

Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective

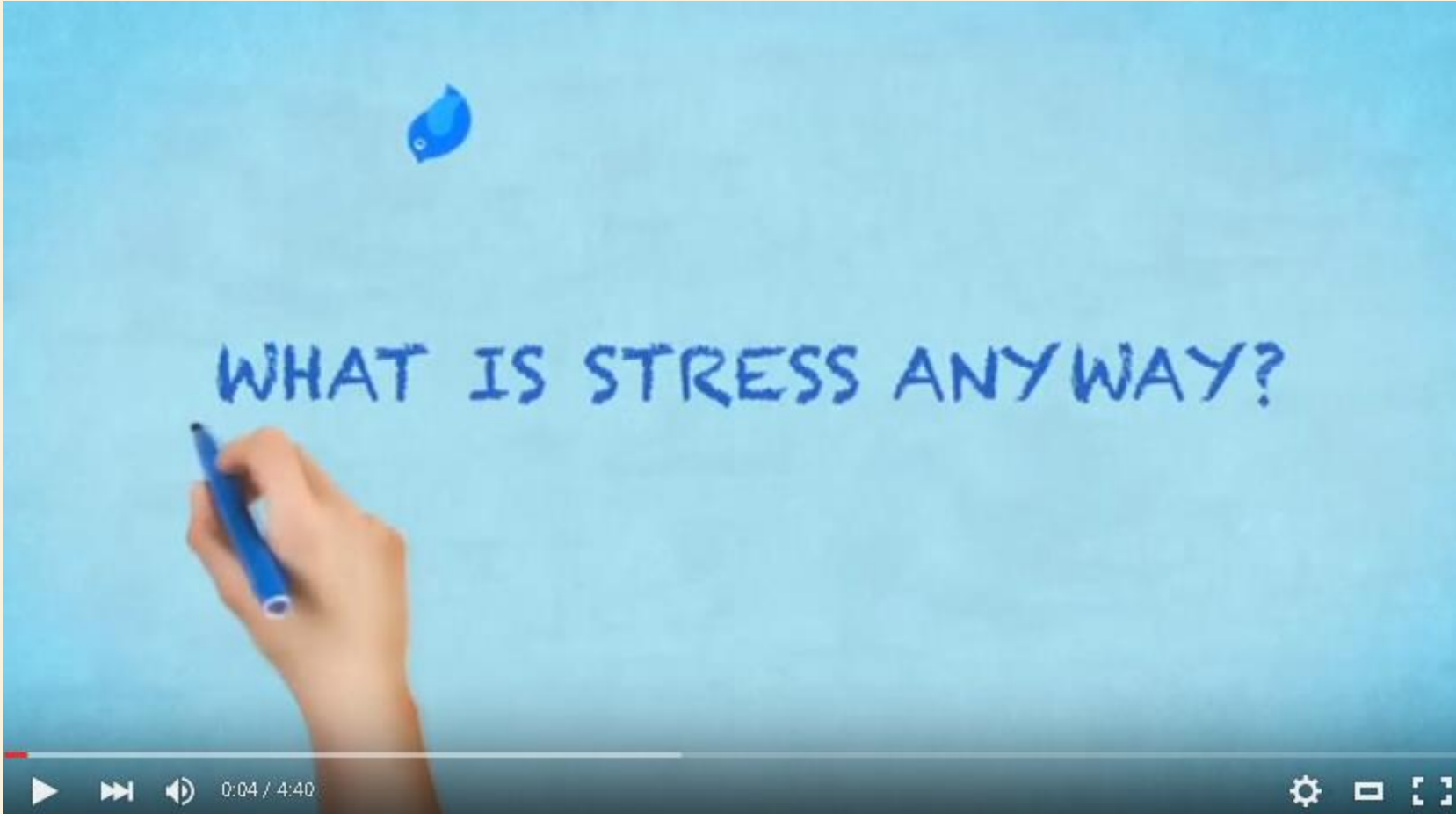


People Recover



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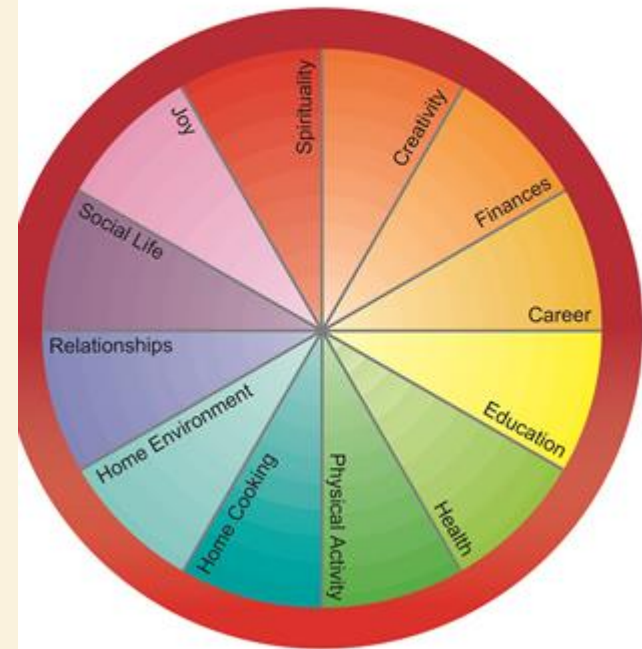
“Stress” Experiment

