

Foster Youth Serving Foster Youth

Michael Crane

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Meet your presenters



Michael Crane



Dr. Sara I Gamez



Why it matters

It matters because...

Valuable perspective

Experience shaping practices

Changing the narrative



Helping “OUR” Community...

Population - “Our community”

Better outcomes

Change lives

Provide opportunities

Break the cycle





Compassion fatigue, burnout, and retraumatization

Caring too much can hurt...

Compassion Fatigue



Secondary Traumatic Stress (STS)

refers to the presence of PTSD symptoms caused by at least one indirect exposure to traumatic material.

Compassion Fatigue

refers to a state experienced by those helping people or animals in distress; it is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create a secondary traumatic stress for the helper

Vicarious Trauma

refers to changes in the inner experience of the helper resulting from empathic engagement with a traumatized individual.

Work Awareness



Exposure



- Being a new professional
 - Being a new graduate intern(s)
- **Trauma Trainings**
- Being a seasoned professional
- **Individual student meetings / advising sessions**

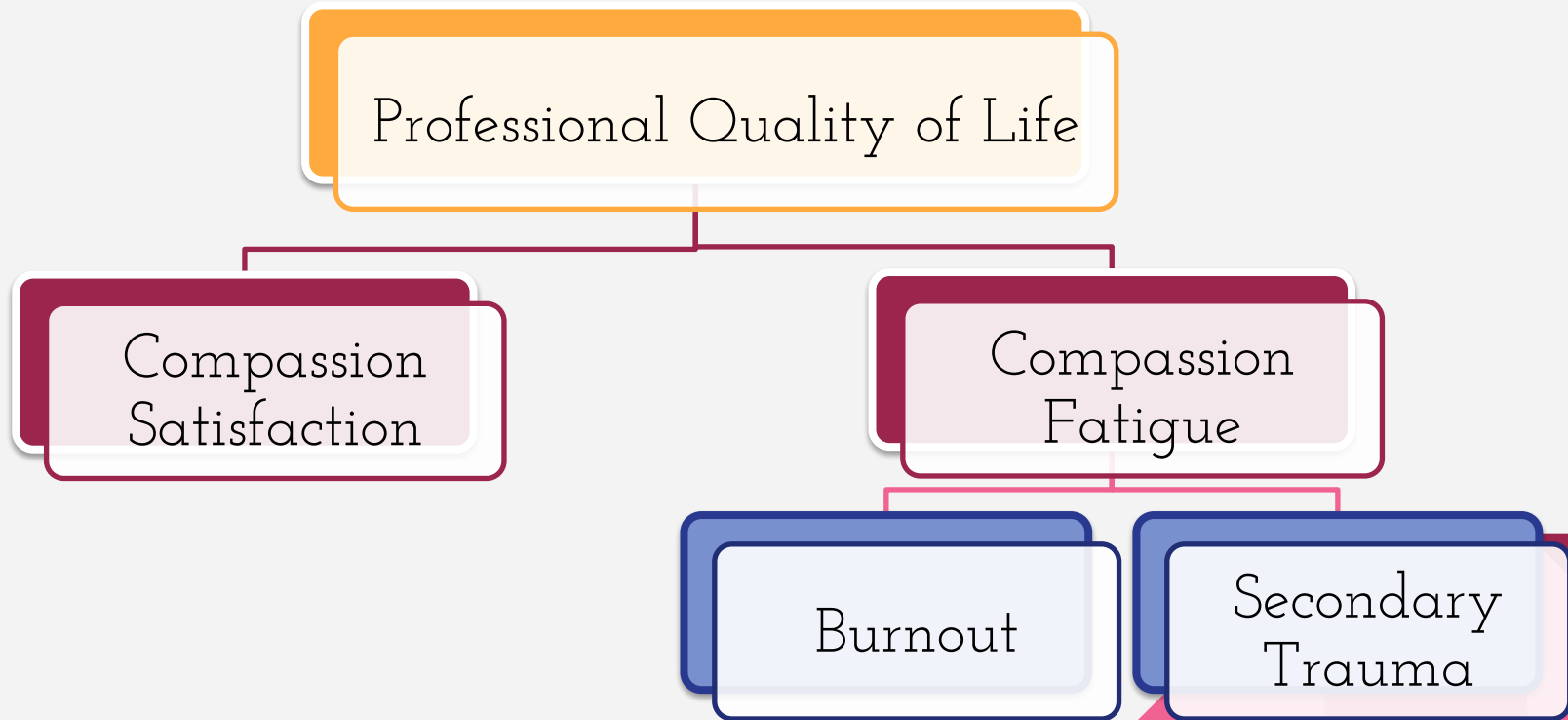
- Student Crisis
- **Student events / activities (Retreats / Groups sessions)**
- Social Media
- **Application(s)**
 - Personal Statements
 - Student Interviews

Recognizing Signs



- Apathy, sad, no longer finds activities pleasurable
- Difficulty concentrating**
- Mentally and physically tired**
- Preoccupied
- Compulsive behaviors such as overspending, overeating, gambling, sexual addictions
- Poor self-care (i.e., hygiene,)**
- Re-occurrence of nightmares and flashbacks to traumatic event
- Chronic physical ailments (gastrointestinal problems, headaches, and recurrent colds, back pain)**
- In denial about problems
- Excessive blaming**
- Bottled up emotions
- Isolation from others
- Substance abuse used to mask feelings
- appearance)
- Legal problems, indebtedness

Professional Quality of Life CS-CF Model



Compassion Fatigue

Compassion Fatigue is the negative aspect of helping those who experience traumatic stress and suffering.



In our work

Compassion Satisfaction

Compassion Satisfaction is about the pleasure you derive from being able to do your work.





Best practices and takeaways
Foster Alumni Perspective
(Self-preservation and Mental Health)

Post-Traumatic Growth



Appreciation for Life
Relationships with Others
New Possibilities in Life
Personal Strength
Spiritual Change

WHAT
ARE YOU
DOING



Taking Care of YOU!



CARING FOR YOURSELF

In The Face of Difficult Work



Switching it On and Off


1. Switching is a conscious process. Talk to yourself as you switch.
2. Use images that make you feel safe and protected (switch off) or connected and cared for (switch on) to help you switch.
3. Find rituals that help you switch as you start and stop work.
4. Breathe slowly and deeply to calm yourself when starting a tough job.

Tips on how to take care of **YOU**...

- ❖ Be kind to yourself
- ❖ Accept where you are on your path at all times
- ❖ Understand that those close to you may not be there when you need them most
- ❖ Exchange information and feelings with people who can validate you
- ❖ Clarify your personal boundaries. What works for you; what doesn't
- ❖ Express your needs verbally
- ❖ Take positive action to change your environment
- ❖ Informal/formal self-report screening(s)
- ❖ Workplace self-care groups (yoga or meditation)
- ❖ Creation of a balanced caseload/scheduling (Take lunch!)
- ❖ Self-care accountability buddy system



Simple Tips for Being an Effective Professional

- Setting boundaries (Foster Care Alumni vs. non-foster care professionals)
 - Preparing for Transition in work roles
 - Being ok with student discomfort (not enabling)
 - Creating a network of support (personally & professionally) w/ Alumni of Care & non-foster care professionals
 - Getting professional help (properly heal)
- 



Thank you!

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A person has
TWO hands,
One for *helping*
HIMSELF,
The other for
helping
OTHERS.

