



INVITE PEOPLE

JESSICA LEWIS, CCLS

IN

ABOUT ME



JESSICA LEWIN, CCLS | 8 YEARS
in hospital for 6 years and
2+ years in community



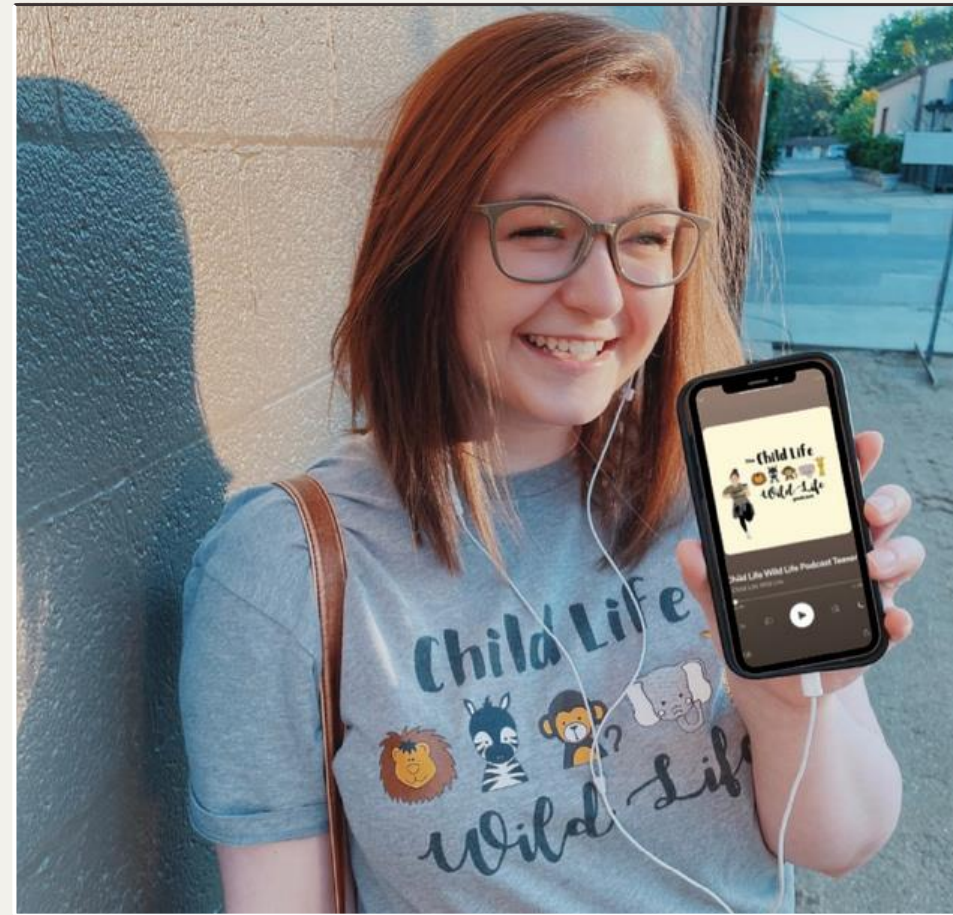
MARRIED TO SAM | CAT, OATLEY
married since 2018;
cat named after the oat milk



HAD A BREAKFAST WEDDING
married at 10am on a Sunday
morning and served "brunch"



WORK IN SCHOOL AS A CCLS
proposed to 17 school districts
before accepting a position



HOST OF THE CLWL PODCAST
currently 2 full seasons out-
season 3 happening now (11)



DESIGN/SELL SHIRTS
gave out last \$1,000 scholarship
over the summer (12 total)

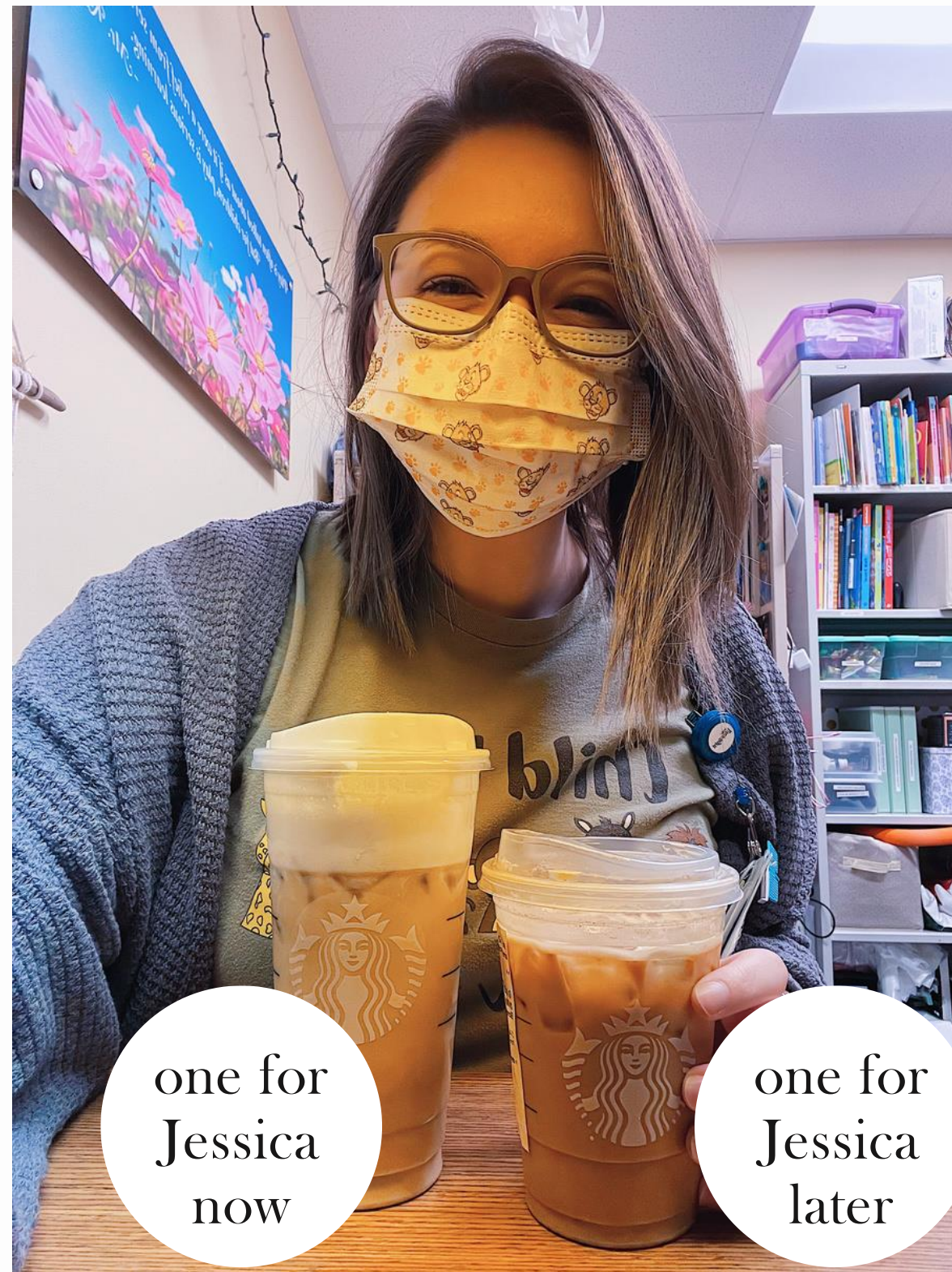
HOW HAVE I INVITED
PEOPLE INTO THE 4
C'S OF MY LIFE?