Group Activity

“What Does Your Circle Look Like”

Activity

The Circle of Life

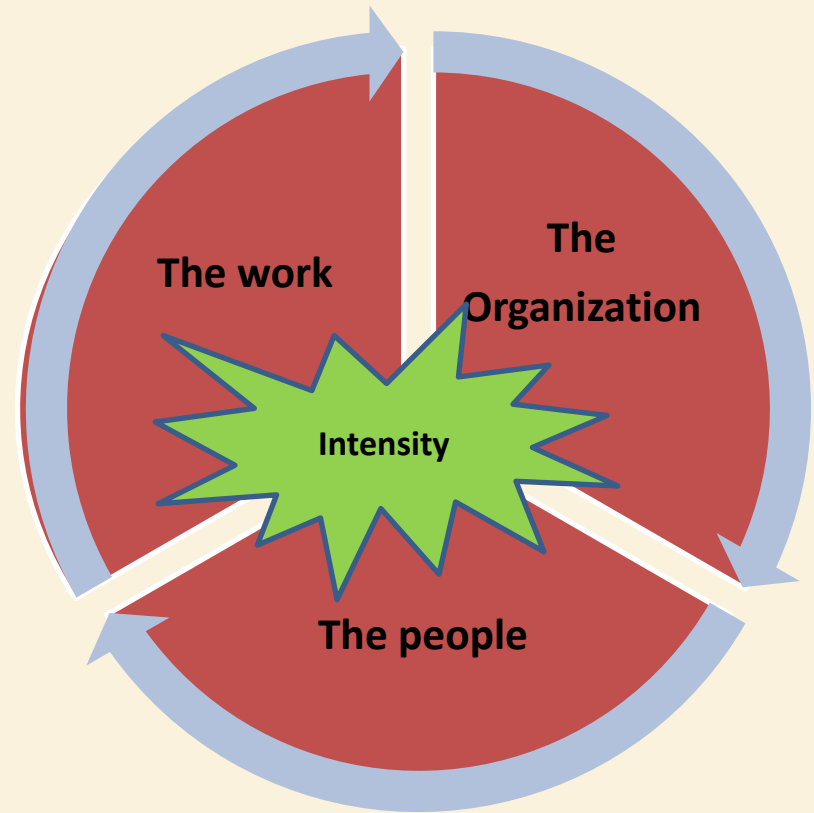


Secondary Traumatic Stress and Workplace Stress



Work Culture Connection

- Types and sources of work place trauma (internal vs. external)
- Personal history of ACE's
- Clinical perspective vs. organizational perspective
- Organizational Models of trauma- informed care
- Importance of taking care of self



Developing a resilient workforce & organizations

- Understand the impact of trauma from a youth, family, staff and organizational perspective
- Organizations take ownership of their part and strive to prevent on-going organizational trauma and secondary traumatic stress

