

Burnout and Boundaries



Working jobs that blur
the line between work
and volunteerism

FROM PUBLIC SERVICE TO COMMUNITY SERVICE

Data says:

- Fewer “close friends”
- Less likely to feel comfortable asking for favors
- Decreased sense of belonging
- Less intergenerational housing opportunities
- Transactional relationships with our community
- Disengagement with our democracy
- Our sense of “time” and understanding where we are spending it



Life.
School.
House.

We gather to increase connectedness and community wellbeing

A network of barter-based folkschools using a skills sharing platform to connect through the act of shared learning experiences.

Cooperative NFP - \$5 for a year!

Addressing 'social poverty'



Powerful, authentic organizing - from community, for community

How does it work



Vibrant Communities
TAMARACK INSTITUTE

REDUCING POVERTY
DEEPENING COMMUNITY
BUILDING YOUTH FUTURES
CLIMATE TRANSITIONS

ARTICLE | EXPLORING THE IMPORTANCE OF SOCIAL CAPITAL

JENNIFER DECOSTE

Atlantic Canada has been uniquely positioned during the global Coronavirus outbreak. Among the other provinces in Canada and compared to many nations of the world, they are experiencing relative safety and holding up better than others, both in terms of the spread of the virus and local experience of COVID-mortality. Is it because of the lower population density, leadership in senior healthcare ranks and community participation in mask-wearing and physical distancing? These are important factors but cannot be separated from another strong influencer: social capital.

MAKING THE CASE FOR SOCIAL CAPITAL

In a [recent study](#) from MIT and University of Toronto, social capital was defined as relationships that bind us together as a community, based on trust, connection, and care. In this study, regions with higher-than-average social capital are showing direct links to lower infection rates and fewer deaths from COVID.

According to this study, it was ultimately “collective efficacy” (or the likelihood that people would lean in, help out, reach out) that was the key factor in setting a high rate of social capital. Communities with higher social capital show stronger positive health outcomes during the pandemic, alongside primary success factors like access to healthcare services and a strong family support system. How much of the success of the Atlantic region’s response to the pandemic is connected to existing social capital?

Stable families, the trust we show towards institutions, tendencies to help out as volunteers in our communities are telltale signs of a community with a deep pool of social capital. Baseline data collected in Nova Scotia by the [Quality of Life Index](#), published in early 2020, shows that many of these success factors were in place in this region before the pandemic. This evidence explains the success of the community response to the challenging mitigation measures like

“The more that norms and trust encourage smart behavior, and the more that people in a community can be kind and loving of one another, the more they’ll be able to mitigate the transmission of the virus without extra resources [or in spite of crowding]”

Christos Makridis

learning and sharing

ABCD Leadership:

- Tamarack Institute
- ABCD Institute (Global)
- Coady

Living Traditions Corps: A Washington State Folk Schooling AmeriCorps Program Planning Process

Living Traditions Corps

Improving rural community health in Washington State by creating replicable folk school-like model for strengthening social cohesion

During 2023-24, the Folk Education Network is partnering with AmeriCorps, Washington State Parks, and other partners to develop a Folk School-like model for civic engagement. The goal is to reduce rural isolation and increases community health through building connections and networking resources. This planning grant, funded by AmeriCorps, will develop a three-year operation grant proposal to:

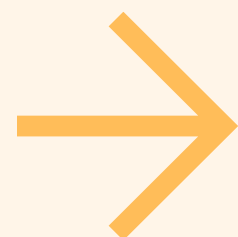
- Identify site location partners to hold community gatherings
- Identify and connect AmeriCorps members from the local communities to the location partners
- Connect site and AmeriCorps partners with community hosts to identify community needs
- Coordinate initial hosted community gatherings to begin making connections among people to the knowledge and resources they want
- Develop and expand a replicable model that can be used in other states with a variety of partners

This project is funded in part by the Office of Research and Evaluation at AmeriCorps under Grant No. 22REACA001 through the National Service and Civic Engagement research grant competition and a 2023 ServeWA Planning Grant. Opinions or points of view expressed in this document are those of the authors and do not necessarily reflect the official position of, or a position that is endorsed by, AmeriCorps.

First Step, Next Steps



LifeSchoolHouse Community Storybook (free online!)



Pandemic + Awards + More projects!



Burnout

Running on Empty - work vs
volunteering

Hopelessness

Exhaustion

Fatigue and insomnia

What happens to this community
if I have to stop?

BURNOUT



fireloch
GATHERING PLACE
& RETREAT

Gathering Place and Retreat

We are a social enterprise set up as an inclusive and affirming gathering place, intentionally hosting space for building joy and connection.



WINGSPAN
Foundation

Wingspan

The Wingspan Fund provides support for rest, retreat and reflective practice for volunteers and contributors to the non-profit and charitable sectors.



Care for Caretakers Fellowship

Lessons Learned:

Passion,
Empathy,
Lack of Boundaries,
Feminine Leadership
=cyclical AND systemic
trauma

"C4C" is a fully funded, 6 month long fellowship that prioritizes rest, care, healthy challenges and ongoing encouragement, guiding participants to realign the factors inviting burnout in the voluntary sector.



WINGSPAN
Foundation



You can't "self
care" your way out
of burnout

Essential Resources:

***current literature is healthcare centric - difficult to find investment being made in the community sector**

New Language - emotional granularity helps us move through tough conversations

Boundaries - naming (to ourselves AND others) the bounds of what is "work" and what are our passion projects

Nature - rest, recovery, and recharging

Community of Peers



Table Topics:

Draw a card and discuss with your table

Choose one harvester who will record ideas circulating.

More info about our programs:

www.lifeschoolhouse.com

www.fireloch.com

www.cfns.ca/wingspan/



Engaging
Community,
with CARE

1. Care for Caretakers Fellowship

June-Nov 2024

2. Physician Retention Services - Community Care

April 2024

3. Participatory Action Research 101

May 2024

4. Seasonal Wellbeing Retreats for Seniors (Grant Funded)

May/July/October/January 2024/25

5. BIPOC Leaders in Transition Retreat

June 20-24th, 2024

6. Asset Based Community Development Maritimes Gathering (Coady Students +Community)

June 28th

7. Rethinking and Relocalizing Philanthropy

October 2024