

An Exploratory Study on the Role of Burnout and Devaluation among Staff in Psychiatric Facilities

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WHY IS THIS RESEARCH IMPORTANT?

- Burnout has been found to exist among human service workers in demanding environments that require direct care and contact such as correctional facilities.
- Correctional facilities often lack adequate mental health resources and awareness despite caring for consumers with mental illness rates two to four times higher than average.
- As numbers of imprisoned consumers (individuals who receive services) with mental illness increase, the effects of burnout among staff providing services can directly impact the quality of care provided and levels of devaluation towards the consumers.

KEY POINTS

- The study focused on three indicators of burnout among correctional staff: high rates of emotional exhaustion (EE) and depersonalization (DP), and low rates of personal achievement (PA).
- Lack of mental health resources and awareness may lead to the acceptance of a stigmatizing view of imprisoned consumers which can increase burnout and devaluation among staff.

WHAT WERE THE KEY FINDINGS?

- Correctional staff in the specialized facility experienced low levels of burnout and DCFS yet reported high levels of DCS.
- Findings suggest that increased training and courses on mental health allows respondents to operate from a more understanding and rehabilitative standpoint which decreases feelings of burnout.
- Increased psychoeducation may be used as a tool to decrease burnout among workers and the DCS and DCFS.
- Continued research on the implications of burnout on DCS and DCFS is needed across diverse facilities and staff to obtain more comprehensive data.

The exploratory study was conducted in a specialized correctional facility and identifies three dimensions of burnout and their association to the prevalence of devaluation of consumers (DCS) and their respective families (DCFS).

CRITICAL QUESTIONS

What are the barriers to expanding psychoeducation to correctional staff?

What differences in burnout may emerge among staff in unspecialized facilities?



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Full Article

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