

# building resiliency

# T O G E T H E R

**Strengthening victim-serving organizations and leadership by addressing secondary traumatic stress and building resilience.**

The Building Resilience Together Project represents organizations serving victims in the region courageously seeking innovative solutions to address the impact of trauma and secondary trauma, empathic strain, and burnout in their organizations and teams.

Organizations Serving Victims include law enforcement, crisis centers, medical professionals, social service providers, advocates, and mental health professionals.

## Membership Features

### RST – Resiliency.Support.Therapy.

- Trauma-informed specialized employee assistance program specifically for victim service providers in the region
- Addresses the impact of high-stress and trauma-exposed fields.
- Designated providers with expertise in trauma and secondary traumatic stress
- Areas of focus may include
  - Building resilience for working in trauma-exposed fields
  - Low-impact debriefing,
  - Secondary traumatic stress support
  - Evidence-based therapy for the impact of trauma & secondary trauma

### Organizational Resources

- Access to member webpage, skill videos, and resources on vicarious trauma and building resilience
- Monthly resource emails
- Onboarding resources
- Annual Project Report

### Training & Professional Development

- Live trainings on topics related to vicarious trauma and building resilience
- Quarterly membership connection for leaders

# Membership Value

## Why is this important?

- Exposure to trauma is part of everyday life for those working in organizations serving victims
- Organizations serving victims need to invest in the well-being of employees and have policies and procedures that guard against secondary trauma and build resiliency
- Organizations have a responsibility to staff to provide support and protection, like providing psychological PPE for employees that are at risk daily

## Why the Membership Subscription is Beneficial

- Easy to plan and budget for the yearly cost
- Simplified billing with one annual bill
- The trauma-informed specialized employee assistance program
- Promotes a trauma-informed and secondary trauma-informed organizational culture
- Access to innovative resources
- An investment that pays off over time and reduces the cost of burnout
  - Supports workplace wellness
  - Reduces occupational stress
  - Improves employee morale
  - Enhances team performance
  - Improves retention

# Membership Details

### Cost:

The annual membership fee is based on the number of employees of your specific department, team, or agency.

### Commitment:

Annual contracts are developed based on member needs and timelines.

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Learn more by visiting

<https://www.cacnd.org/for-professionals/building-resiliency/>

