

# OCYF TRAUMA TEAM NEWSLETTER

AUGUST 2022

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Trauma and Violence-Informed Approaches

## Compassion Fatigue and Secondary Trauma

In support service roles, we will be exposed to stories of trauma and violence that will have an effect on us over time.



### COMPASSION FATIGUE IS...

- When we feel depleted because our “empathy or caring muscles” are tired

### SECONDARY TRAUMA IS...

- When we start to take on the signs and symptoms of the traumas that our clients have experienced

### THE ABCs OF SELF-CARE

- **Awareness** – tuning in to our self-care and knowing our limitations
- **Balance** – ensuring we balance work with play and rest
- **Connection** – fostering a good support system

This infographic is part of a series of TVIA resources. Visit our YouTube Channel and FamiliesCanada.ca for more materials on this subject.



## STRATEGIES FOR ENCOURAGING STAFF WELLNESS IN TRAUMA-INFORMED ORGANIZATIONS



Encourage and incentivize self-care activities like counseling, meditation, exercise, and healthy eating.



Foster a culture that encourages staff to seek support, keeps caseloads manageable, and provides sufficient mental health and paid time off benefits.



Provide trainings that create awareness of chronic emotional stress and the importance of self-care.



Implement reflective supervision, during which time health care professionals and their supervisors meet to address feelings about patient interactions.

CHCS Center for Health Care Strategies, Inc.

Robert Wood Johnson Foundation

## TEAM UPDATE

The Trauma Team is finalizing updates to the Trauma Awareness Assessment, with an anticipated completion date of August 1, 2022. Once finalized, communication will be shared with leadership so that all child welfare agencies will remain informed about the assessment roll out. All county children and youth, foster care, and adoption agencies will receive a copy of the trauma assessment for their reference. Communication will also be distributed in August to announce the release of trauma awareness training.