: Training Your Brain and Body to Thrive During Stress and Recover from Trauma** by Elizabeth Stanley | <https://elizabeth-stanley.com/books-publications/widen-the-window/>
- **Tools & Strategies to Support Staff & Organizational Wellness, business case** by TEND | <http://tendacademy.ca/wp-content/uploads/2026/06/Tools-Strategies-Business-Case-TEND-2026.pdf>
- **Finding Moral Courage in Difficult Times** by Françoise Mathieu | <https://tendtoolkit.com/finding-moral-courage/>
- **Txtng is killing language. JK!!!** TEDXTalk by John McWhorter | <https://www.youtube.com/watch?v=UmvOgW6iV2s>





Rethinking Addiction A Conversation on Stigma, Fear, and Hope

Presented by Françoise Mathieu, MEd, RP & Dr. Nzinga Harrison

- **Un-Addiction: 6 Mind-Changing Conversations That Could Save a Life** by Nzinga Harrison, MD | <https://amzn.to/3CyHMyj>
- **Un-Addiction Podcast** with Nzinga Harrison, MD | <https://podcasts.apple.com/us/podcast/un-addiction-with-nzinga-harrison-md/id1708986521>
- **Eleanor Health** | <https://www.eleanorhealth.com/>
- **We the Village**, online programs to help families through addiction recovery | <https://www.wethevillage.co/>
- **What is CRAFT?** (Community Reinforcement and Family Training), resources and information from We the Village | <https://www.wethevillage.co/resources/what-is-craft>
- **What are Positive Childhood Experiences (PCEs)?** from the American Psychiatric Association | <https://www.apaf.org/our-programs/justice/free-resources/what-are-pce-s/>
- **Prochaska and DiClemente's Stages of Change** provided by the Tennessee Alliance for Children and Families | <https://tnchildren.org/wp-content/uploads/2014/11/Stages-of-Change.pdf>



DR. NZINGA A. HARRISON, MD



Scaling Support Building a Mutual Support Community of Practice

Presented by Dr. Janine Rowe, MEd, LMHC, CASAC, SAP, CEAP

- **University of Rochester** Employee Assistance Program | <https://www.urmc.rochester.edu/eap>
- **Contributing Factors Venn Diagram** from TEND | <https://tendtoolkit.com/contributing-factors-strategy/>
- **Introduction to Communities of Practice: A Brief Overview of the Concept and Its Uses** by Etienne & Beverly Wenger-Tayner, 2015
- **Debriefing & Mutual Support Capacity Building Program** offered by TEND | <https://tendacademy.ca/training/capacity-building-programs/dms/>
- Scott, L., Lim, R., Foxcroft, L., & Lum, P. A. (2021). **How can surgical programs use peer support programs in times of crisis?** Canadian Urological Association Journal, S36–S39. <https://doi.org/10.5489/cuaj.7302>
- Arriaga, A. F., Szyld, D., & Pian-Smith, M. C. M. (2020). **Real-Time Debriefing After Critical Events: Exploring the Gap Between Principle and Reality.** Anesthesiology clinics, 38(4), 801–820. <https://doi.org/10.1016/j.anclin.2020.08.003>



University
of Rochester
Medicine



These Are Hard Times, Not Hopeless Times Holding On to Meaning in Our Work

Presented by Jillian Horton, MD

- ***We Are All Perfectly Fine: A Memoir of Love, Medicine and Healing*** by Jillian Horton | <https://tendtoolkit.com/we-are-all-perfectly-fine-horton/>
- **Forget about our 'lanes.' It's time for doctors to flood the freeways** by Jillian Horton, MacLean's (November 2020) | <https://macleans.ca/opinion/forget-about-our-lanes-its-time-for-doctors-to-flood-the-freeways/>
- Schiff G. D. (2013). **A piece of my mind. Crossing boundaries--violation or obligation?** JAMA, 310(12), 1233–1234. <https://doi.org/10.1001/jama.2013.276133>
- Lemaire, J. B., & Wallace, J. E. (2014). **How physicians identify with predetermined personalities and links to perceived performance and wellness outcomes: A cross-sectional study.** BMC health services research, 14, 616. <https://doi.org/10.1186/s12913-014-0616-z>
- Shanafelt, T. D., West, C. P., Sloan, J. A., Novotny, P. J., Poland, G. A., Menaker, R., Rummans, T. A., & Dyrbye, L. N. (2009). **Career fit and burnout among academic faculty.** Archives of internal medicine, 169(10), 990–995. <https://doi.org/10.1001/archinternmed.2009.70>



Compassion Begins with Curiosity Lessons Learned from 25+ Years in the Field

Presented by Françoise Mathieu, MEd, RP

- ***Real Self-Care: A Transformative Program for Redefining Wellness (Crystals, Cleanses, and Bubble Baths Not Included)*** by Pooja Lakshmin | <https://www.poojalakshmin.com/realselfcare>
- ***Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*** by Laura van Dernoot Lipsky | <https://traumastewardship.com/trauma-stewardship-book/>
- ***Indivisible: How to Forge Our Differences into a Stronger Future*** by Denise Hamilton | <https://denisehamilton.co/indivisible-book/>



ADDITIONAL TRAINING

Working Well, Together

A guided organizational health program for complex workplaces.

 Downloadable PDF

[Learn More](#)

Capacity Building Programs

Professional development courses that give you the tools to build more effective and healthier workplaces.

 Downloadable PDF

[Learn More](#)



Debriefing and Mutual Support (D/MS)

Embed supportive practices into your workplace | Begins July 21, 2026

[See a Sample Blueprint](#)

[Learn More & Register](#)



Train the Trainer

Champion organizational health in your workplace | Begins July 9, 2026

[Learn More & Register](#)



The Trauma-Informed Organization

Build strong, effective, resilient teams | Begins September 15, 2026

[Learn More & Register](#)

Continuing Education Series Webinars

Upcoming Session | *Critical Incident Stress Management (CISM) Reimagined: From Group Storytelling to Individual Stabilization* on September 24, 2026

[Learn More & Register](#)

Looking for other training options?

Contact Alison, our Operations Manager, at alison@tendacademy.ca