

Secondary Traumatic Stress Resources

Secondary Traumatic Stress: A Fact Sheet for Child-Serving Professionals (2011) (PDF)

<https://www.nctsn.org/resources/secondary-traumatic-stress-fact-sheet-child-serving-professionals>

Offers child-serving professionals information about secondary traumatic stress (STS). This fact sheet describes how individuals experience STS, understanding who is at risk, how to identify STS, strategies for prevention and intervention, and essential elements to address STS.

Secondary Traumatic Stress Informed Organizational Assessment (STSI-OA) (2014) (PDF)

<https://www.nctsn.org/resources/secondary-traumatic-stress-informed-organization-assessment-stsi-oa-tool>

Identifies specific areas of strength and opportunities to implement STS-informed policies and practices. This tool, developed by members of the NCTSN and available through the University of Kentucky Center on Trauma and Children, is an assessment tool that can be used by organizational representatives at any level to evaluate the degree to which their organization is STS-informed and able to respond to the impact of secondary traumatic stress in the workplace.

Using the Secondary Traumatic Stress Core Competencies in Trauma-Informed Supervision (2018) (PDF)

<https://www.nctsn.org/resources/using-secondary-traumatic-stress-core-competencies-trauma-informed-supervision>

Discusses the importance of quality supervision that organizations can provide to staff members at risk for secondary traumatic stress (STS). This fact sheet identifies the core competencies for supervisors providing formal support to workers who are exposed to secondary trauma. It is intended to be a developmental assessment for supervisors, to help identify areas of need, and to guide the user to resources to strengthen those areas of competency.

Secondary Traumatic Stress Core Competencies in Trauma-Informed Supervision Self-Rating Tool (2019) (PDF)

<https://www.nctsn.org/resources/secondary-traumatic-stress-core-competencies-in-trauma-informed-supervision-self-rating-tool>

Is a self-rating tool that walks users through each of the competencies in *Using the Secondary Traumatic Stress Core Competencies in Trauma-Informed Supervision*. This tool allows users to rate themselves in each of the competency areas and offers information on which competencies the user has confidence in, needs more training in, or are not a part of his/her skill set.

Pause-Reset-Nourish (PRN) to Promote Wellbeing: Use As Needed to Care for Your Wellness! (2020) (PDF)

<https://www.nctsn.org/resources/prn-to-promote-wellbeing-as-needed-to-care-for-your-wellness>

Provides information about the specific self-care strategy of Pause-Reset-Nourish, or PRN. This fact sheet acknowledges the levels of stress that professionals may be currently experiencing and offers a way to address unwanted symptoms and promote and replenish wellbeing and enhance resilience.

Additional NCTSN Secondary Traumatic Stress Resources

<https://www.nctsn.org/trauma-informed-care/secondary-traumatic-stress>

Professional Quality of Life-5 (ProQOL-5; Stamm)

https://www.proqol.org/ProQol_Test.html

30-item measure with sub-scales for compassion satisfaction, burnout and compassion fatigue

Low Impact Debriefing (Tend Academy)

<https://www.tendacademy.ca/wp-content/uploads/2020/09/low-impact-2-pager.pdf>

Mobile Apps for Self-Care

COVID Coach

This app promotes self-care and overall wellness during the pandemic.

Headspace / Headspace Plus

This app is a mediation tool with hundreds of sessions on physical health, personal growth, stress management, and anxiety relief. This app includes child exercises as well.

Liberate Meditation

This app for the Black, Indigenous, and People of Color community to ease anxiety, find gratitude, heal internalized racism and microaggressions and celebrate Blackness.

Calm

This app provides meditation exercises and strategies for improving sleep.

7 Minute Workout

This app the #1 fitness app in 127 countries with 12 high intensity exercises, 30 seconds per exercise, 10 seconds rest between exercises.

Provider Resilience

This app includes the ProQOL measure and stress-busting tips tailored to your self-assessment.

Transcend NMVC

This app helps to assist with recovery from a mass violence incident.

Bounce Back Now

This app helps adults that have experienced a disaster to improve their emotional health.

National Hotlines

- National Suicide Prevention Lifeline, Call (800) 273-8255, Chat with Lifeline
- Disaster Distress Helpline, Call (800) 985-5990, Text TalkWithUs to 66746
- National Domestic Violence Hotline: Call (800) 799-7233
- StrongHearts Native Helpline: Call 1-844-7NATIVE (762-8483)
- Veteran's Hotline: Call (800) 273-8255 or text to 838255
- Crisis Textline - Text TALK to 741741