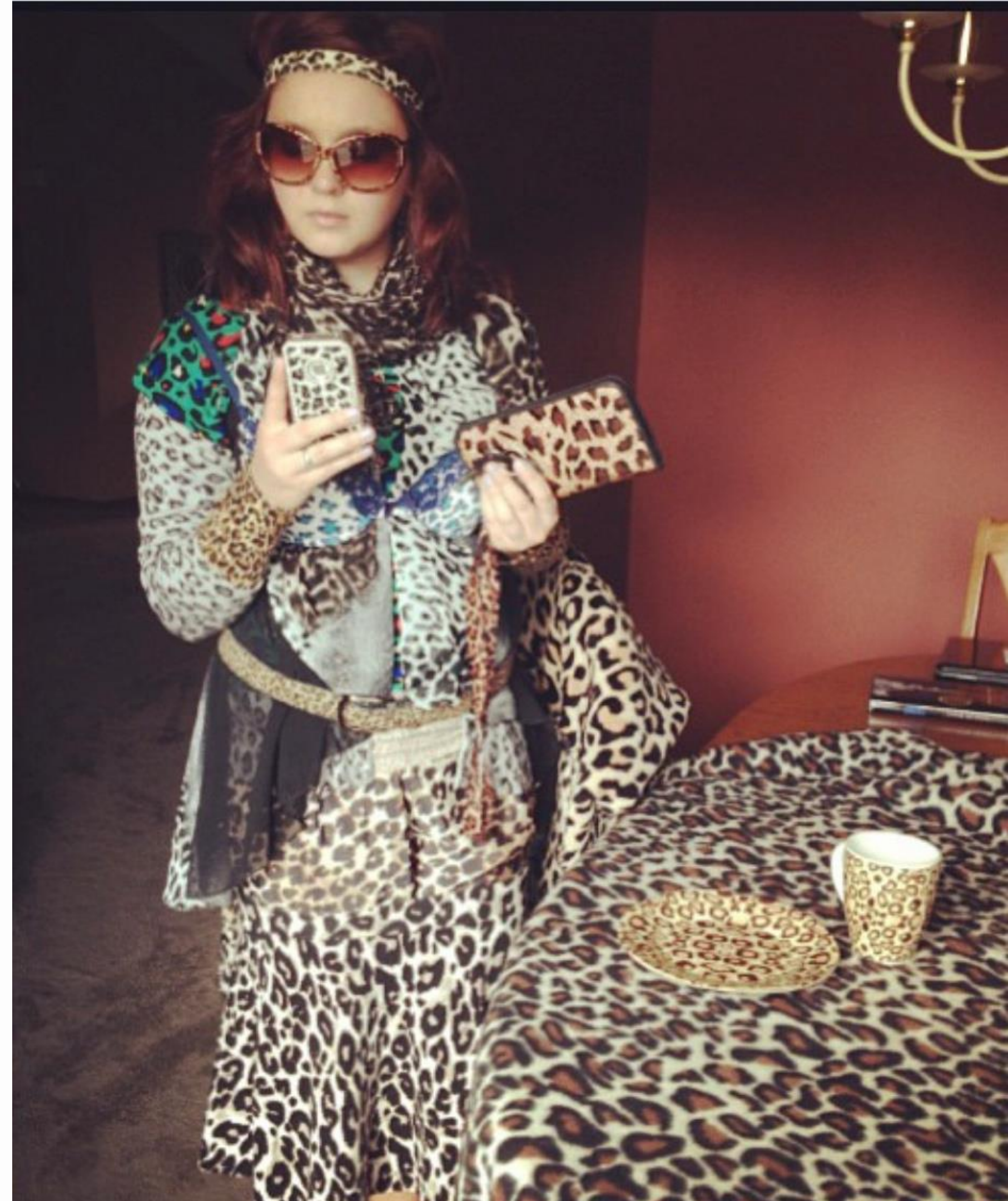
THE CARDIGAN MOVEMENT



COFFEE CHARISMA



AND WHERE IT
ALL BEGAN -
CHEETAH PRINT





BUT CHILD LIFE



**I'M IN LOVE AND I DON'T CARE
WHO KNOWS IT!**

OBJECTIVES

- INVITE YOURSELF INTO SELF-REFLECTION:
Recognize areas of stress and optimize healthy coping skills in every day life
- INVITE PEOPLE INTO CHILD LIFE:
Discover ways to invite people in through education and demonstration
- INVITE PEOPLE INTO SUPPORT:
Prioritize support systems in your life and evaluate who belongs in your "inner circle"
- INVITE PEOPLE INTO YOUR IDEAS:
Create new ideas/revise dormant ideas that hone in on creativity, courageousness, collaboration, and commitment

