Secondary Traumatic Stress: Building Resilience in Staff

DESCRIPTION:
This training will educate supervisors and managers about secondary traumatic stress in human service work, providing training on the nature of traumatic stress as well as individual coping skills and social support strategies. Supervisors and managers will understand their role in mitigating and preventing secondary traumatic stress and develop resiliency strategies to be used in their organization. The strategies, if implemented, may reduce the impact of Secondary Traumatic Stress (STS) on work performance, individual well-being, organizational growth, and build resilience in staff. The NEW Partnership and the Behavioral Health Training Partnership are partnering to present Secondary Traumatic Stress: Building Resilience in Staff.

COURSE OBJECTIVES:
- To increase participant knowledge of traumatic stress and its impact on human service professionals
- To increase participant knowledge of individual coping skills that can be learned and used to reduce the impact of secondary traumatic stress
- To increase participant knowledge of social and organizational supports in reducing the effects of secondary traumatic stress
- To develop a personal action plan to reduce the effects of secondary traumatic stress
- To increase participants understanding of the role of the supervisor in mitigating and preventing secondary traumatic stress
- To increase participants understanding of supervisory roles
- To increase participants knowledge of resiliency for supervisors and staff members
- To increase participants understanding and application of the core elements of resiliency
- To apply an understanding of the role of the supervisor in building resilience within the organization by developing a strategic plan

TARGET AUDIENCE:
This training is open to Supervisors and Managers only. Human service workers and supervisors are most directly and personally affected by the emotional stressors that accompany day-to-day behavioral health and child welfare work. Professional human service managers and supervisors are responsible for proactively identifying potential and real-time stressors and providing the appropriate leadership, training and support to direct-service staff as they encounter and deal with the pressures of behavioral health and child welfare work environment. The training is designed to have a mix of child welfare and behavioral health professional participants.