

Supporting Students in Temporary Housing



Trauma-Informed
Approaches in Your
Liaison Role:
**Self-Care and Coping
with Secondary
Traumatic Stress**

- Presented By: NYS TEACHS
 - March 17, 2022
 - 9:30-11:00 a.m.

Who is in The Room?

Are you a...

- New McKinney Vento Liaison (1st Year)
- McKinney Vento Liaison (2-4 years)
- McKinney Vento Liaison (5 – 9 years)
- McKinney Vento Liaison (10 + years)
- Transportation Director
- Other School/District Staff



Which region are you from?

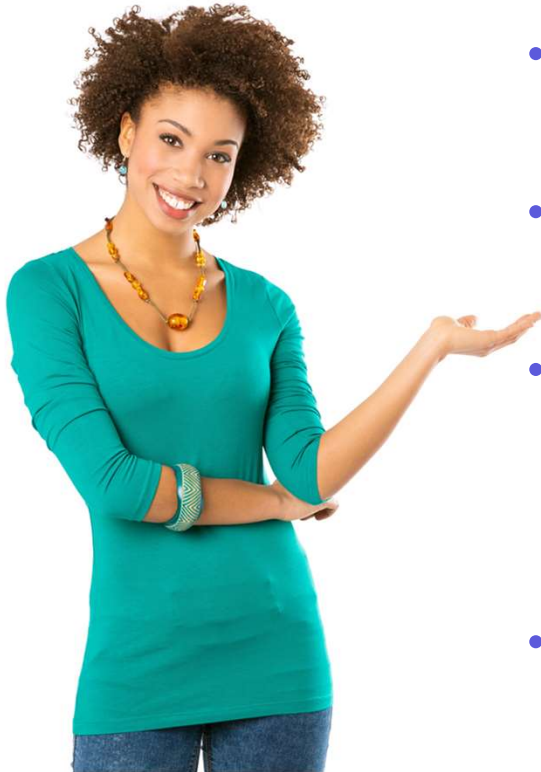
- * Western Region
- * Finger Lakes
- * Central Region
- * Southern Tier
- * Mohawk Valley
- * Capital Region
- * Hudson Valley
- * New York city
- * Long Island
- * North Country

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Norms for Today's Session

- “Lessons leave but stories stay” – respect the confidentiality of each participant
- Think critically about the content and how it can be applied to your work
- Participate to the best of your ability
- Keep your mic muted when not speaking
- Camera may be on or off
- Use the chat box for questions and comments throughout the training
- Note that, unlike previous webinars, *all* participants will be able to see comments put into the chat box

Housekeeping



- Today's session will be recorded.
- We will ask you poll questions periodically throughout the session.
- We won't be able to answer questions about specific situations in the chat but we welcome your help line calls to discuss these issues at 800-388-2014.
- The help line is open 24 hours a day. If you leave a message you will be called back by the next business day.

Learning Objectives

- In this session, I will:
 - Reflect and share experiences, including facilitators and barriers, within the liaison role.
 - Define self-care and explore approaches to reflection and regulation.
 - Connect and share support strategies, including resources and services offered by NYS TEACHS.



Opening Activity

In your breakout room, share which strategy you chose to focus on since the last session.

Discuss any reflections, insights, or questions you had about the experience.

As a reminder, some suggested reflection questions were:

- When did I notice opportunities to use this strategy?
- How did using this strategy impact my work or relationships with others?
- How easy or difficult was it to incorporate this strategy into my work habits?

Why is it important to discuss self-care?