TAKE WHAT YOU NEED



GIVE WHAT YOU CAN

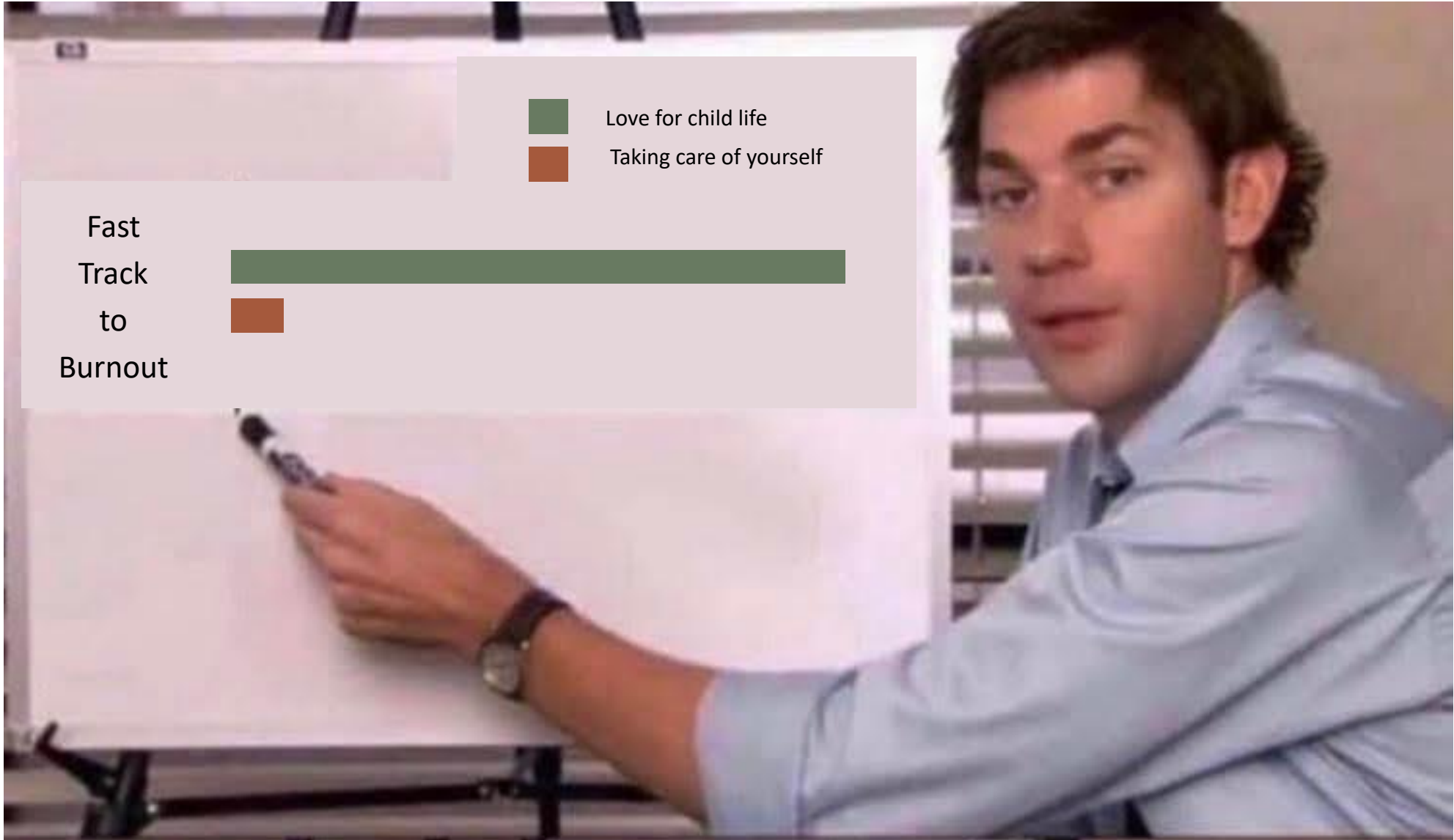




Invite yourself into...

SELF- REFLECTION

in order to invite people in, we must first invite ourselves in and
reflect



BURNING OUT ON CHILD LIFE

BEHAVIORAL SIGNS:

- whatever attitude
- isolating from others
- skipping work, coming in late, leaving early
- withdrawing from responsibilities
- using food, drugs, or alcohol to cope

EMOTIONAL SIGNS:

- sense of failure/self-doubt
- detachment
- loss of motivation
- cynical and negative outlook
- decreased sense of accomplishment

PHYSICAL SIGNS:

- tired all the time
- sick frequently
- headaches/muscle pains
- changes in appetite/sleep habits



<https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery.html>

BACK TO BASICS

FOOD + MOOD

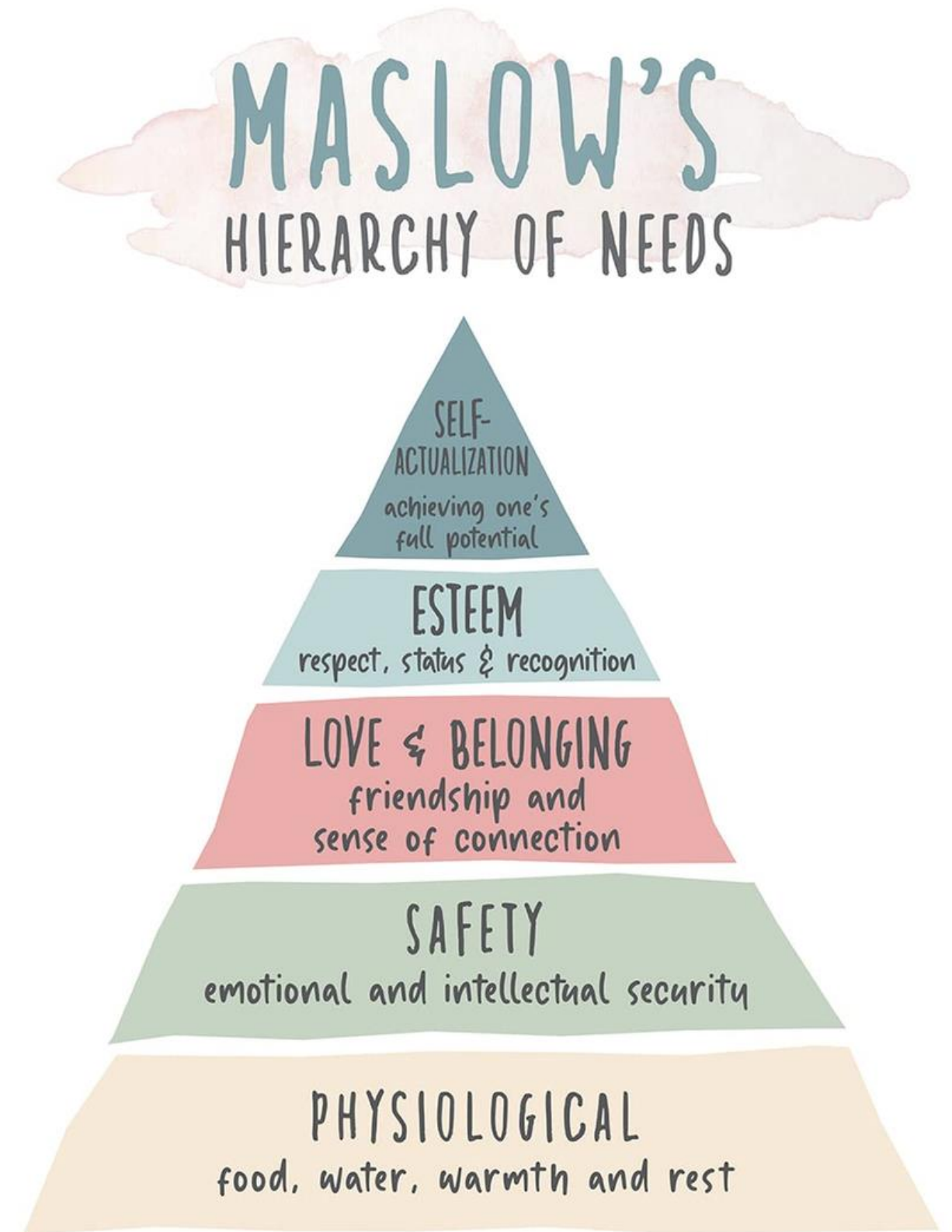
Gastrointestinal tract = "second brain"
Find food that feels good for you

