

Vicarious Trauma Training for First Responders

Beginning the first of May, Resiliency Center staff are available to provide training on vicarious trauma for first responders in Harvey, Marion and McPherson counties. The course, **Building Resilience: Surviving Secondary Trauma**, is a free, 4-hour course developed by the Kansas City, Missouri Police Department, Truman Medical Center Behavioral Health's Resilience Incubator, with consultation support from the Secondary Trauma Resource Center.

The **Building Resilience: Surviving Secondary Trauma** course provides important information regarding recognizing stress and secondary trauma; the physical and emotional affects they have on your body, and most importantly, developing easy and effective coping skills to help build resiliency for both self and peer support.

By completion of the training, participants are able to define and identify secondary trauma and risk factors; describe the mind-body connection to secondary trauma in work and life; complete a variety of assessment tools; and practice, reflect upon, and develop coping skills to build resiliency for self and peer support. This is accomplished through course content that includes: challenges and barriers members face; alternatives to unhealthy coping; and a review of techniques to more effectively cope with work and life as first responders.

The training may also be expanded to a six-or-eight hour offering. For additional information or to schedule the course, please contact the Resiliency Center at (316) 217-1880 or rpadmin@safehope.net.

“With the new day comes new strength and new thoughts.”

- Eleanor Roosevelt

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Play Therapy Room at the Resiliency Center

Therapeutic Services for Adults & Children at the Resiliency Center

The Resiliency Center provides **FREE, voluntary, and confidential therapeutic services to domestic violence and sexual assault survivors, as well as those impacted by the Hesston/Excel incident.**

After a traumatic event, adults and children alike can experience a change in how they view the world and others. Counseling services provide a safe place to develop knowledge and skills for healing and change. People sometimes manage trauma by acting as if everything is all right, even if it is not. Counseling services can improve the emotional well-being and may prevent future difficulties.

In order to seek therapeutic services at the Resiliency Center, a participant **must first meet with an advocate.** The advocate will offer support and assess all the participant's needs to help mitigate any barriers (such as transportation, child-care, etc.) that may prevent them from making their appointments or receiving services. The advocate also works with the participant to determine if therapeutic services through the Resiliency Center is appropriate for them.

Resiliency Center clinicians use evidence-based practices such as Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Play Therapy, and Mindfulness. Other well established treatment modalities used at the Resiliency Center include sand tray and body centered therapies. The Resiliency Center clinicians **treat ages two and up**, and provide individual and family therapy.

All interventions can help a person to develop coping skills that help them to make sense of the trauma they experienced. Participants at the Resiliency Center can determine their own strengths and are supported as they navigate through healing.

If you are interested in seeking therapeutic services and are a domestic violence or sexual assault survivor, please call Safehope at (316) 803-1800 to first speak with an advocate who will refer you to the Resiliency Center. If you are a member of the community who is impacted by the Hesston/Excel incident, please call the Resiliency Center directly at (316) 217-1880.

Donations Needed.....

The Resiliency Center is seeking donations of the following items:

- ◆ Men's toiletry items (shampoo, shaving cream, razors, body wash, etc.)
- ◆ Men's clothing - all sizes
- ◆ Household items such as dishes, small appliances, towels, and bedding
- ◆ Non-perishable food items
- ◆ Gift or fuel cards

Please call (316) 217-1880 to arrange for drop-off or pick-up.

Speakers Available

In addition to professional training on vicarious trauma, Resiliency Center staff also provide free presentations on **basic services, mindfulness practices, and resiliency.** These presentations are generally 45 minutes to an hour and can be tailored to general audiences or those working with trauma survivors or victims of crime.

To find out more about our professional training or to request a speaker, please contact the Resiliency Center at (316) 217-1880 or rpadmin@safefhope.net.



Tools used for Play Therapy

“Life’s most urgent and persistent question is: What are you doing for others?”

- Martin Luther King, Jr.

“Don’t let someone tell you how you should and should not feel, you are entitled to feel what you want to feel and not be ashamed.”

- Erika Lozano, Advocate



Advocacy Room at the Resiliency Center

Advocacy: Support at the Ready

Erika Lozano loves being an advocate! With more than ten years of advocacy experience, primarily working with survivors of domestic violence and sexual assault, she brings a level of compassion and support to her interactions with people that makes it feel as if you’re speaking to a best friend.

When asked to define what advocacy is, she states, “What Advocacy means to me is having the gift of listening without any judgement. Confidentiality is key. Being able to meet that person where ever they are at in life, talking about it instead of internalizing their feelings and emotions. Validation and empowerment is a passion that I do every day.”

The Resiliency Center provides advocacy services to those who **self-identify as being impacted by the Hesston/Excel Industries incident**. They may be victims who were directly affected by the incident; family, friends and others who are closely associated with a victim; or people who witnessed or heard details about the incident. Advocates lend support, crisis intervention, and provide resources to community partner agencies.

Most importantly, advocates work with a participant at their own pace. Lozano adds, “Advocacy is one of the toughest, and yet most rewarding professions in the world. You see them at their lowest, and over time you have the opportunity to see them become resilient. Giving them hope and finding their own voice is priceless.”

Another major part of helping participants become more resilient is working with them to navigate through times when they are feeling unsafe or anxious, such as hearing or seeing something on social media or the news that they may find triggering. Erika says, “One of the main things I like to talk about would be a safety plan. A safety plan is just like having a tornado drill or a fire drill, it looks different for everyone.” As a Resiliency Center advocate, she also has additional training in mindfulness and resiliency techniques and exercises that she can suggest to the participant.

Working with a trained advocate can be a truly beneficial experience. Lozano emphasizes that the most important skill trait for a good advocate is “remembering that they [the participant] are the **experts of their lives** and an advocate provides support, different options, and resources. Being authentic!”

Advocates are available during regular business hours — Monday through Friday, 8am to 5pm. Appointments are encouraged but walk-ins are welcome.

Tips for Self-Care: Who has the time?

Self-care is an important part of mental health and does not need to be time consuming. Do you have an extra 2 minutes, 5 minutes, or 20 minutes? Try these ideas!

2 minutes	5 minutes	20 minutes
Stretch different muscles	Enjoy a healthy snack	Write in a journal
Do an act of kindness	Think of 3 things you are grateful for	Listen to soothing music
Doodle	Step outside for fresh air	Watch the sunrise or sunset
Give someone a compliment	Sing out loud	Meditate

Contact Us

Give us a call for more information about our services.

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24-hr Helpline:
833-840-6004

RAdmin@safehope.net

Visit us on the web at
www.ResiliencyCenter.org



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The Resiliency Center is a safe and supportive healing environment for those affected by the tragic event of February 25, 2016. Our free and confidential services and programs promote healing, overall wellness, and provide education, and resources. Our center is a welcoming place for people to connect and obtain assistance in the healing process.