

Children, Youth & Family Consortium

CYFC Monthly

CYFC Monthly – August 2013

Experiencing the Trauma of Others

Ken works as a pediatric trauma nurse in an urban hospital and works with severely traumatized children everyday. In his three years on the trauma unit he has witnessed the death of 15 children from various forms of abuse. He says it's hard for him to fathom how anyone can sexually molest a three-month-old infant or throw scalding water on a two-year-old child in an effort to stop his "temper tantrum."

Returning home from work provides little relief. He knows he is distancing himself from his family but he doesn't know how to talk about his work. He is easily irritated and spends most of his time either trying to watch TV or sleep. Television seems full of violence and danger and the hours spent in bed are not restful.

Though he went into this line of work because he wanted to help children, he's beginning to wonder if he just isn't cut out for this work after all. He dreads going to work and feels like he has to shut out all emotion just to get through the day. Increasingly he's overwhelmed with feelings of guilt, inadequacy and powerlessness. Sometimes he just wants to walk away from everything.

The feelings Ken is experiencing describe what many scholars refer to as secondary traumatic stress (Kanter, 2007; Collins, & Long, 2003; Dill, 2007; Badger, 2001). Some scholars use other terms to describe these reactions: compassion fatigue, burnout, secondary traumatization, or vicarious traumatization. According to Pearlman & Saakvitne (1995), "anyone who engages empathetically with victims or survivors is vulnerable." What does this mean then for professionals who want to "survive" and "thrive" in a profession that routinely brings them in contact with people suffering high levels of trauma from life-threatening events? Is it possible to remain a caring, compassionate professional and still continue to do this kind of work?

On September 19th, Lessons from the Field will resume the Traumatic Stress Series with an all-day event dedicated to the topic of Secondary Traumatic Stress. The seminar will feature experts from diverse professional backgrounds.

- Patricia Berger is a licensed clinical social worker that has worked many years with students and other social workers in the [Minneapolis Schools](#).
- Bill Fullerton, a licensed clinical social worker has many years of clinical experience, including with the [American Indian Family Center](#) in St. Paul.

They will each talk about Secondary Traumatic Stress from their range of experiences and provide participants opportunities to: find meaningful ways to talk about their feelings related to secondary traumatic stress, reflect ways their work has impacted their personal and professional choices, and develop strategies that allow them to continue to work empathetically and compassionately with others.

This seminar will be held at the University of Minnesota, McNamara Alumni Building and broadcast live to a number of host sites in Greater MN. Seating at McNamara is limited to 60 participants. For more information about the seminar, speakers, host sites and registration, please [visit our website](#).

For those willing to share their own experiences, we would love to hear how you have learned to lessen the impact of traumatic stress response in your own work. [Email](#) us or find us on [Facebook](#) or [Twitter](#).

Judy Myers, MS, RN
Children's Mental Health Coordinator

Consortium News

Lessons from the Field: How Can Professionals Cope with Traumatic Stress Responses?

September 19, 2013

McNamara Alumni Center and broadcast live to sites in Greater Minnesota

Metro Ticket: \$75 (9:30 a.m. - 4:00 p.m., breakfast and box lunch)

Greater Minnesota Ticket: \$25 (9:30 a.m. - 12:30 p.m.)

This seminar includes presentations and paired and small group conversations intended to provide opportunities for listening and talking with other professionals about adaptability and health maintenance. Presenters Bill Fullerton and Patricia Burger embody a wide range of professional experience with survivors of political violence and torture, generational and historical trauma, and vicarious trauma experienced by school professionals. Register today! [no longer active]

Save the Date! Lessons from the Field: Impact of Parental Incarceration on Children and Youth

November 14, 2013

McNamara Alumni Center and broadcast live to sites in Greater Minnesota

9:00 a.m. - 4:30 p.m.

The format for this all-day seminar includes lecture presentations; "Mothers of Bedford," <http://www.imdb.com/title/tt1704170/> a documentary film about Bedford Hills, a maximum security prison, and the lives of incarcerated women and their families; and breakout discussion and learning sessions. Presenters include: Erica Gerrity, Isis Rising; Jen McShane, Documentarian; Ebony Ruhland, Criminal Justice System; Daniel Marcou, Hennepin County Libraries; Rebecca Schlafer, Professor and researcher, U of MN. Registration coming soon!

Sara Langworthy's New Blog: Everyday Brain

Want to hear more from CYFC's Sara Langworthy? She has a new [blog](#) where she posts resources, commentary and translational pieces related to children, youth and families. Sara focuses on translating what research the science community publishes and communicating it to those who work with communities, as well as commentary on current events related to children and families.

University and Community Announcements

Youth Development Symposium: Social and emotional learning: From research to strategies

October 30, 2013

8:30 a.m. - 12:00 p.m.

Location: McNamara Alumni Center - Memorial Hall

The next Center for Youth Development symposia series funded by the Howland Endowment is dedicated to understanding social and emotional learning and its contribution to closing the achievement and opportunity gaps. The series will launch on Oct. 30 with a presentation by Dr. Roger Weissberg, President and CEO of the Collaborative for Academic, Social, and Emotional Learning (CASEL), an international organization committed to making social and emotional learning an essential part of education. Registration information coming soon.

Area-level risk factors for adverse birth outcomes: trends in urban and rural settings

This research article, published online in *BMC Pregnancy and Childbirth*, found that population dense areas had higher adverse birth outcomes such as low birth weight and preterm birth compared to other regions. Isolated rural areas also had higher rates of adverse birth outcomes. In their examination of temporal trends from 1991-2005, the authors reported that the disparity in risk between population-dense areas and other areas generally increased over time. [Read more](#) in the open-access article.

Family Matters Experience: The Native American Achievement Gap

The Family Partnership

August 15, 2013

9:30 a.m. - 10:30 a.m.

Location: Four Directions Family Center

2438 18th Avenue South, Minneapolis, MN 55406

Join The Family Partnership for an event featuring Kay Tellinghuisen, Vice President of Early Childhood Services and Diane Seurer, Supervisor of Four Directions Family Center. They will discuss The Family Partnership's Ojibwe Language Immersion classroom and the impact it has on Little Earth Community as well as the achievement gap for low income children of various racial and ethnic backgrounds. RSVP by August 13!

Community Research Institute

Clinical and Translational Science Institute

Thursdays from October 10 - November 14, 2013

12:30 - 3:30 p.m.

The Community Research Institute (CRI) is a 6 week workshop focused on enhancing the capacity of community organization leaders and staff in health-related research methodology. You will have the opportunity to develop skills in research methods and a better understanding of the resources at the University of Minnesota to assist them in designing and implementing health related research including evaluation. Applications are due August 8, 2013.

Teen Outreach Program: Training of Educators

TeenWise Minnesota

August 27 - August 29, 2013

Midtown YWCA

2121 East Lake Street, Minneapolis, MN

[TeenWise Minnesota](#) will be presenting The Wyman Teen Outreach Program (TOP) during a three day training. It is designed to prevent adolescent pregnancy and help young people be successful in school. TOP is a science based program for use with grades 6-12 and combines curriculum with service learning. Learn more and register at [TeenWise Minnesota](#).

Job Opportunities

Psychology Consultation Specialists: Mental Health Professional

Canvas Health: Therapeutic Assistance Program Therapist

University of Minnesota Medical School — Pediatrics: Research Study Co-coordinator for MyPath

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