

Columbus/Franklin County COVID-19 Homeless Response Network (HRN)

Secondary Trauma

June 30, 2020


communityshelterboard
Until everyone has a place to call home

www.csb.org



Webinar Overview

Today's Topic: Secondary Trauma

Questions:

- All phones are muted – please “raise hand” to ask a question or share a comment
- Use the Question pane in control panel to submit question



Webinar will be recorded and posted to

<https://www.csb.org/providers/COVID-19-provider-guidance>



Agenda

- Homeless Crisis Response System Updates
- Secondary Trauma for Social Service Workers
- Safeguarding
- Racialized Trauma

Homeless Crisis Response System Updates

Emergency Shelter

- De-concentration
- Shelter for Isolation/Quarantine (SIQ)

Testing/tracing



“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.”

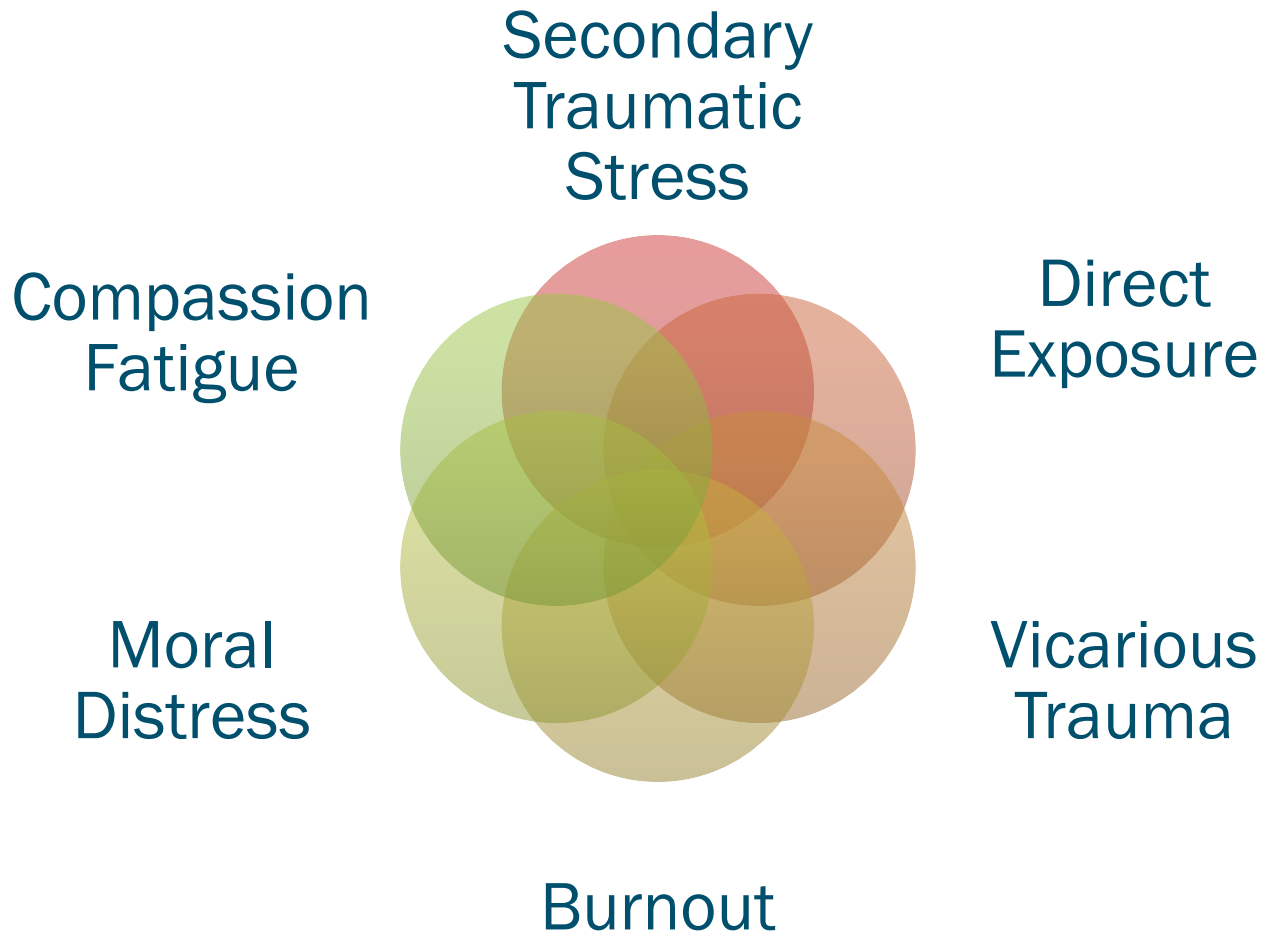
Rachel Naomi Remen, 1996

Secondary Traumatic Stress

Secondary traumatic stress (STS) is the emotional duress that results when an individual hears about the firsthand trauma experiences of another.



Related Terms



Signs and Symptoms of Secondary Traumatic Stress

Hypervigilance

Hopelessness

Inability to embrace
complexity

Inability to listen, avoidance
of clients

Anger and cynicism

Fear

Chronic exhaustion

Physical ailments

Minimizing

Guilt



Organizational Prevention Strategies to Consider

- Create an organizational culture that normalizes the effects of working with trauma survivors.
