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supports and services  
THAT FOSTER self-determination.

9/11/23

## Meeting Midway – Tier 2 Prevention Podcast

On this episode of Meeting Midway, Tier 2 Central Area Risk Prevention Lead, Rachael Osterling, talks about Self-Care with host Carl Hoeninger. Topics discussed include burnout and what leaders can do to ensure employees are practicing self-care. Also included is a list of resources located on the Department of Mental Health (DMH) website that support self-care. Listen, learn, and enjoy the interactive discussion on self-care on this episode of Meeting Midway.

**Presenter:** Carl Hoeninger, Tier 2 Eastern Area Risk Prevention Lead

### Target Audience:

- Division Team Members
- Targeted Case Management Agencies (TCMs)
- Contracted Providers
- Other Interested Individuals

[Access the podcasts on SoundCloud.](#)

[Access the podcasts on Spotify.](#)

[www.dmh.mo.gov/dd](http://www.dmh.mo.gov/dd)  
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