



Secondary Traumatic Stress

Minimizing the effects of indirect trauma exposure through structured training, workplace policies, and proactive emotional support.

Balance

Caseloads to reduce overwhelming exposure to traumatic content.

Provide

Preventative psychoeducation and coping skills training.

Reinforce

Support through STS informed leadership and peer networks.

Monitor

Signs of STS through regular check-ins and supervision.

Prepare

Staff with trauma-informed training and strategies for stress resilience.