- Adopt policies that promote and support staff self-care.
- Allow for diversified workloads and encourage professional development.
- *Create opportunities for staff to participate in social change and community outreach.*
- Provide STS education to and encourage open discussion of STS among staff and administrators.
- Make counseling resources and Employee Assistance Programs available to all staff.

“We have an obligation to our clients, as well as to ourselves, our colleagues and our loved ones, not to be damaged by the work we do.”

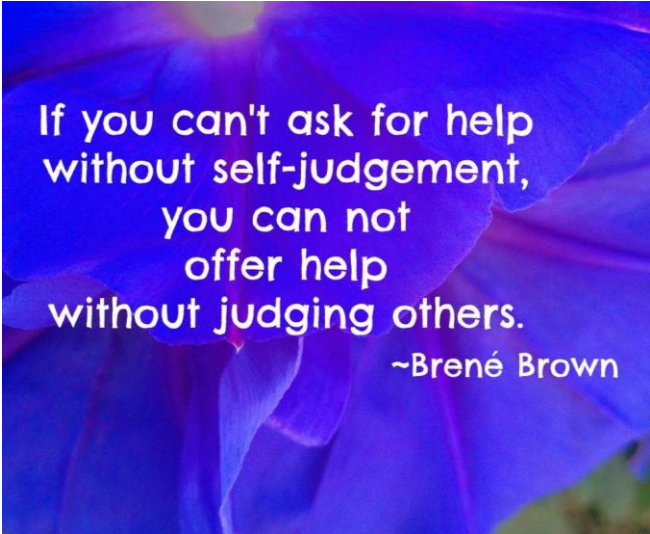
Low Resiliency, High Anxiety

Here are some ways to notice that you may be suffering from secondary trauma:

- **You are startling easily;**
- **You are drinking more;**
- **You have physical signs of stress (e.g. racing heart);**
- **You are not sleeping well (sleeping more or sleeping less); and**
- **You have the feeling that others' trauma is yours**

Ways to Build Resiliency

- **Do something fun or enjoyable**
- **Avoid Toxicity:** This includes looking at your friend's new home improvements or crafting projects on social media
- **Get Sleep:** REM sleep is essential for learning, memory and emotional health
- **Therapy**

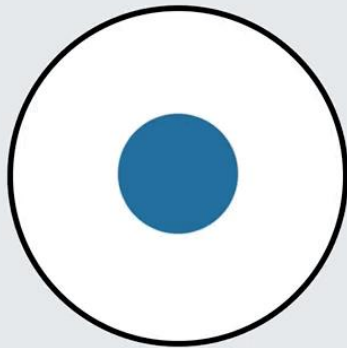
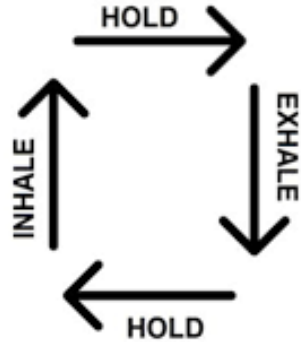


If you can't ask for help
without self-judgement,
you can not
offer help
without judging others.