- Working closely in, or with people experiencing, challenging circumstances can put you at risk for:
 - Burnout
 - Compassion fatigue
 - Moral distress
 - Secondary or vicarious trauma

Similarities and Differences

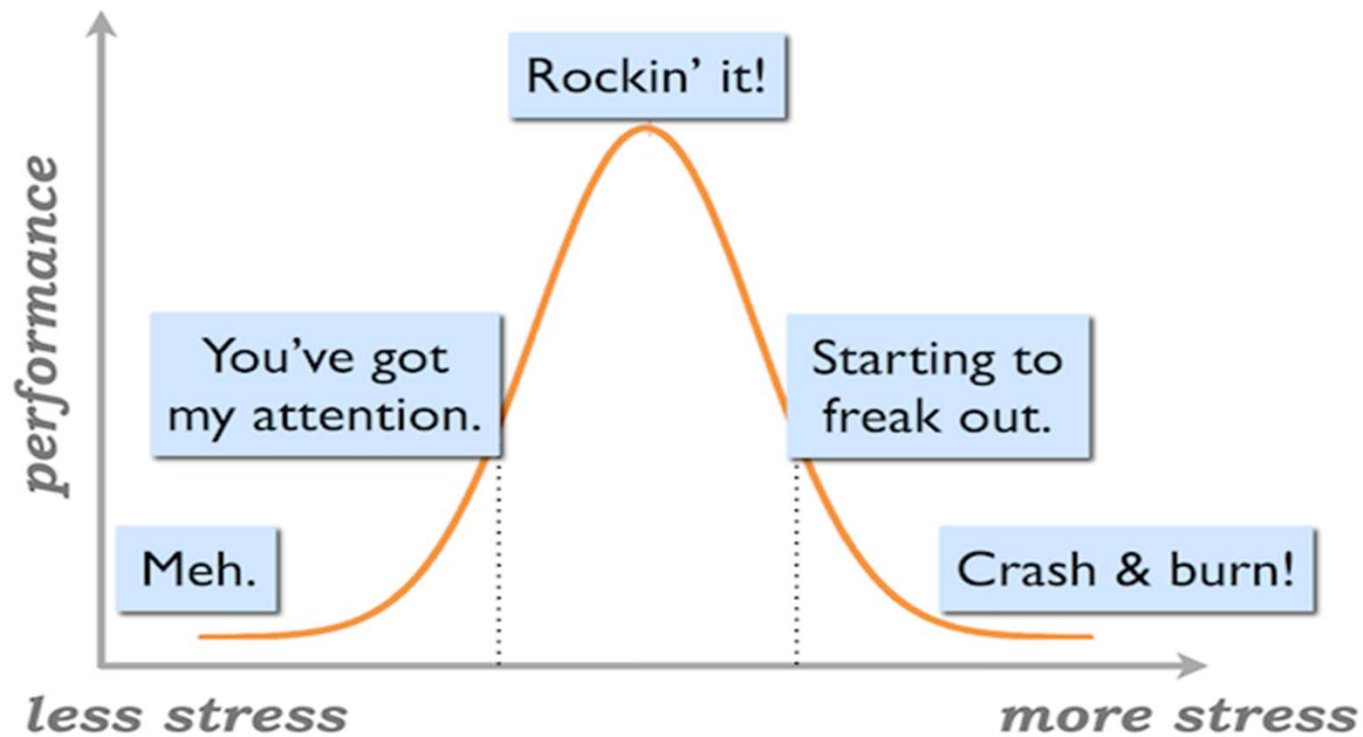
Compassion fatigue, vicarious trauma, burnout: source of stress in external
Moral distress: source of stress is internal

Moral distress, compassion fatigue, vicarious trauma: risk inherent in work
Burnout: risk related to workplace

Moral distress, vicarious trauma: often characterized by intrusive thoughts,
heightened reactions

Compassion fatigue, burnout: often characterized by disengagement

Eustress vs. Distress



Signs that Something is Amiss

- Persistent or recurring:
 - Intrusive, negative thoughts
 - Anxiety or dread
 - Guilt or shame
 - Feelings of isolation
 - Frustration and irritability
 - Apathy, helplessness, or disengagement
 - Excessive exhaustion, fatigue, or other somatic complaints

Breakout Room Discussion

Have you ever experienced any of these feelings in the course of your work?