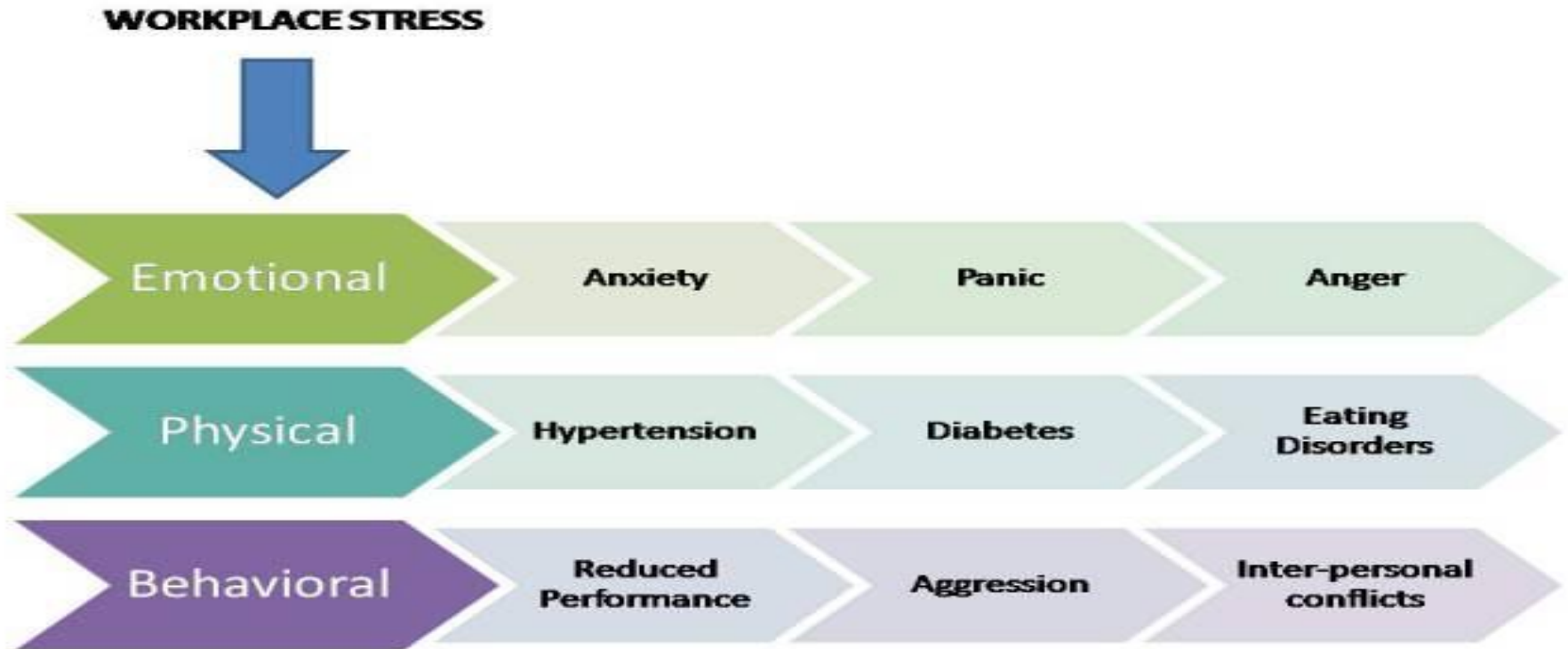
Developing a resilient workforce & organizations

Provide supports and education to staff around self-care and work life balance

Build Resilience: ABC's of Self Care

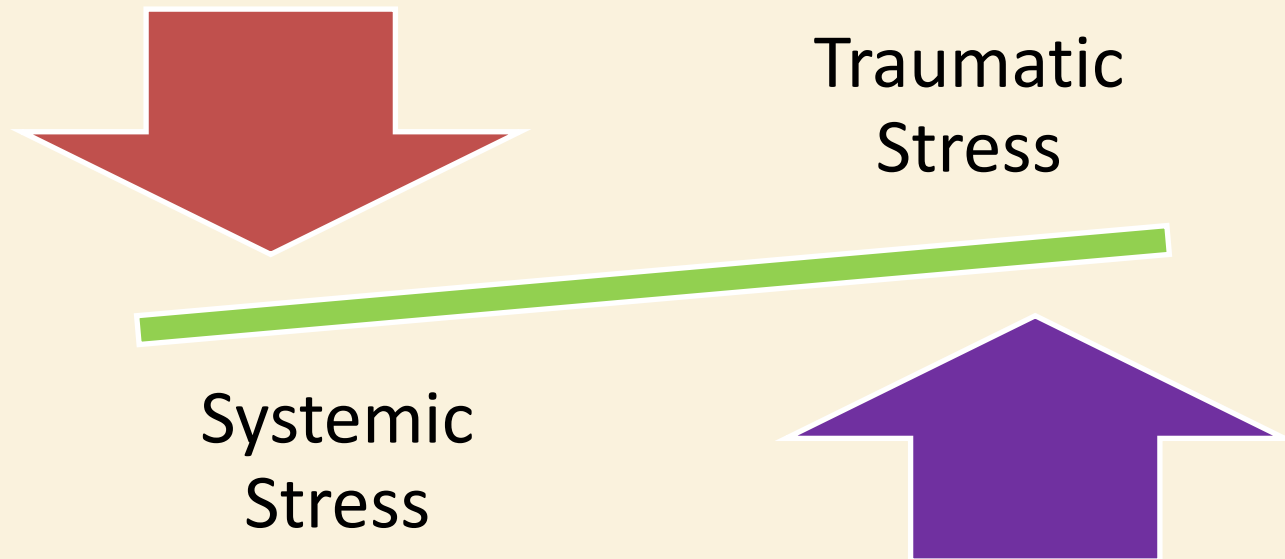
- A. Awareness** of ones limits, resources and emotions
- B. Balance** among personal and professional activities
- C. Connection** to one's inner self, to others and something "larger"

Implications of Stress



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Where is stress coming from?



