

LSS/StreetWorks Safe Harbor Training 2/15/2017

Topic: Vicarious Trauma and Self-Care: Practical Strategies

Summary: Working in the human/social services sector can be extremely rewarding and satisfying. It can also be emotionally and physically draining. Many of us come to the work because of our own histories and desire to give back to the community. This combination of factors can lead to a normalization of chronic stress as part of our daily lives. This training will unpack what chronic or toxic stress, vicarious trauma and burnout does to our human and organizational systems, how to recognize it, and provide practical tools and tips to create more resiliency in the sector.

Critical Points:

1. Helping people recognize physical manifestations of burnout and toxic stress.
2. Ensuring that participants are provided with real life examples and tools of how to develop a self-care plan and integrate it in their regular routines.
3. Provide additional resources for on-going learning.

Presenter: Suzanne Koeplinger, M.A., Director of the Catalyst Initiative at the George Family Foundation



Bio: Suzanne Koeplinger is the director of the Catalyst Initiative at the George Family Foundation in Minneapolis. Catalyst is designed to build integrative health and healing for enhanced wellbeing for all Minnesotans. Previously she served for ten years as the executive director of the Minnesota Indian Women's Resource Center, where she led the first research, community response, and program implementation in the country to address sex trafficking of American Indian women and girls. In that capacity, she has twice testified before Congress and is a certified trainer for the Office for Victims of Crime Training and Technical Assistance Center (OVC TTAC). She holds a Master's degree in the Art of Leadership from Augsburg College in Minneapolis, and is one of 15 national leaders chosen for the NoVo Foundation's first Move to End Violence cohort. Suzanne is the recipient of numerous awards, including the Minneapolis FBI Director's Community Leadership Award, Hennepin County Attorney's Office Community Leadership Award, and the Sheila Wellstone Award for Community Advocacy and Leadership. She has extensive international experience as a trainer and public speaker. Current community service includes board membership with The Minneapolis Foundation, ArtSpace, and Frank Theatre.

Learning Objectives:

1. Participants will learn the impact of toxic stress and trauma on the human body and mind.
2. Participants will learn practical tools to help better manage these symptoms.
3. Participants will be able to recognize risk factors that contribute to burnout.
4. Participants will gain deeper understanding of how their own self-care impacts the population they work with.

Be sure to save the date for the next StreetWorks Safe Harbor Trainings!

4/19 – LSS Eustis – Topic TBD

6/21 – LSS Eustis – Topic TBD

Thank you on behalf of LSS and the Streetworks Collaborative

Jen Fairbourne, Director of Metro Homeless Youth Services Jennifer.Fairbourne@lssmn.org

Jim Scott, StreetWorks Senior Program Manager James.Scott@lssmn.org

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