WATER

Women should strive for 11.5 cups (92 fl oz)
Men should strive for 15.5 cups (124 fl oz)
<https://www.health.harvard.edu/staying-healthy/how-much-water-should-you-drink>

WARMTH & REST

Adults typically need 7-9 hours of sleep a night
www.cdc.gov



OTHER NEEDS

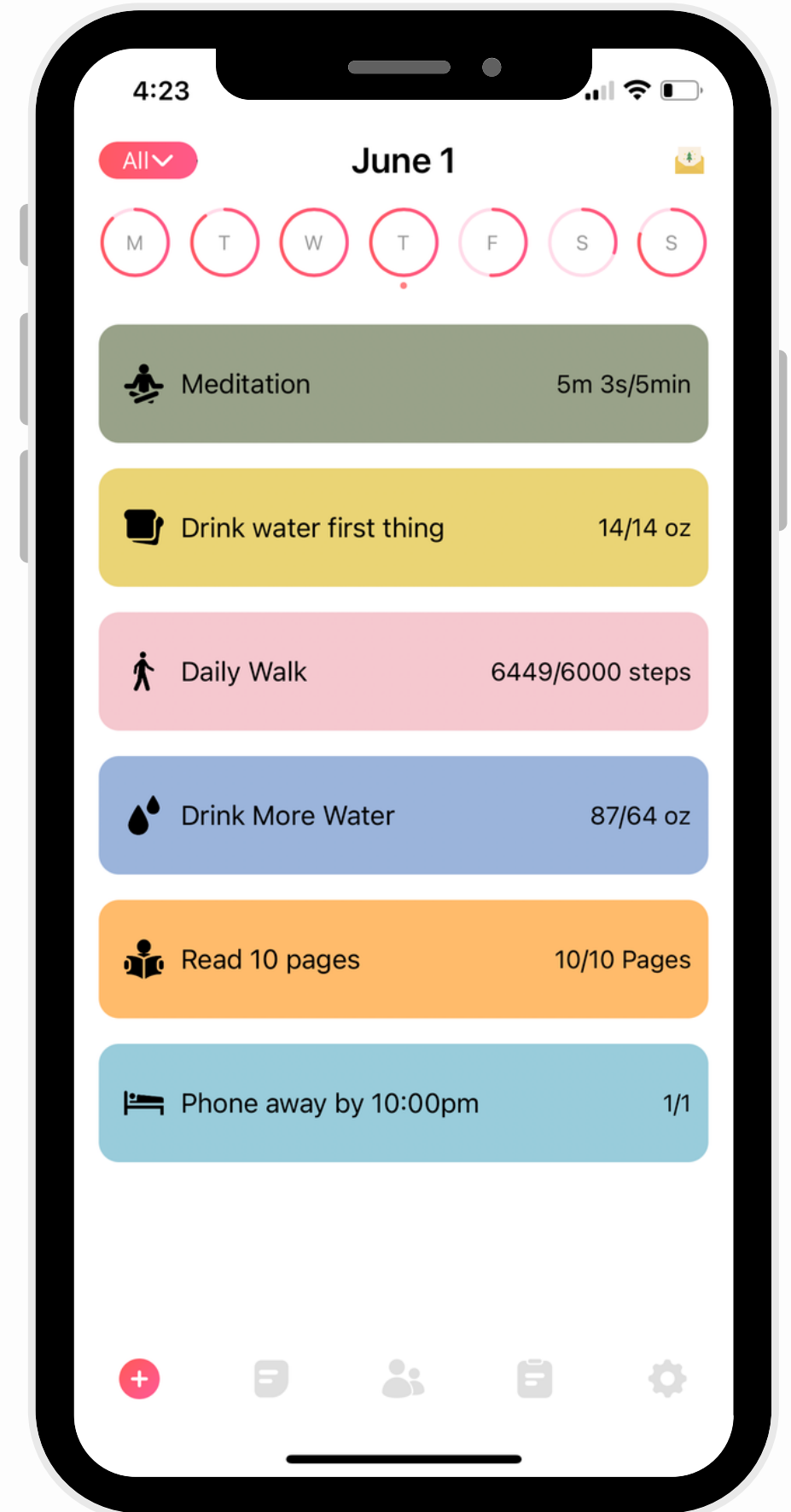
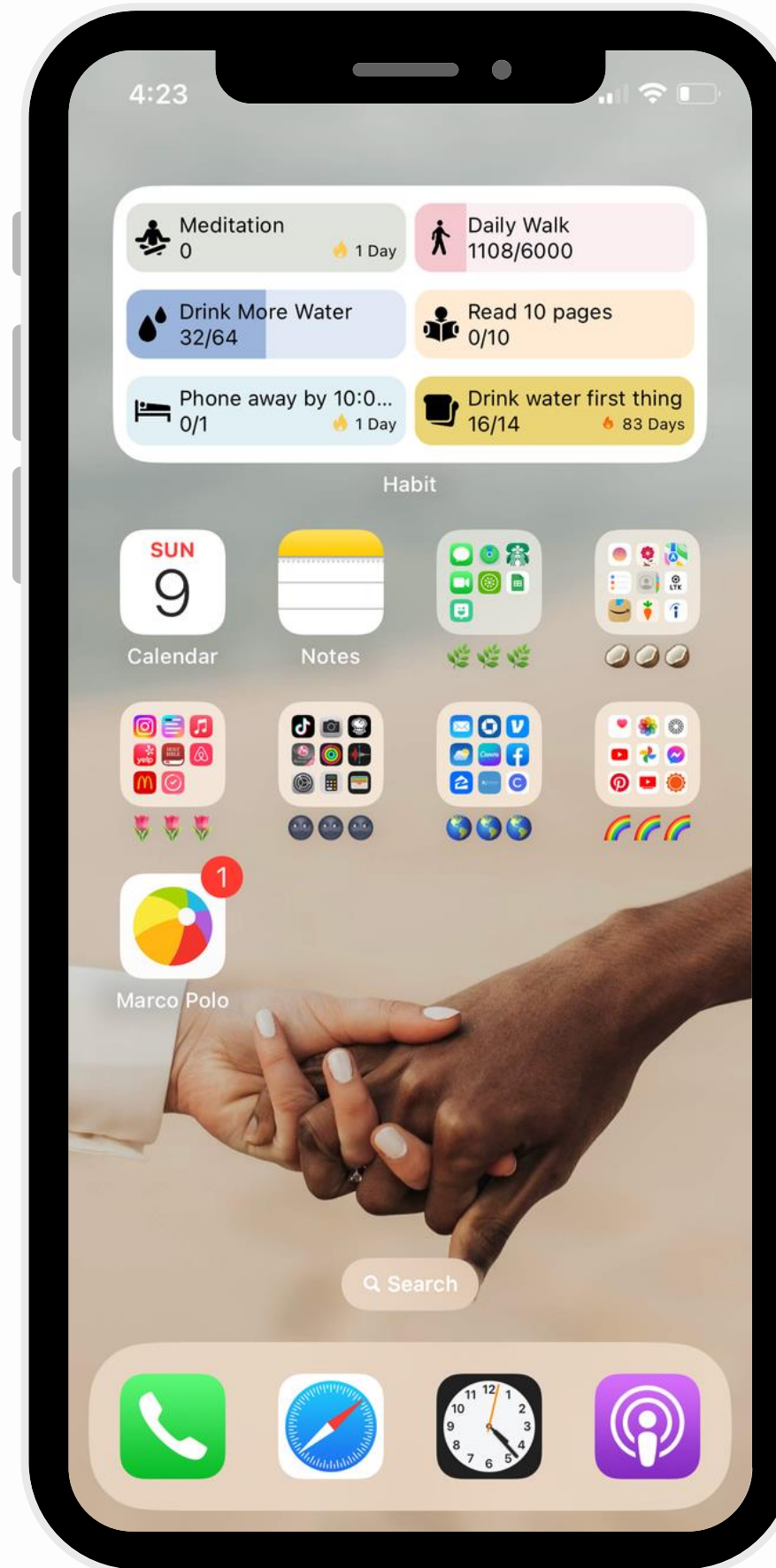
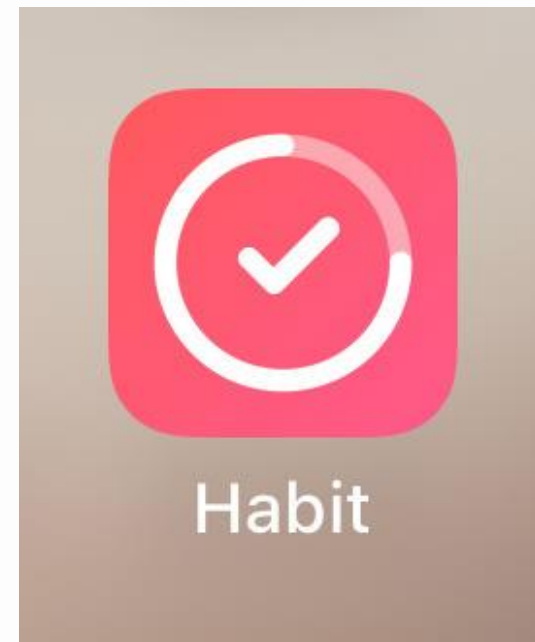
SOCIAL (PHONE)

