A photograph of a person standing on a flat, light-colored surface, looking up at a massive, textured sphere that dominates the sky. The sphere has a rough, cratered appearance, similar to a planet or a large moon. The sky is filled with soft, white clouds. The person is small in comparison to the sphere, emphasizing its scale.

Post Overdose Care: Addressing Vicarious Trauma

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Choctaw Nation of Oklahoma

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Vicarious Trauma

Is the emotional residue of exposure that counselors have from working with people as they are hearing their **trauma** stories and become witnesses to the pain, fear, and terror that **trauma** survivors have endured.

Historical Trauma

The background of the slide is a dark, sepia-toned photograph of two Native Americans, likely from the Great Plains, standing with their backs to the camera. They are wearing traditional long, patterned robes or dresses. They are standing on a grassy field, and the background is a hazy, open landscape. The entire slide is framed by a white border, and there are two dark brown rectangular tabs on the left and right sides, resembling a book binding.

Historical trauma - Cumulative emotional and psychological wounding from massive group trauma across generations, including lifespan.

(Brave Heart, 2004)

Stress



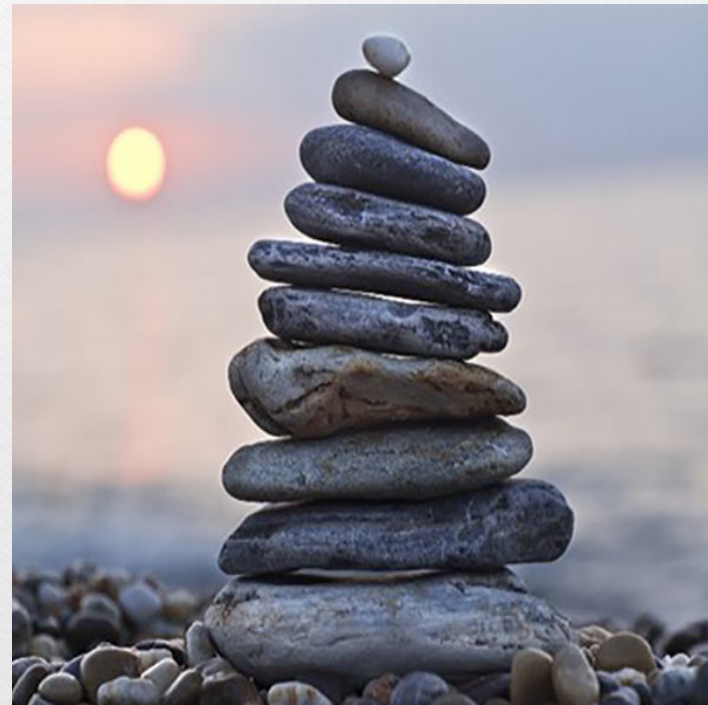
Trauma Response

- "It is important to recognize that traumatic events do not always result in psychiatric distress; individuals, as well as societies, differ in the manner in which they experience, process and remember events" (Denham, 2008. pp. 395).

