

Secondary Traumatic Stress (STS) Among Child Welfare and Mental Health Workforces

A study of **237 child welfare workers** and **281 mental health providers** in 2016 and 2018 in a Northeastern State looked at factors that lower symptoms of STS.

Factors Impacting STS

Time Pressure

Workers Experience:

- High workloads
- Insufficient time



As ratings of this go up, STS goes **up**



Transformative Leadership

These leaders:

- Prepare workforce for positive growth and change
- Offer a clear plan
- Support staff
- Get buy-in



As ratings of TL go up, time pressure and STS go **down**



Interprofessional Collaboration

This means:

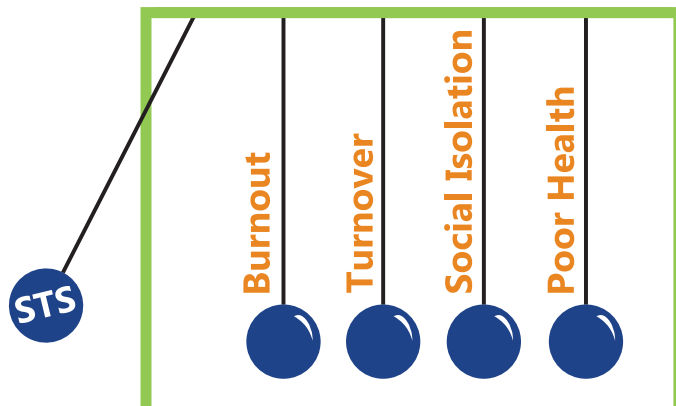
- Trust
- Clarity in roles
- Information sharing



As ratings of this go up, time pressure and STS go **down**



STS Leads to:



What Agencies Can Do



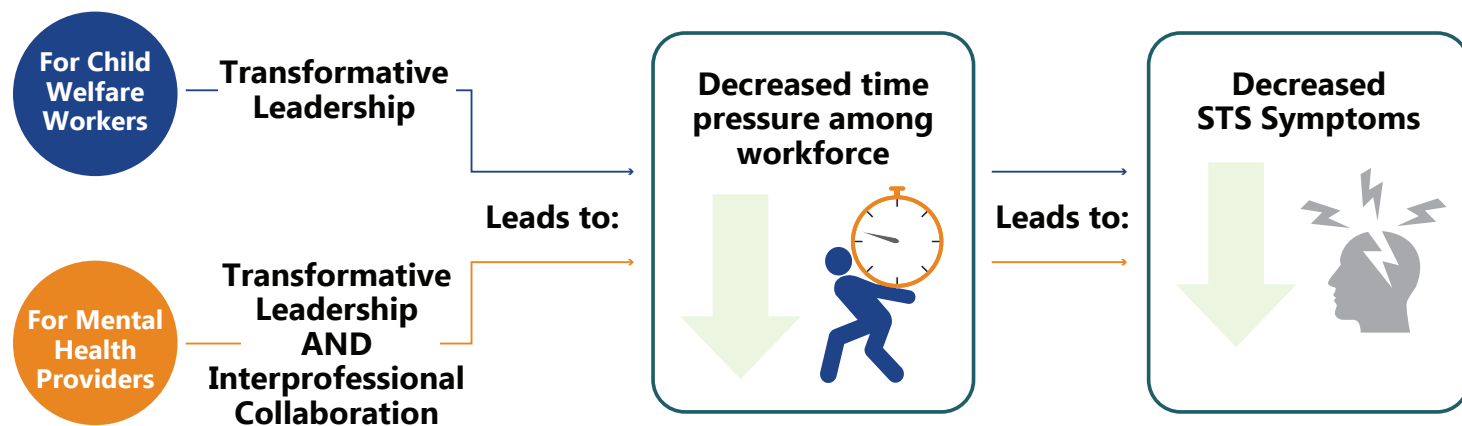
Build strong leadership

Move beyond self-care to provide training and organizational support

Encourage inter-professional collaboration

Help staff manage their time

Key Findings



Strolin-Goltzman, J., Breslend, N., Deaver, A.H., Wood, V., & Krompf, A. (2019) Moving beyond self-care: exploring the protective influence of interprofessional collaboration, leadership and competency on secondary traumatic stress.

For more information, contact Jessica Strolin-Goltzman at jstrolin@uvm.edu or Haley Woodside-Jiron at hjiron@uvm.edu