EXERCISE (PHYSICAL)

EXERCISE (MIND)



ACCOUNTABILITY



"The hardest person to lead is yourself" - John Maxwell



Invite people into...

CHILD LIFE

through education and
demonstration

WHO ARE WE INVITING?



patients/families



staff



practicum/intern students



donors

PATIENTS AND FAMILIES



hospitalizations



normalization



in bereavement



in community
settings

WITH STAFF - SHOW, DON'T TELL



unit staff



in school

WITH STAFF - EMPOWER



in bereavements



with tools



boosting morale

PRACTICUM/INTERN STUDENTS



unique
responsibilities



creative
interventions



challenging
populations

WITH DONORS



donors of time - pet
therapy



connection through
donations



Invite people into...

SUPPORT

support for others and
yourself

WHAT DOES SUPPORT LOOK LIKE?



mentoring



supervision



"inner circle"

MENTORING THE NEXT GENERATION



clinical opportunities

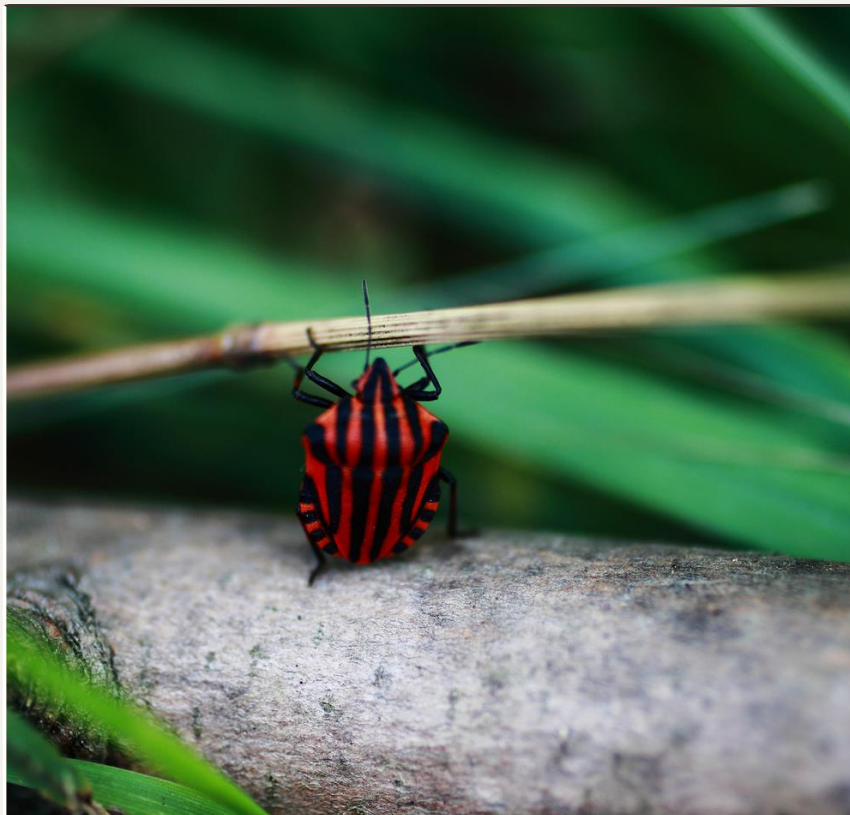


mentor/mentee programs



virtual connections

SUPERVISION



Developing strengths



Crucial Conversations



Encouragement

YOUR "INNER CIRCLE"



Peer - another CCLS



multidisciplinary team member



Someone outside Child Life

**When Second Shift walks in and sees
Dayshift busy and chaotic.**

DAYSHIFT:







Invite people into...

YOUR IDEAS

"selling" child life with professionalism and support

CREATIVITY

COMMITMENT

COURAGE

COLLABORATION

WHAT IDEAS?



200-hour practicum



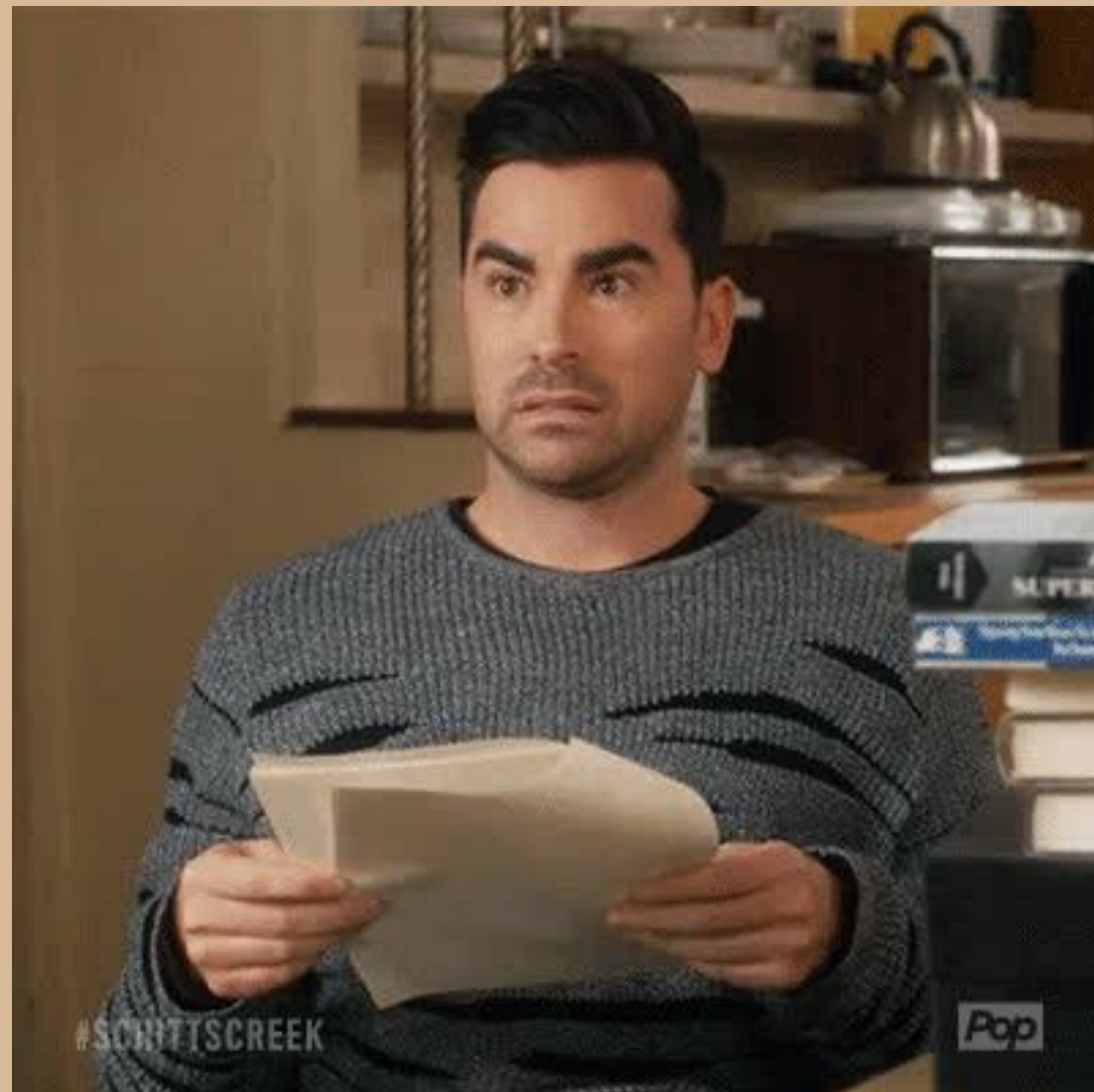
piloting new position



community settings

BORN TO SELL

SUMMER 2014 PRACTICUM EXPERIENCE



FAST FORWARD TO 2017

WEEK 1

Pediatric & Pediatric Intensive Care Units

Meet & greet with staff
write about your first impressions

Orientation of unit/supplies/resources
write about 3 of your favorite activities to do with children

Establish your goals
write 3-5 goals for your practicum as well as tangible objectives for how you will achieve said goals

Readings for Week 1

Meeting Children's Psychosocial Needs, Chapter 1
The Handbook of Child Life, Chapter 2
Black & red binders in file cabinet