How else do you know you're experiencing distress?



A Note About the Strategies



What is Self-Care?

Ideally proactive

Individual

Multi-faceted

Active practices AND mental habits

Not always pleasant!



Barriers to Self-Care

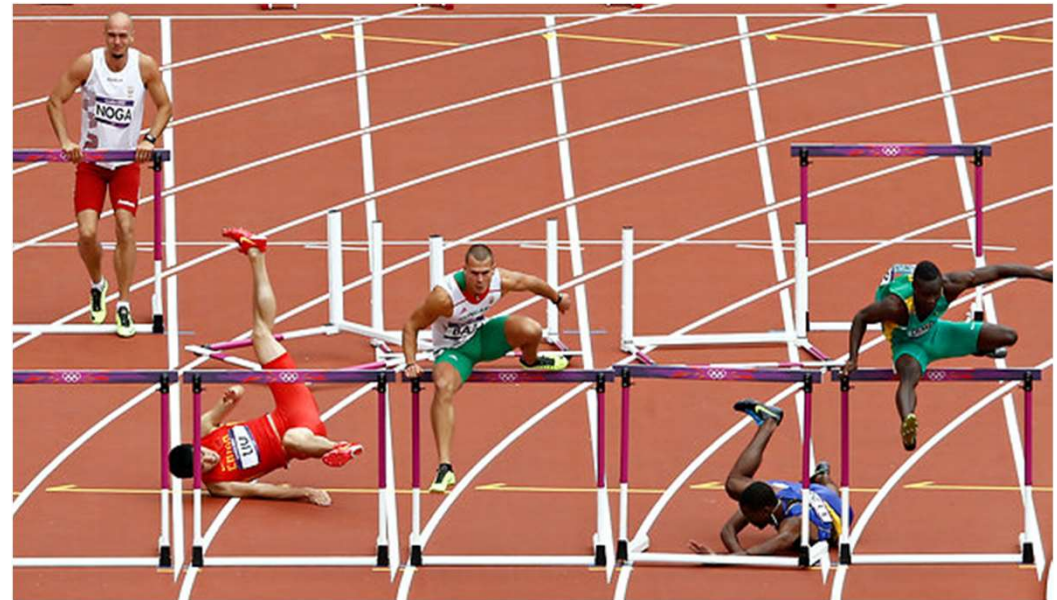
Not enough time/feeling like an obligation

Perception that self-care will lead to more work

Feeling selfish/burdening others/letting others down

Unsure of support of others

Worried about evaluation/job security



Breakout Room Discussion

Do you experience any barriers to self-care?

