SECONDARY TRAUMATIC STRESS (STS)

STS is emotional strain or tension felt as a result of trauma exposure experience by another individual, group, or community.

Prevalence of Trauma in Schools
- Longitudinal study found, by age 16, over 68% of sampled children had experienced at least one traumatic stressor

Relevance to Schools
- Teachers often find themselves supporting the emotional needs of trauma exposed students
- When employees suffer from health-related illnesses, schools also pay high costs

Relevance to School Psychologists
- Implement social-emotional learning curriculum to address school-wide trauma
- Support staff:
  - Encourage autonomy, confidence, and positive staff relationships
- Support school psychologists:
  - Recognize consequences of STS

KNOW THE SIGNS:
- Detachment, irritability, numbness
- Sleep and concentration difficulties
- Loss of meaning, hope
- Difficulty managing emotions
- Flashbacks, unwanted memories
- Staff burnout and turnover
- Costs for schools & districts

STRATEGIES: INDIVIDUAL LEVEL
- Self care
  - Connect with family/friends
  - Mindfulness
  - Psychoeducation

STRATEGIES: SYSTEM LEVEL
1. Organizational culture
2. Focus on prevention
3. Notice STS early and address immediately
4. Evaluate efforts

RESOURCES
http://proqol.org/ProQol_Test.html
Futureswithoutviolence.org
Nctsn.org
Tendacademy.org
Compassionfatigue.org
http://vtt.ovc.ojp.gov/
http://proqol.org/ProQol_Test.html