WEEK 2

Pediatric & Pediatric Intensive Care Units

Planning Age Appropriate Play
include development expected at this age (theory/theorist) and appropriate play activities for this age/development
assignment due Wednesday morning

15 Functions of Play & Activity Chart
assignments due Wednesday morning

Follow the Same Child
write in your journal and seek to apply 2-3 developmental theorists; pay attention to the child's needs, the issues the child/family may be facing, how they're handling hospitalization/coping with diagnosis, etc

Readings for Week 2

The Handbook of Child Life, Chapter 8
Sift through "A Pediatric Play Program"



WEEK 3

Surgery Department & Hematology/Oncology Clinic

Diagnosis Paper
choose 5 diagnoses you learned and write in an essay-format; see first page in binder for expectations
assignment due Wednesday morning

Grief Books to Read
"Lifetimes", "Gentle Willow", and "A Terrible Thing Happened"

Begin Child Life Portfolio & Brainstorm Practicum Project

A portfolio will be a valuable addition to your interviewing process for internships, fellowships, employment as a CCLS). Also start thinking about your practicum project- check out our last student's project which conveniently shows you how to make an online portfolio (green binder)!

Readings for Week 3

Blue, Nude, & Pink Binders



WEEK 4

Emergency Department

Procedural Observation
can use any meaningful procedure you've observed
assignment due Wednesday morning

When Healthcare Staff Use Inappropriate Terms
decide the best way to redirect the language
assignment due Wednesday morning

Define Pain Management
in your journal, define pain management tools such as EMLA cream, ELEMmax, Numby Stuff, Freezy Spray, J-Tip and non-pharmacological tools such as positions of comfort, ONE VOICE, distraction techniques, guided imagery, treatment room usage, Buzzy, parental presence, rewards

Readings for Week 4

A Child in Pain: Chapters 1, 3, and 11
White binder



WEEK 5

Make-Your-Own Week

Final Paper (2-4 pages)
consider including things learned about the profession, role of a child life specialist, children and families you encountered in the hospital and, most of all, yourself
assignment due Monday morning

Project & Self-Evaluation Due
due Monday morning

Participate in Mock Interviews
will complete with Jessica and another CCLS

Exit Interview/Review Evaluation
set a date during last week to review evaluation with Jessica and provide feedback on practicum experience



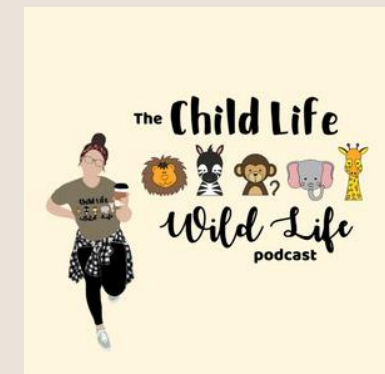
MAKING WAVES IN 2016





*"**Leadership** is about influencing others, and **resilience** is about influencing oneself." - Tim Elmore*

TRAILBLAZING IN 2021



DANA BURNETT

@TakingChildLifetoSchool on Instagram

Worked for a region and was in 11 school buildings every week.

Main focus originally in 2020 was dealing with COVID and the trauma this created, but expanded to going to 2-3 schools each day and spending 1:1 time with a student that was referred to her for

- grief/bereavement
- upcoming medical procedures
- new diagnoses
- chronic conditions





DISCOURAGING EMAILS



"After speaking with our principal and HS counselor, we've determined that the position really needs to be a social worker/counselor position. Though the program you discussed sounds great, it's not what we'll need at this time at the school."



"Thank you for your email. At this time we are currently looking for a School Social Worker with a MSW."



"Hello, the Certified Child Life Specialist role is not something I foresee adding to our school district at this time."



"Thank you for your interest but we have social workers within our system who work with our kids."



"In school setting, having the certification required by the Michigan Department of Education is something highly valued. Going outside of that is not something I am willing to do."

"Dear Jessica,

Thank you for reaching out regarding our opening [for social worker]. As we begin working on this position- which may include rewriting the job description to fit our needs- I have a few questions for you...

We are indeed looking to alter the job description a bit to

a) fill the various holes/needs we have and

b) revise a bit to benefit the strengths (and certification/licensing) of our new teammate.

You have certain strengths that pop out to us on paper and we would love to meet you."



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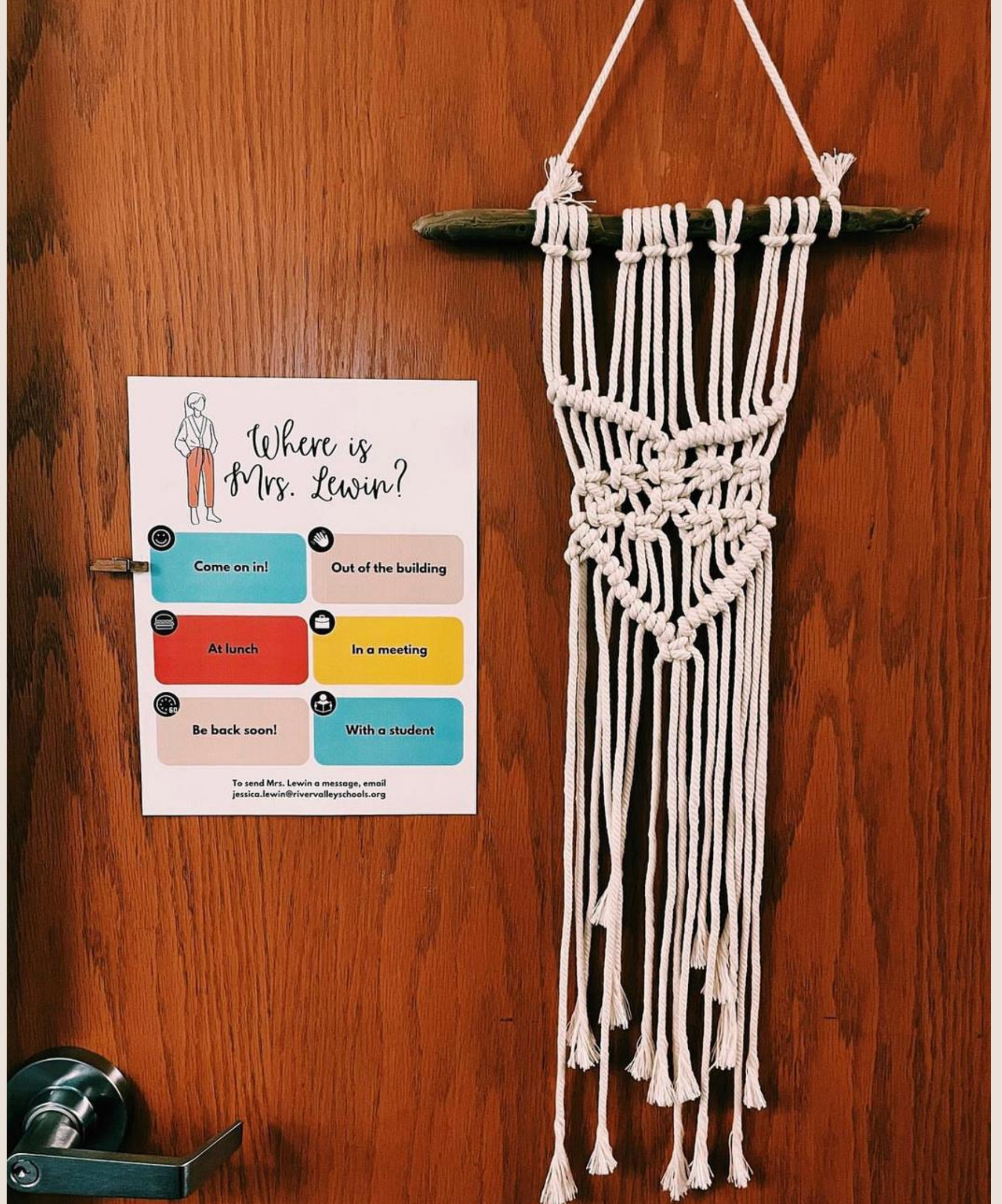
and my 3 moods in GIF form were as follows...



