

Public Defense during COVID: Redefining productivity & sustainable practices

Rachelle Veasley, LCSW
FDNY Southern District

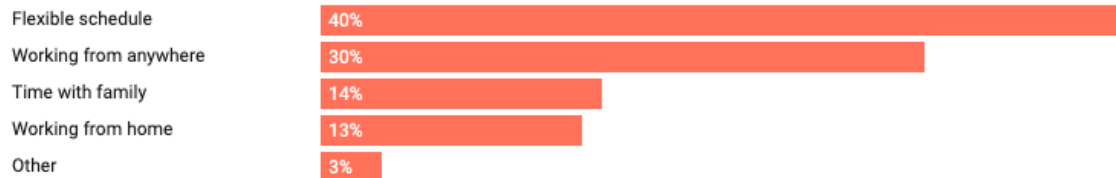
What are some of the challenges?

- Professional:
 - In-person interaction a key part of our profession
 - Our clients rely upon us for connection and updates
 - Collective frustration, anger, at the state of this system
- Personal:
 - Children, loved ones, pets are ALL HOME WITH US
 - Feelings of angst, guilt, fear, anger, helplessness, etc
 - Illness, death, loss of loved ones
 - Financial stress, job/food/medical concerns

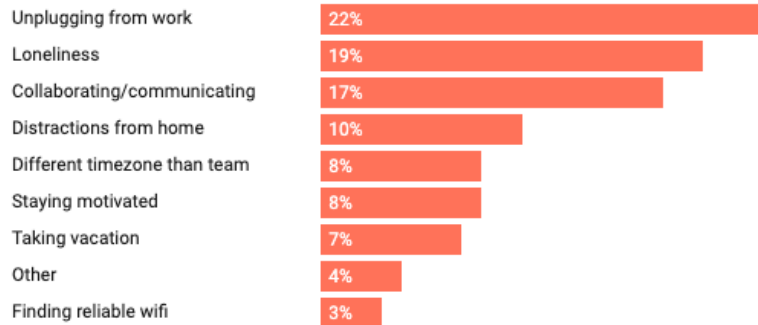
Redefining productivity

Top pros and cons of working remotely

Biggest benefit of working remotely



Biggest struggle working remotely



Source: [Buffer survey](#)

recode BY Vox

Times have changed...how do we adjust?

- Understand your capacity
 - Recognize what you *can* do
 - Accept that you cannot do everything
 - Cheer for what you accomplish
 - Evaluate next steps

Times have changed...how do we adjust?

- **Communicate and seek support**
 - Be direct and assertive: what do you need from your team? What do your clients need?
 - Engage and remain connected with your community: Recognize collective success: trainings, zoom gatherings, circles

Times have changed...how do we adjust?

- **Remain client-centered**
 - Remember our clients' resilience
 - Be mindful, don't project your anxiety
 - These are unprecedented times

Reminders when Coping with Grief

- There is no right or wrong way to grieve
- There is no universal timeline for grief
- Accept that grief can trigger many emotions
- Take care of yourself physically, so you can take care of yourself emotionally

Managing grief during the pandemic:

- Practice self-compassion: Release all expectations on how you think you “SHOULD” feel
- The initial grieving period may feel exhausting: Establish resting periods, sleep schedule
- Stay active: free online resources
- Grief can feel isolating: balance between isolation and outreach
- Plan ahead for upcoming dates that may trigger grief
- Try calming strategies
- Reach out to a professional