



***When Healing Hurts: Making Systemic Change to Address Vicarious Trauma***

**DRAFT AGENDA**

**9-10:15am**

**Morning Plenary**

Creating Vicarious Trauma Organizations through a Trauma-Informed Lens

***Cheryl Sharp, National Council on Mental Health***

- What is vicarious trauma, secondary trauma, compassion fatigue and burnout? (Are there differences?)
- What does vicarious trauma look like?
- Risk Factors
- Compassion Fatigue
- Prevention strategies
- Response to staff who have symptoms
- The burden of self-care and how to institutionalize strategies to go from "self-care" to "organizational care."

**10:15-10:30am**

**Break**

**10:30-11:30am**

**Morning Breakout Sessions**

ED/Board Chair:

***Cheryl Sharp***

- Creating a Vicarious-trauma Informed Organization: Developing policies, procedures and practices to create systematic change.
- Trauma-informed supervision

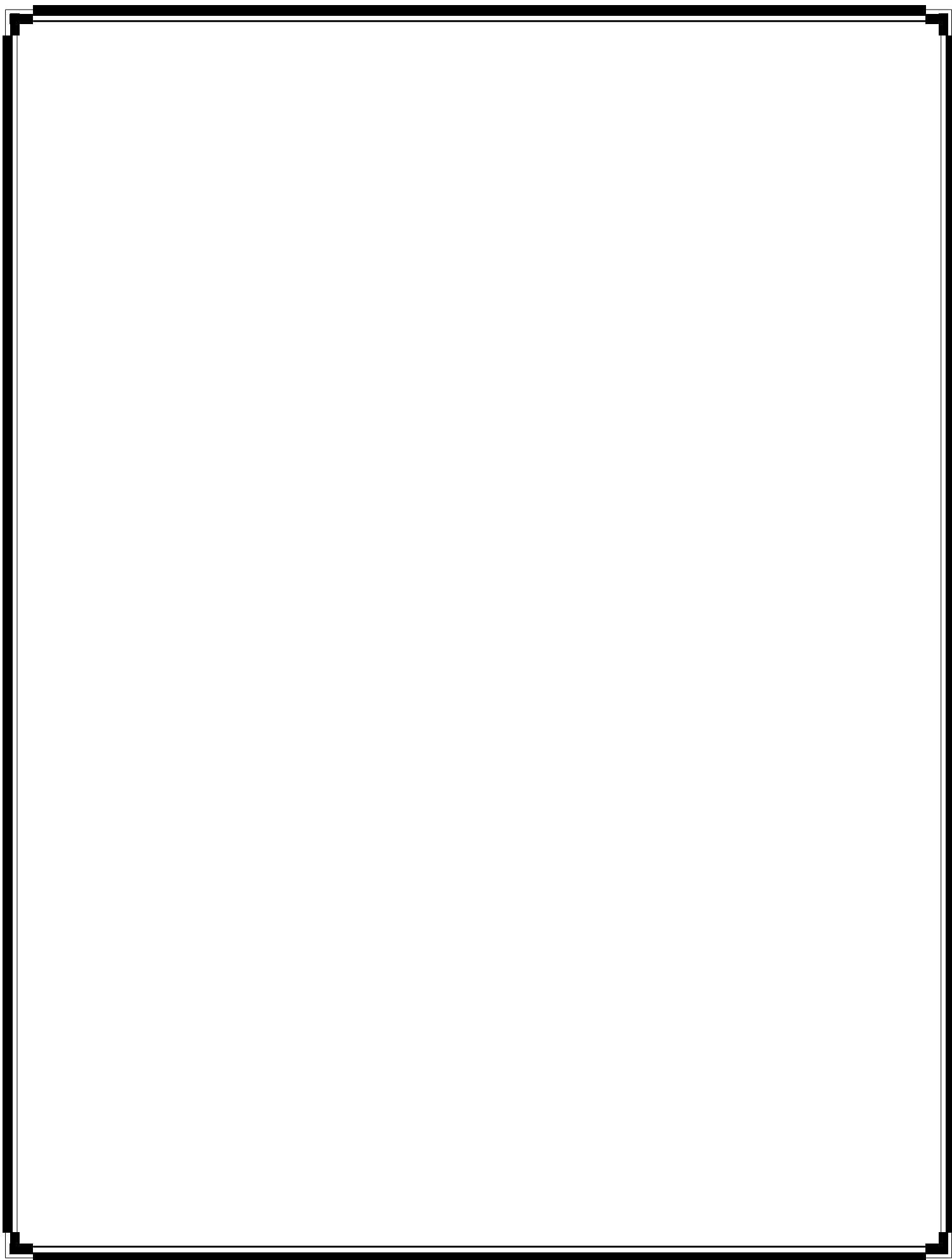
“Boots on the Ground” Workers (Staff & volunteers)

***Julie Walls, LCSW***

- Vicarious Trauma: *How does that affect me?*
- Access to services for staff and volunteers
- Focusing on ourselves while staying heart-connected to our clients

**11:30-1pm**

**LUNCH ON YOUR OWN**



**1-4pm**

**Breakout Sessions Continue**

ED/Board Chair:

***Cheryl Sharp***

- Mission/Vision statements
- How to bring the culture to the multidisciplinary teams with which we work.
- Going Forward: How to develop a culture of mentally healthy staff.

“Boots on the Ground” Workers (Staff & volunteers)

***Julie Walls, LCSW***

- Techniques for working through personal traumas
- Understanding professional identity as a front-line worker
- Understanding multi-dimensional trauma as a front-line worker
- Finding a way to be innovative in service delivery to prevent burnout
- The role of grief in vicarious trauma

**2:15-2:30pm**

**Break**

**2:30-4pm**

**Continue Breakout Sessions**

**4pm**

**Evaluation and Closing**