



Seacoast Mental Health Center Clinician Well-Being Commitment Statement

Seacoast Mental Health Center (SMHC) is one of ten non-profit state-designated community mental health centers (CMHCs) in New Hampshire (NH). We provide evaluations and treatment services to children, adolescents and families, adults, and the elderly who reside in our catchment area regardless of their ability to pay.

The mission of SMHC is to provide a broad, comprehensive array of high quality, effective and accessible mental health services to residents of the eastern half of Rockingham County.

Our vision is to support all people in reaching their full potential while living positive, productive lives free of stigma.

Ultimately, we exist to provide hope and promote recovery among staff as well as clients.

We believe the health and wellbeing of impacted individuals, families, and the society around them is an ethical responsibility of our agency. Knowing that staff is also susceptible to illnesses they are offered the same care and consideration as our clients.

Specifically, SMHC commits to:

- Providing compassionate approaches to preventing and treating chronic stress, burnout and resilience-based best practices for all staff;
- Informing our staff and the greater community about the importance of self-care;
- Offering internal employee assistance and support to our own staff, as needed;
- Providing financial support and time for professional development programs in order to allow SMHC staff to fulfill goals;
- Fostering an internal culture that supports health and wellbeing for all staff;
- Participating actively in policy discussions on these issues;
- Supporting the efforts of those in the helping field to increase awareness around compassion fatigue and the importance of self-care.