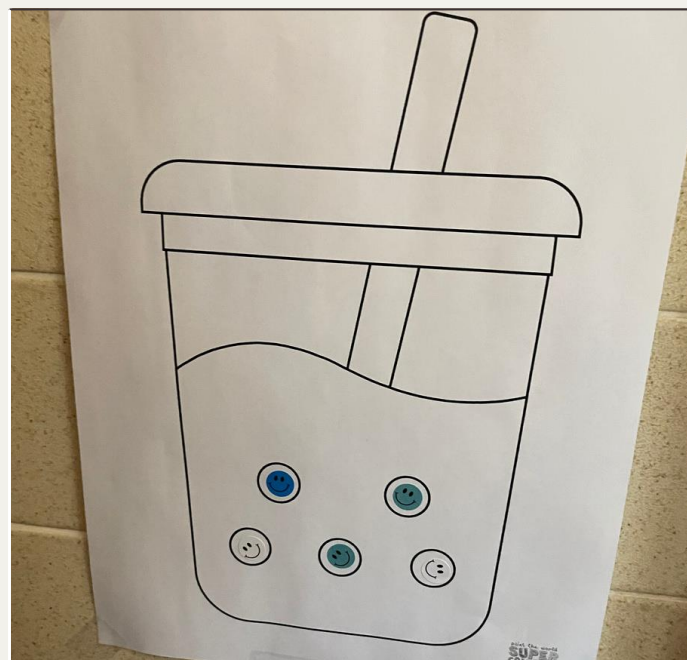
REMEMBERING HER LEGACY

10+ child life specialists working in schools received anywhere from \$50-\$200

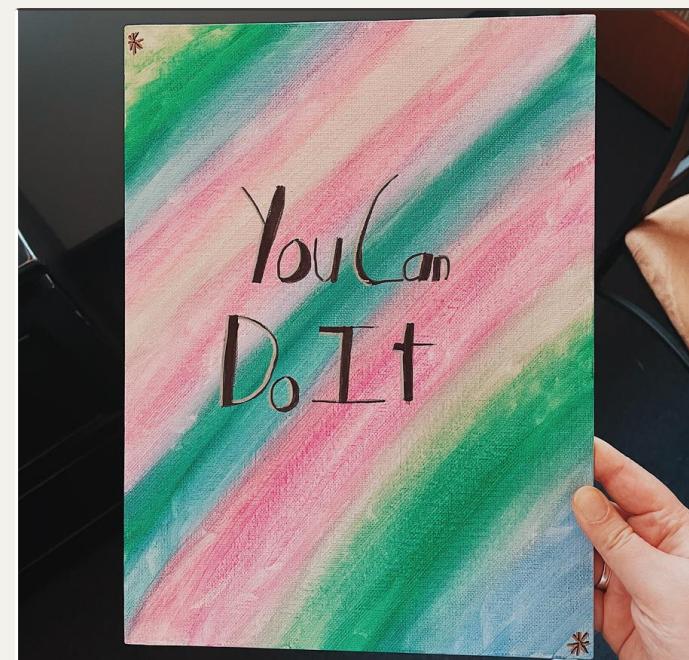




IN THE SCHOOL...



Motivating suicidal students not to self harm at school (sticker chart)



Students creating art for hospital room as encouragement before a big surgery



Empowering students to cope through their anxiety by making sensory bottles



Students making cootie catchers to better learn coping techniques and engage socially with peers

CHILD LIFE WILD LIFE PODCAST

Some episodes that touch on a few things that resonate with what I spoke on today...

Bereavements and End-of-Life (S1 EP 4)

Navigating Burnout (S1 EP 1, S1 EP 12, **S3 E6**)

Private Practice (S1 EP 11)

Taking Child Life to School (S2 EP 1, S2 EP 15, **S3 E11**)

Behavioral Health (S2 EP 14)

Being a Mom and a CCLS (S1 EP 2, S1 EP 15, S2 EP 4)

Navigating Boundaries and Self-Advocacy(S1 EP 7, **S3 EP10**)

Child Life in Advocacy Centers (S2 EP 2)

TO CONCLUDE

- **SELF REFLECT:** Know when you're burning out and find your stressors so you can start taking accountability
- **CHILD LIFE:** Be confident in your knowledge of child life and how to educate others
(parents, patients, students, community members)
- **SUPPORT:** Lean into your support systems and invite them in; this work is not meant to be done alone
- **IDEAS:** Find ways to be courageous, committed, collaborative, and creative in your ideas and "sell" child life - You can do it!

Discover new ways to **invite people in**,
in wherever your next adventure takes you



CONTACT INFORMATION



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🎙 Child Life Wild Life Podcast

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📷 [@thechildlifementor](https://www.instagram.com/thechildlifementor)