Introduction to the Problem

RENEW is a program for youth with emotional and behavioral challenges that focuses on school-to-career transition planning.

RENEW facilitators are often working with youth who have experienced trauma, which can put these providers at a higher risk for vicarious trauma. Vicarious trauma may lead the provider to feel helpless, angry, fearful, and hypervigilant. It is important that systems, organizations, and individuals prevent vicarious trauma.

Adults do not always do enough to manage the stress they experience. It is essential that individuals practice self-care daily.

Preventing Vicarious Trauma

**Kelly Manning, BS, LEND Social Work Trainee**

**Supervisor: Heidi Cloutier, MSW**

The research shows the ways systems, organizations, and individuals can work to decrease vicarious trauma in their community.

The effects of vicarious trauma can lead to high staff turnover in school districts. Teachers may make the decision to leave their school district due to lack of advancement opportunities, lower salaries, lack of support and poor working conditions (Carver-Thomas & Darling-Hammond, 2017).

Self-care is an important prevention strategy.

The research shows that due to the increasing number of people affected by vicarious trauma, there is a need for further research on tier 3 model prevention strategies, the effect of vicarious trauma on staff working in schools, increased education on vicarious trauma, and EBP treatment strategies for vicarious trauma.

Providers who work with children who have experienced trauma are at a higher risk, "as many as 24 million or 8% of US residents will experience a traumatic stress response during their lives (Sansbury, Graves & Scott, 2015)."

Conclusions

Due to the increasing number of people affected by vicarious trauma, there is a need for further research on tier 3 model prevention strategies, the effect of vicarious trauma on staff working in schools, increased education on vicarious trauma, and EBP treatment strategies for vicarious trauma.

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Taking Time for Self-Care

- Mindfulness
- Be Active
- Connect with Others
- Keep Learning
- Take Time For Yourself
- Give to Others

Methods

Twenty journal articles on Vicarious Trauma within Educational and Community Mental Health settings were reviewed.

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