~Brené Brown

Resources for Secondary Traumatic Stress

- [Psychological First Aid for First Responders \(SAMHSA\)](#)
- [Secondary Trauma in the Time of COVID-19 \(MHA\)](#)
- [Secondary Traumatic Stress for Child Serving Professionals](#)
- [NCTSN – COVID-19 Resources](#)
- [What About You? The Workbook for those Who Work With Others \(NCFH\)](#)



quietkit.com

Settling and Safeguarding

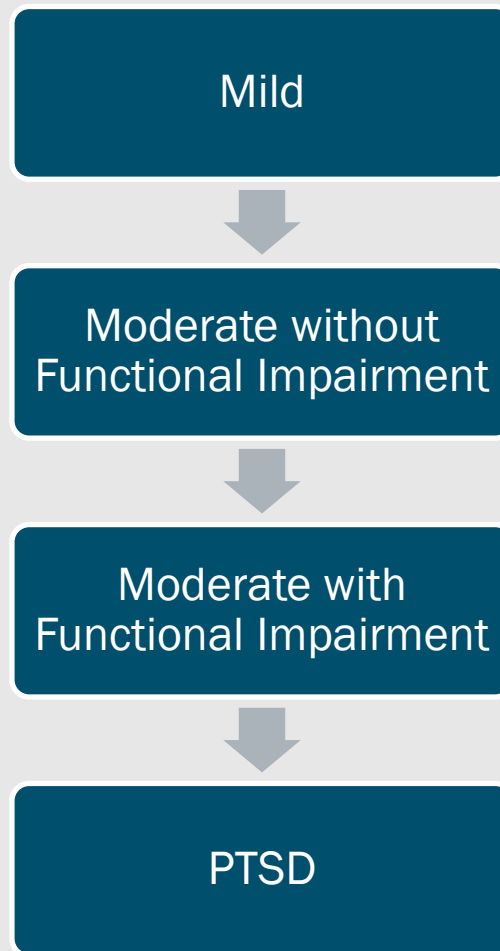
- Be aware that things will come up for you [during these conversations] and to allow yourself to be mindful and present
- Box breathing is a powerful, yet simple, relaxation technique that aims to return breathing to its normal rhythm. This breathing exercise may help to clear the mind, relax the body, and improve focus.

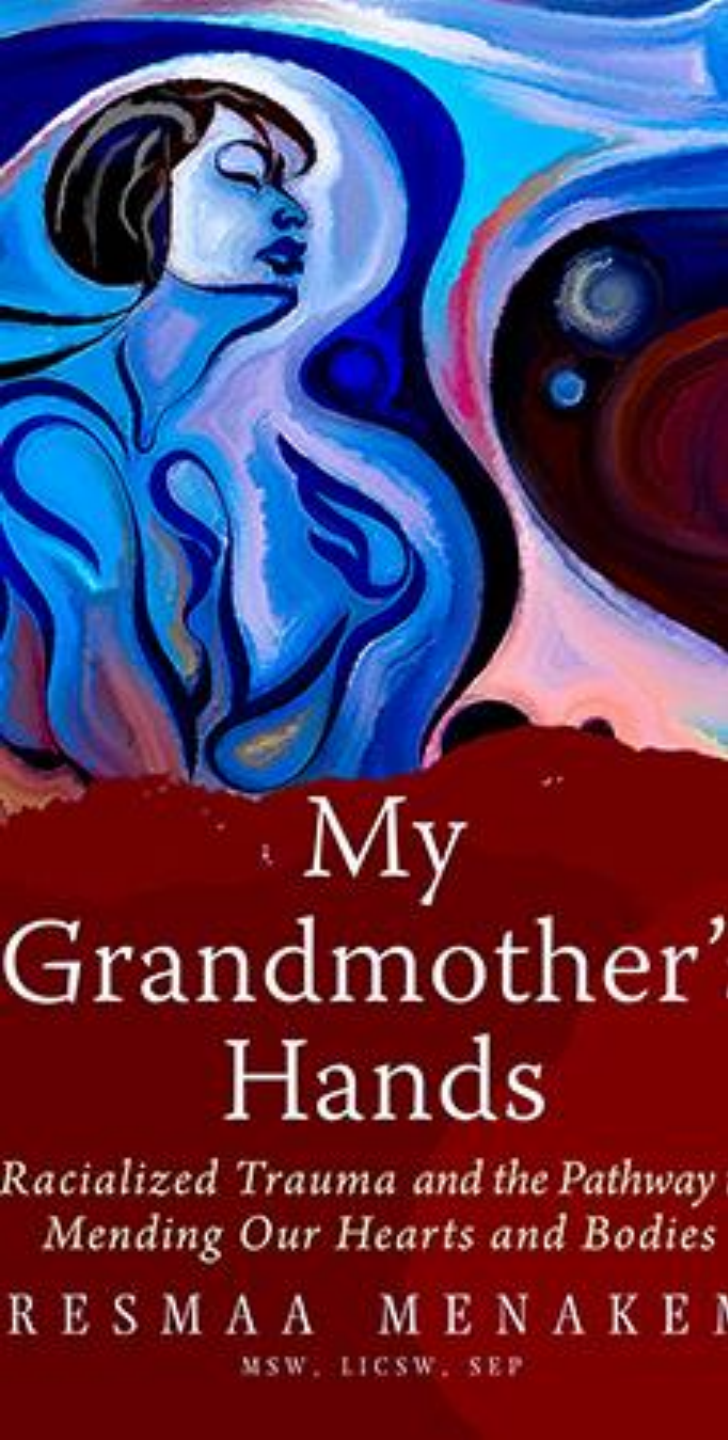
The Intersection of Secondary Traumatic Stress, Race, Culture, and Historical Trauma

