

LASALLE SCHOOL

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January 2016 eNewsletter

ACEs Symposium topic: ‘Who’s helping the helpers?’

On the agenda: Vicarious staff trauma, CDC perspectives, 2-generational approaches



“To promote an environment where traumatized youth can thrive, staff caregivers must first ‘put the oxygen mask on themselves’ before they can ‘save the youth,’” said Dina McManus, LaSalle’s Associate Clinical Director.



On April 12th, McManus and Camela Steinke, Ph.D, LaSalle’s Program Assessment and Effectiveness Research Specialist, will present at The

Third Annual Capital Region Symposium on Adverse Childhood Experiences (ACEs). They will discuss trauma informed care and how the vicarious nature of a youth’s first-hand trauma affects staff charged with caring for them in childcare settings.



In their presentation entitled *Who’s Helping the Helpers?*, McManus and Steinke will describe how LaSalle School is moving forward to incorporate trauma informed care in all aspects of the agency, share what has worked, what hasn’t, and ideas for moving forward. For sure, the material that McManus and Steinke will present will hit home with many in the audience. “In a trauma informed agency, we believe it is no longer a question of how can we afford to support staff,” said Dr. Steinke. “The more important question becomes how can we afford not to?” *Registration for the 2016 ACEs Symposium opens in February.*

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‘Waste not, want not’ Future City theme perfect for LaSalle team

For the tenth consecutive year, LaSalle School’s Future City Team designed and built a futuristic city to enter into the regional competition of the national Future City competition. Several board members and staff were on site at Proctor’s in Schenectady to cheer the LaSalle team and support them through their defense of their project to judges. The event - theme this year “Waste Not, Want Not” - is designed as a cross-curricular program that allows students in the 6th, 7th, and 8th grades do the things engineers do: Identify problems, brainstorm ideas, design solutions, test and retest, build and then share the results. LaSalle’s team took home honors for the Best Use of Recyclables in a City.”

Turn read more about the Future City competition, go to www.futurecity.org >>



Strategically framing messages to achieve change

3rd Change in Mind convening first of two directed by DC’s FrameWorks Institute



In January, the first of two Change in Mind (CIM) convenings directed by the FrameWorks Institute was held. Based in Washington, D.C., the FrameWorks Institute designs, conducts and publishes communications research to prepare nonprofits to expand their constituency base, build public will, and further public understanding of specific social issues. The Alliance’s Change in Mind planners secured FrameWorks to identify and explain the 12 frame elements used in constructing a frame that cues a specific response in social change, and provide several explanatory metaphors about brain development that can be used to make messaging more approachable and memorable when advocating for one type of change or another. The second CIM convening directed by FrameWorks will be held in April 2016.

To read the entire January 2016 Change in Mind digest, go to www.lasalle-school.org/news-and-knowledge/Change-in-Mind-digests >>

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“To promote an environment where traumatized youth can thrive, caregivers must first ‘put the oxygen mask on themselves’ before they can ‘save the youth,’” said Dina McManus, LaSalle’s Associate Clinical Director and therapist in the field of sexual abuse and trauma for nearly 20 years.

On April 12th, McManus and Camela Steinke, Ph.D, LaSalle’s Program Assessment and Effectiveness Research Specialist, will present at The Third Annual Capital Region Symposium on Adverse Childhood Experiences (ACEs) on trauma informed care and how the vicarious nature of a youth’s first-hand trauma affects staff charged with caring for them in childcare settings.

In their presentation entitled *Who’s Helping the Helpers?*, McManus and Steinke will focus on how LaSalle School is moving forward to incorporate trauma informed care in all aspects of the agency, share what has worked, what hasn’t, and ideas for moving forward. The presentation is expected to discuss workplace trauma, self-care, and methods to ensure that staff feel supported and safe day-to-day as well as risks associated with staff turnover, burnout, and compassion fatigue.

“At LaSalle, we try to provide support and training to prepare staff up front for what they will see in their work,” said Dr. Steinke. “But there is no way to train for all situations, especially when we consider the trauma history of workers and their potential triggers.” Staff read and hear about the horrific and traumatic events that happened to the youth they work with prior to meeting them, and this trauma is not limited to direct care or front line staff. All staff working with these youth, from cafeteria workers to custodial staff, from line workers to administrators, have the potential for traumatic experiences while at work. Whether they realize it or not, all of these things impact both their professional and personal lives on a regular basis.

“Staff are trained to understand how trauma affects how a youth behaves and are expected to address aggressive and acting out behavior through a trauma lens,” said McManus. “However, it is vital that we are cognizant of the impact of these behaviors and create an environment where staff feel comfortable expressing their feelings, concerns, and reactions.”

For sure, the material that McManus and Steinke will present will hit home with many in the audience. “In a trauma informed agency, we believe it is no longer a question of how can we afford to support staff,” said Dr. Steinke. “The more important question becomes how can we afford not to?”

Registration for the 2016 ACEs Symposium opens in February.

To learn more about the Symposium, go to www.lasalle-school.org >>