

building resiliency TOGETHER

MEMBERSHIP NEWSLETTER

The Building Resiliency 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.



Organization Tool of the Month

"Investing In You" Organizational Resource

A big part of building a resiliency program is investing in your company's culture. This includes being transparent about your mission, vision, and goals and how your organization is dedicated to supporting staff resiliency. We've created a handbook that your agency can use to communicate that. We've included an editable version that allows you to customize your organization's commitment to resiliency, as well as, the benefits you may offer. We've also provided you with an example that the DCAC uses within their organization to help orientate new staff and give them basic tools and resources to stay resilient in this work. Visit [our website](#) or click the images below to download and utilize a free "Investing In You" handbook which you can give to all current and new staff.

Investing In You

*We value you and are committed to
investing in you as you invest your talents
in our organization and
the children and families of our region*



[Click Here](#) to view a completed handbook currently utilized by the Dakota Children's Advocacy Center.

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Resource Developed by CAC's of North Dakota, Building Resiliency Together Project
www.dccad.org/building-resiliency

[Click Here](#) to download this editable version that you may customize for your organization.

Did You Know?



88% of employees believe a strong company culture is key to business success.

2023 Globoforce Limited trading as Workhuman®.



Micro Skill of the Month

Compassion Satisfaction - Remember the Rewards for Your Work



Compassion satisfaction is the pleasure you derive from being able to do your job well. Many individuals enter job fields that allow them to help others because they have caring attitudes toward others' struggles and a strong desire to help others through their difficulties. Oftentimes, it's easier to focus on the difficulties of our work and the things that didn't go well; however, focusing on the negative can contribute to burnout. Remember, share, and cherish inspiring moments that remind you of why you chose your profession.

Tip! - As moments of compassion satisfaction occur keep a journal or make notes about them so you can look back and read through them on days you're experiencing compassion fatigue.

Download and Print this flyer to display at your organization and send out to your staff.

Micro Skill of the
Month

introducing
RESILIENCY. SUPPORT. THERAPY.

WHO An employee assistance program specifically for victim service providers in North Dakota working to address the impact of workplace aggression and trauma-exposed fields.	WHAT Individual sessions focused on building resilience for working in trauma-exposed fields, low impact listening, emotional trauma support, or evidence-based therapy for trauma/trauma.	WHERE RST has designated providers with specialty training and expertise in treatment of trauma and traumatic stressors. Select a RST provider and call to schedule your confidential session after the provider or via telehealth.
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Address the impact of working with high stress and exposure to trauma

rst designated providers

FREE TO MEMBERS!
For more information about the RST Program and membership, please visit: buildingresiliency.org

Sessions Available Now → Don't Delay
YOUR HEALTH & WELL-BEING IS A PRIORITY!

Resiliency. Support. Therapy (RST)

RST is an employee assistance program specifically for victim service providers (including law enforcement, medical professionals, social service providers, advocates, and mental health professionals) in North Dakota wanting to address the impact of working in high-stress and trauma-exposed fields.

Download and print a copy of the [RST flyer](#) and display it at your organization's office.

This resource is only available to Building Resiliency Together members.

[Visit the website here!](#)

For more information about Building Resiliency Together please visit the link below.

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