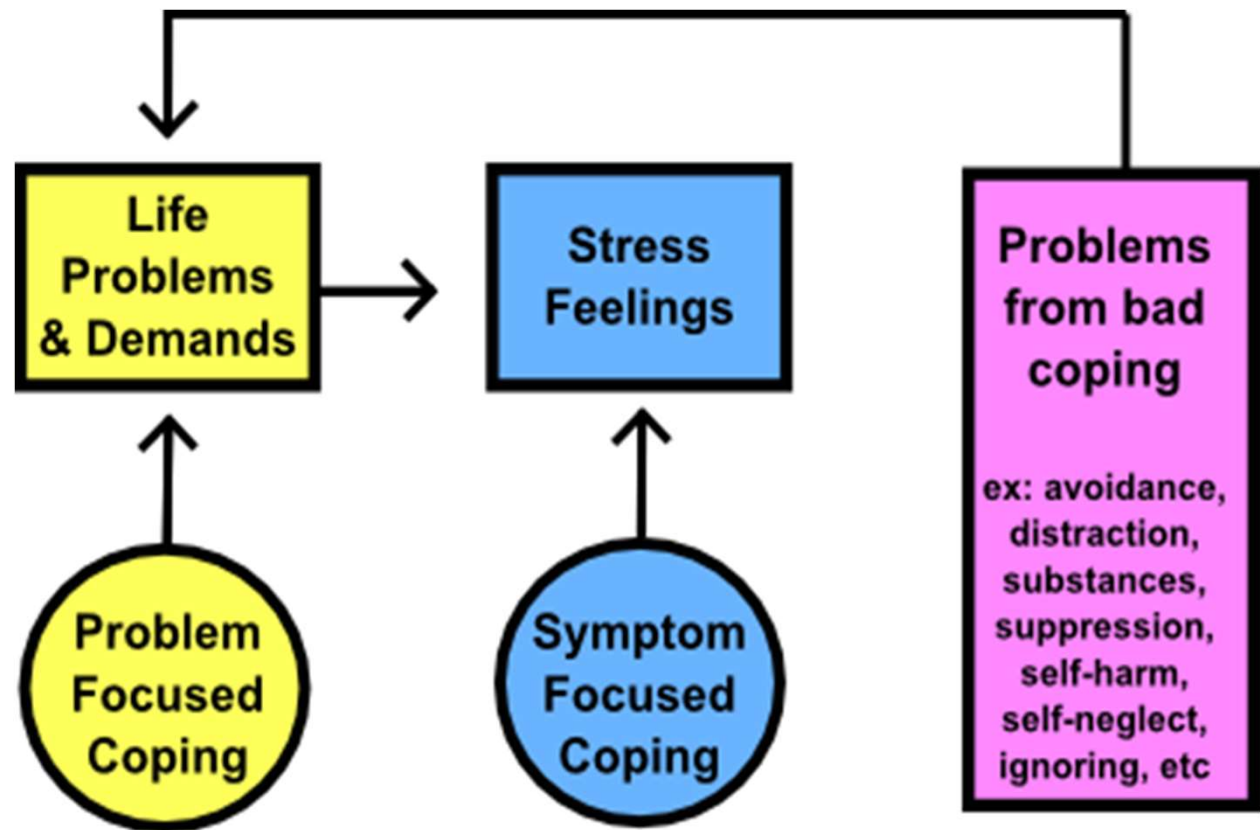
If so, what strategies have you identified to overcome these barriers?



Coping Strategies

- Responsive: how we deal with difficult emotions or situations after they've occurred
- Help build resilience
- Like self-care, must be authentic and individualized
- Can be practical (things you do) or cognitive (how you think)

Types of Coping Strategies



Practical Coping Strategies

- Take inventory: identify what's causing you harm
- Dialogue/debrief
- Journal or find another expressive outlet
- Assess and reinforce boundaries
- Have an end-of-day/leaving work routine
- Formal counseling
- Other common coping strategies: mindfulness practice, exercise, time in nature, time with others (friends, significant others, pets)

Cognitive Coping Strategies

- Remember your purpose and your impact (compassion satisfaction)
- Maintain perspective
 - Understand your circle of control
- Identify the lesson or make meaning from the situation (vicarious resilience)
 - What are my emotions telling me? What can I do differently? Why did this happen?
- Practice self-compassion and maintain a growth mindset
- Make a plan for addressing the situation in the future

Discussion

What are some of your favorite or most helpful coping strategies?



Community Care

Self-care is essential, but we also need supportive systems and relationships to do our work effectively.

How might NYS TEACHS be a source of connection and care?

What resources would be helpful to see from NYS TEACHS?

Questions?



Session Survey

Please take a few moments to complete our survey.

<https://mi-surveys.com/webinar-traumasensitivity031722>

Responses are used in the planning of upcoming Professional Learning sessions.



Technical and Educational Assistance Center

- **Help Line** (800-388-2014)
- **Website** (<https://nysteachs.org>)
- **Web-Based Trainings**
- **Outreach Materials**
 - For outreach materials, email Ailin Mendoza: amendoza@measinc.com



NYSTEACHS.org

The New York State Technical and Educational
Assistance Center for Homeless Students

Thank You!

