



THRIVING in the Workplace

THIS INITIATIVE WILL FOCUS ON THREE MAIN STRATEGIES

The principles that guide trauma-informed care can also improve wellness for behavioral health staff.



1.

Increase personal and organizational awareness

Learn to recognize the warning signs and symptoms of secondary exposure to trauma (SET)

Identify and support those at risk



2.

Develop a self-protection plan

Seek balance

Establish boundaries

Create and expand connections



3.

Cultivate a supportive work environment

Normalize, prevent, and address SET

Cultivate a trauma-informed, trauma-capable workforce



WHEN IS THIS HAPPENING?

We're kicking off this year-long initiative in June 2022!

Watch your inbox for details about this important effort to protect and support our behavioral health workers, agency staff, and leadership.

WHO IS INVOLVED?

Southeastern New Hampshire Services is partnering with the Bureau of Drug and Alcohol Services, the New Hampshire Technical Assistance Center, and the Corporation for a Skilled Workforce (CSW).

CSW staff will work with Southeastern New Hampshire Services leadership and staff to develop personal self-protection plans that foster well-being and professional development that will help address SET in the workplace.

RESOURCES