For clinicians and providers of color and for providers with marginalized identities, STS takes on additional complexity.



Individual Stressors





Racialized Trauma

- An accumulation of wounds from daily microaggressions and feeling silenced or left out of conversation
- When people of color are exposed to *repetitive acts of racism*
- Witnessing ethnoviolence or discrimination of another person, historical or personal memory of racism, institutional racism, micro aggressions, and the constant threat of racial discrimination

What Can I Do?

- Build out your network and elevate conversations that make connections between trauma and structural racism.
 - Identify the authentic voices who are talking about the trauma of structural racism.
- Draw connections to trauma in conversations about Black Lives Matter.
- Talk about childhood trauma with a racial equity lens.



Organizational Considerations

Decision-Making in Organizations

- Staff input and voice in decisions
- Policies and procedures reflect staff's values, safety, and needs

Resource Allocation

- Trainings
- Structures
- Environment
- Staff with multiple responsibilities

Awareness of Staff's Trauma Experience

- Staff bring their own experiences and worldview into work

Practices for Leaders

- Implement healthy coping strategies to deal with psychological demands of the job
 - Workplace wellness groups (e.g., yoga, meditation, mindfulness)
 - Reflective practice groups
- Reflective Supervision
 - Provide opportunities to explore the impact of trauma work as well as issues of diversity, power imbalance and oppression
- Be collaborative
 - Share responsibility and control of power

Resources for Addressing Racialized Trauma

- My Grandmother's Hands
- The 5 Anchors
- <https://www.racialequitytools.org>
- JustJasmineBlog

STEPS TO SELF CARE AFTER EMOTIONAL AND PSYCHOLOGICAL TRAUMA

Race-based trauma can create symptoms and experiences much like PTSD. Repeated race-based trauma puts your emotional, psychological, and physical well-being at risk

Mindful Isolation

Disconnect from triggering interactions or other situations that might elicit the fight-or-flight response

Discharge Energy

Find ways to exert physical energy. go for a brisk walk or run. Find (safe) ways to discharge intense anger that includes physical movement.

Ask For Help

If you find yourself unable to cope, find a trauma support group or therapist to assist you. You matter.

Community

Connect with people who you've identified as your empathetic and open support. Process your feelings with them.

Well-Being

- Feed yourself well
- Get good rest
- Avoid toxins
- Breath deep

JustJasmineBlog.com

Future Topics

- 07/07: TBD
 - *Shout it Out!*
 - As we move into the Q&A portion of this webinar, please feel free to ***share as you ask questions and share comments*** about today's presentation.



QUESTIONS

CSB COVID-19 Information Repository:

<https://www.csb.org/providers/COVID-19-provider-guidance>

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