**Resiliency for Disaster Response**

Disaster behavioral health response can be very rewarding, but it can also take its toll on you. You hear difficult stories daily and are frequently exposed to traumatic details from the families you are working with.

Using the most recent research in the field, this interactive, evidence-based and trauma-informed presentation will explore assumptions about compassion fatigue, secondary trauma and burnout and offer new creative approaches, resources and hands-on tools for maintaining healthy and resilient disaster response staff.

**Learning Objectives**

1. Define and discuss the impact of trauma, compassion fatigue, secondary trauma and burnout on personal and professional well-being.

2. Identify compassion fatigue, secondary trauma and burnout warning signs and symptoms.

3. Apply before, during and after trauma exposed intervention strategies at home and at work for mitigating the damaging impacts of trauma and associated stress responses for increasing health and resiliency.

4. Utilize grounding, mindfulness and debriefing skills for managing exposure to difficult images and stories.