



TOOLBOX

STRATEGY SESSIONS

CHCANYS, in partnership with the Institute on Trauma and Trauma-Informed Care (ITTIC), is excited to share our Toolbox Strategy Sessions. These brief, 15-minute pre-recorded sessions cover important topics and strategies to promote and support health center staff wellness.

STRATEGY SESSION: TOPICS & ACCESS LINKS

1. Navigating Worry & Fear

- [Recording](#) + [Slides](#)

2. Honoring Grief and Loss

- [Recording](#) + [Slides](#)

3. Coping with Isolation

- [Recording](#) + [Slides](#)

4. Transitions and Uncertainty

- [Recording](#) + [Slides](#)

5. Simple Ways to Manage Stress

- [Recording](#) + [Slides](#)

6. Burnout

- [Recording](#) + [Slides](#)

7. Creating Meaning Based on the Work

- [Recording](#) + [Slides](#)

8. Health Equity and TIC

- [Recording](#) + [Slides](#)

9. Secondary Traumatic Stress & Vicarious Trauma

- [Recording](#) + [Slides](#)

10. Managing the Unusual & Unbelievable

- [Recording](#) + [Slides](#)

#1-5 were recorded in May 2021

#6-10 were recorded in August 2022

PRESENTER

Whitney Marris, LMSW is a consultant and trainer with ITTIC. Whitney is based in the Washington, DC Metro Area, and also serves as the Director of Trauma-Informed Practice and System Transformation with the Campaign for Trauma-Informed Policy and Practice. Whitney is also a therapist with a broad range of experience working in various practice settings in support of people who have experienced trauma.

If you have questions, please e-mail questions@chcanys.org

To access additional TIC & Wellness Resources, please visit our website [HERE](#).