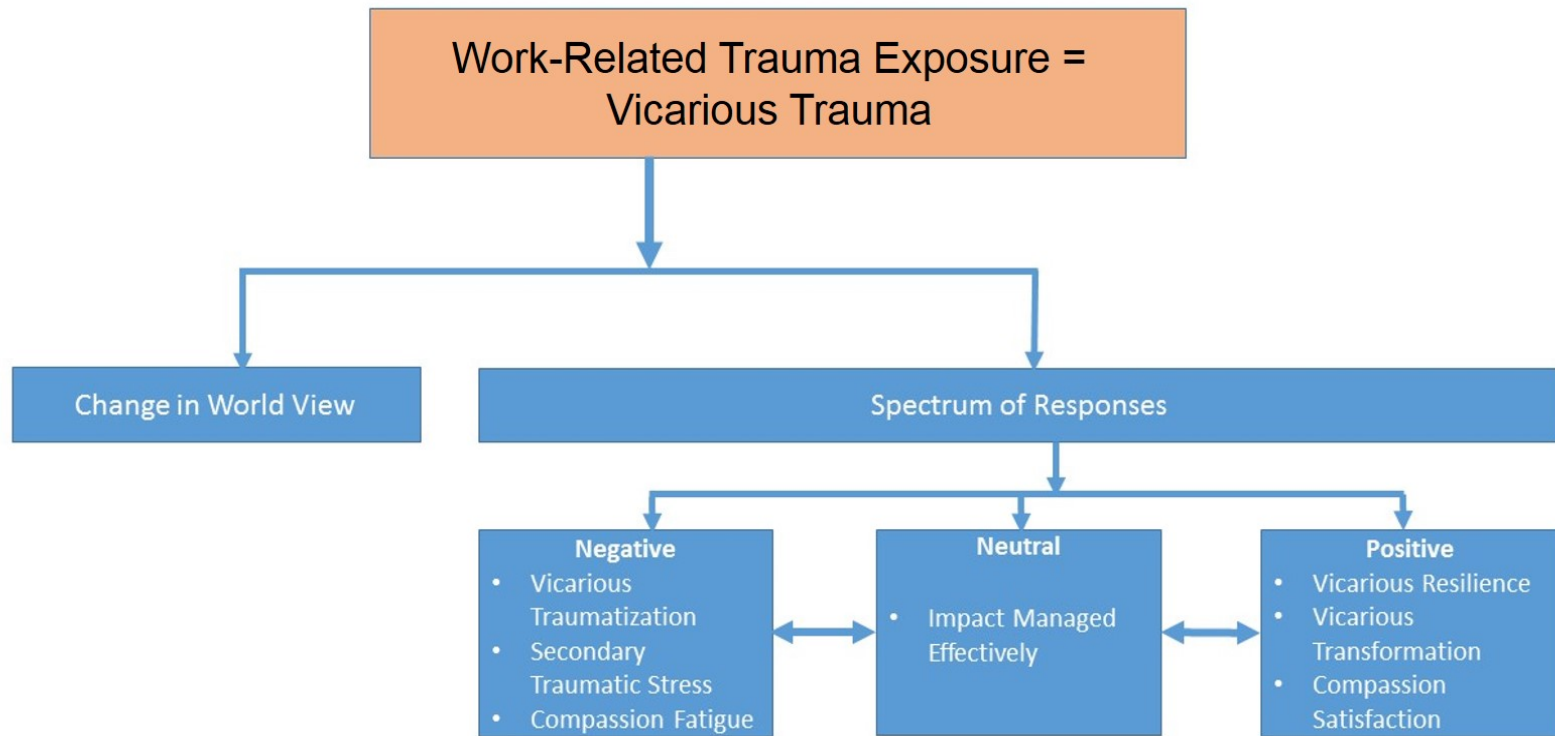
Potential Negative Reactions

- Each individual may experience the effects of vicarious trauma differently.

Center for Substance Abuse Treatment, issuing body, publisher. (2014). *Trauma-Informed care in behavioral health services : A treatment improvement protocol*. (Treatment improvement protocol (TIP) series ; 57). Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment.



