



Adverse  
Childhood  
Experiences  
**Be the Change**

# A TRAUMA INFORMED APPROACH TO SUPPORTING ADMINISTRATIVE STAFF

## BHSCT

*Carol Diffin*

*Mary O'Brien*

*Brenda McConaghy*

*Andrew Thompson*



# Vicarious Trauma

When compassion overwhelms the helper



17 February 2020









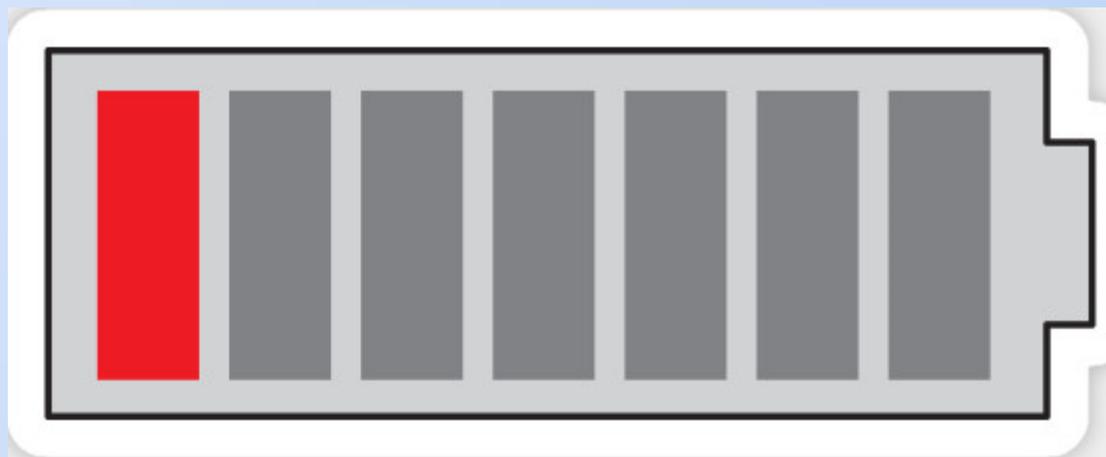






# EFFECTS OF STRESS ON THE BODY





**You wouldn't let this happen to your phone.  
Don't let it happen to you either  
Self care is a priority, not a luxury**

**I hear you.**

**I believe you.**

**I support you.**



**Compassion**

**Straight Ahead**

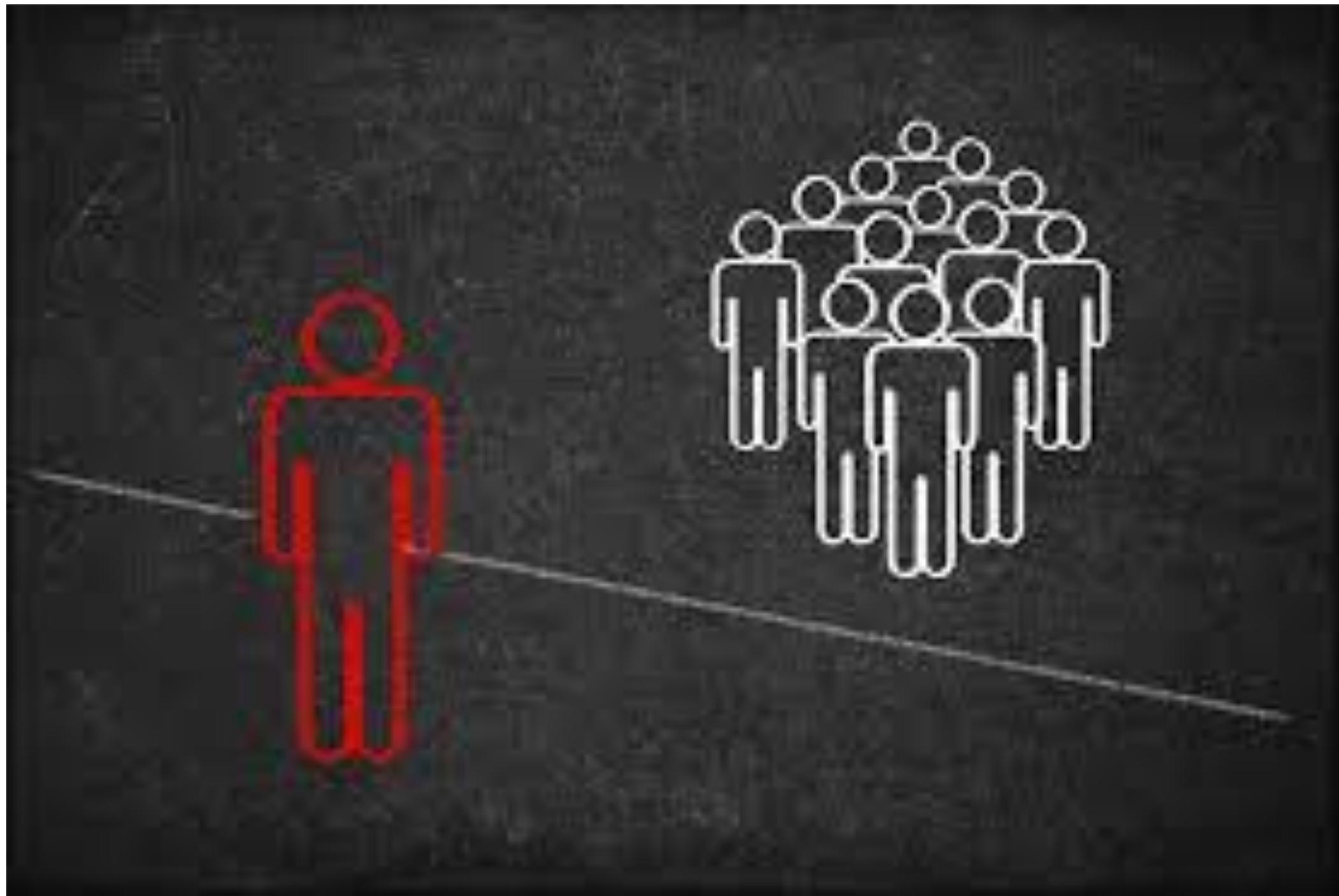




**Where to go  
when you  
need support**







SELF CARE IS GIVING THE  
WORLD THE BEST OF YOU  
INSTEAD OF WHAT'S LEFT  
OF YOU!

**i count**

*i'm not just a number*



Staffcare  
Careline 0800 731 3674



# Belfast Health and Social Care Trust



caring supporting improving together





# Next Steps

- The “Be the Change” leadership team and partners are committed to establishing more consistent and effective support for Trust employees across the organisation
- Presentation to Executive Team and Senior Leadership Team to discuss how we will do this.
- Provide feedback to the staff who attended the workshop.