Complex Stress Model, Fisher. P, 2000

Applying a complex stress model

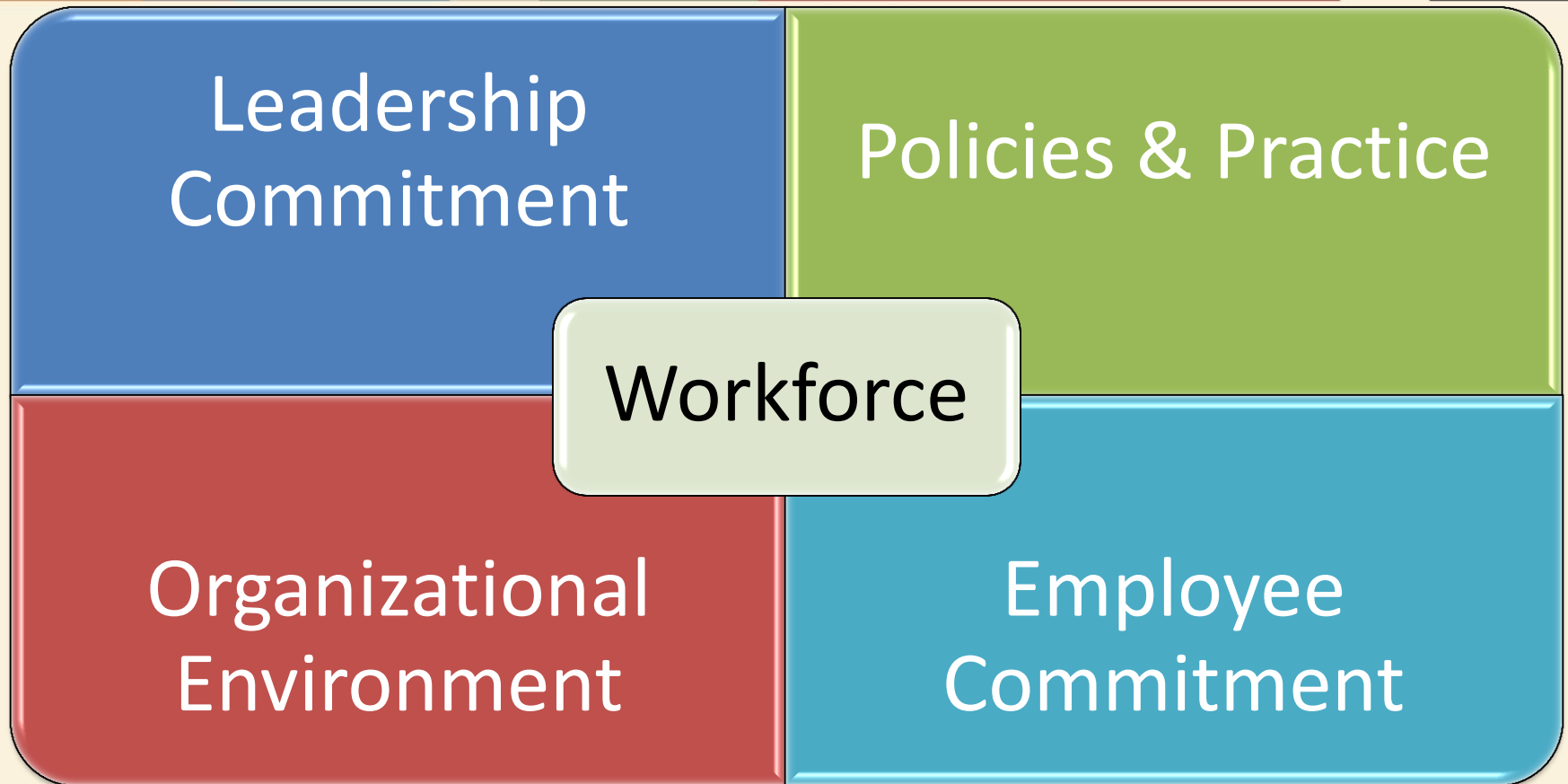
Systemic Stress

- Work load
- Role Conflict
- Role ambiguity
- Compensation & Advancement

Traumatic stress

- Severity of traumatic material
- Intensity and duration of exposure to trauma
- Cumulative exposure
- Control over work
- Relationships among co-workers
- Training and preparation

Workplace Interventions



Making a Plan

- Where is my stress coming from?
- What is in my control to shift?
- What can I do to support the workplace and my co-workers?
- What can the collective voices do to minimize stress
- What could leadership do to acknowledge the stress in the office?

Contact Info

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The logo for Fredla, featuring the word "fredla" in a blue, lowercase, sans-serif font. The letters "f" and "d" are connected. A yellow shadow is cast beneath the text.

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Questions or Comments?



THE TA NETWORK
the national technical assistance network for children's behavioral health