Vicarious Trauma Toolkit Model



<https://ovc.ojp.gov/program/vtt/what-is-vicarious-trauma>

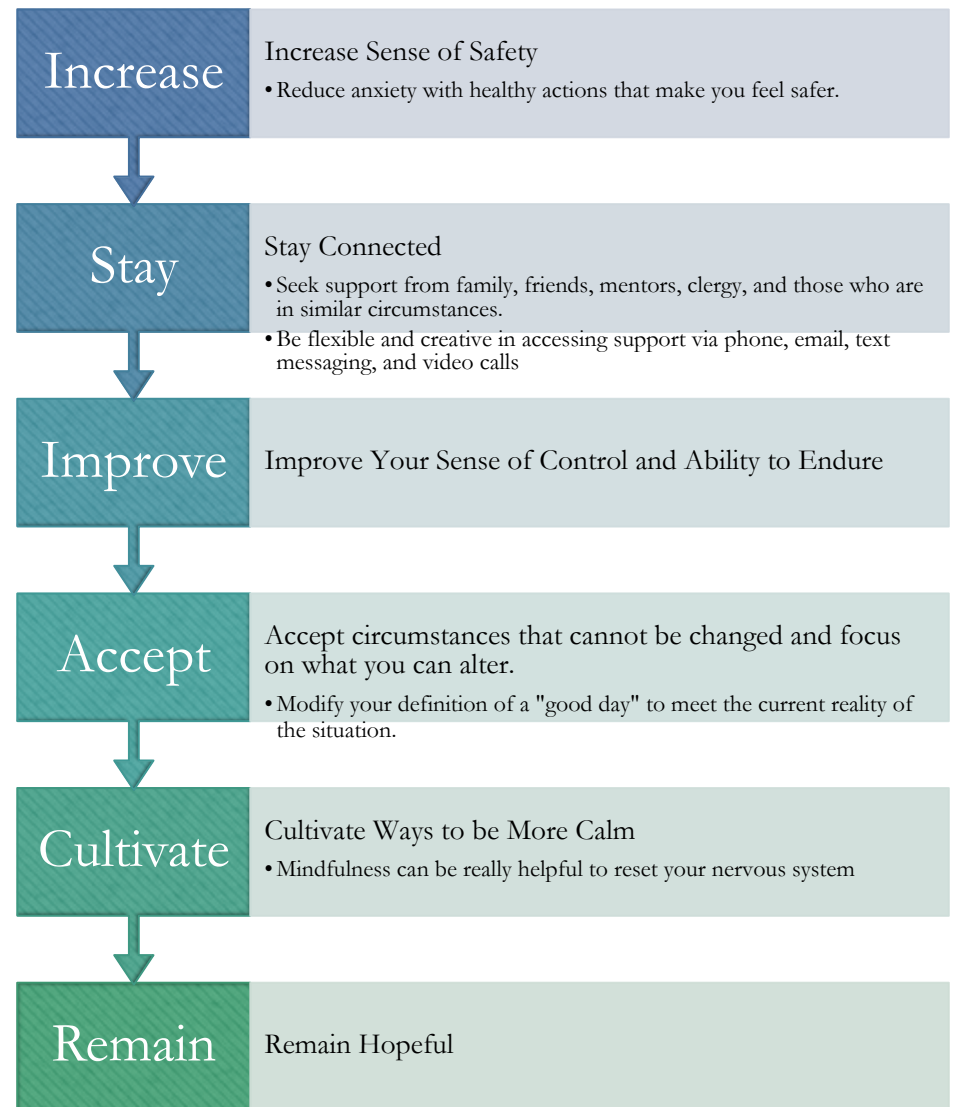
Honor your compassion

- Your empathetic and sympathetic responses are evidence of your compassion and humanity



What do we do?

U.S. Department of
Veterans Affairs, PTSD:
National Center for
PTSD
https://www.ptsd.va.gov/covid/COVID_managing_stress.asp





How do we support staff in the time of crisis?

Community Care vs Self Care

Shouting "self-care"
at people who
actually need
"community care" is
how we fail people.
- Nakita Valerio



What to we do?

U.S. Department of Veterans Affairs, PTSD: National Center for PTSD

https://www.ptsd.va.gov/covid/COVID_managing_stress.asp

- **Increase Sense of Safety**
 - Reduce anxiety with healthy actions that make you feel safer.
- **Stay Connected**
 - Seek support from family, friends, mentors, clergy, and those who are in similar circumstances.
 - Be flexible and creative in accessing support via phone, email, text messaging, and video calls
- **Improve Your Sense of Control and Ability to Endure**
- **Accept circumstances that cannot be changed and focus on what you can alter.**
 - Modify your definition of a "good day" to meet the current reality of the situation.
- **Cultivate Ways to be More Calm**
 - Mindfulness can be really helpful to reset your nervous system
- **Remain Hopeful**

BREATHING EXERCISE

FOR RELAXATION #1



INHALE
THROUGH NOSE

Perform for
2 to 5 Minutes

Instagram: @elevatevibe



Related Resources

- [The Secondary Effects of Helping Others: A Comprehensive Bibliography of 2,017 Scholarly Publications Using the Terms Compassion Fatigue, Compassion Satisfaction, Secondary Traumatic Stress, Vicarious Traumatization, Vicarious Transformation and ProQol](#)
- [Vicarious Trauma and Resilience](#)
- [Office for Victims of Crime Training and Technical Assistance Center \(OVC TTAC\)](#)
- [Headington Institute](#)
- [The Vicarious Trauma Institute](#)
- [Trauma Information Pages](#)

More Resources

- **Related Resources**
- [Guidebook on Vicarious Trauma: Recommended Solutions for Anti-Violence Workers](#)
- [Official Blog of the International Association of Chiefs of Police: A Personal Account from a Law Enforcement Officer](#)
- [The Hidden Price of Repeated Exposure](#)
- [the Mindfit Resiliency Project](#)
- [Work-Related Stress and Posttraumatic Stress in Emergency Medical Services](#)