

CHAPTER 6.2: MENTAL HEALTH NEEDS, STRESS MANAGEMENT

INSTRUCTOR GUIDELINES

Key Concepts/Objectives to Emphasize in Instruction and Learning Activities:

1. Unique sources of stress in working with crime victims. (6.2-2)
2. Healthy and unhealthy mechanisms to cope with stress. (6.2-11 to 6.2-19)
3. Positive techniques to relieve stress. (6.2-11 to 6.2-19)

Objectives:

1. Identify sources of stress for professionals and volunteers who assist victims.
2. Describe healthy and unhealthy ways to cope with provider stress.
3. Identify the major underlying source of victim service provider burnout and/or vicarious trauma.

Description of Activity and Faculty Guidelines:

The site team prepares 8½" by 11" sheets of paper, with each sheet including one letter from the words "VICARIOUS TRAUMA." Cover each sheet with colored paper, and tape them to a wall. The goal of "Wheel of Burnout" is to identify the term "vicarious trauma" first.

The instructor divides students into the mentoring groups of ten. Utilizing the student worksheet, instruct each group to identify:

- Five sources of stress in their work.
- Five positive ways to cope with stress.
- Five negative ways to cope with stress.

Each group selects the student who came the farthest to NVAA to play "Wheel of Burnout." The group representatives sit in the chairs in the front of the room. Beginning with the student who "came the farthest to NVAA," the instructor asks the players to identify in a "round robin" manner: one source of stress; one positive way to cope with stress; and one negative way to cope with stress. For appropriate responses, each player gets to pick a letter; another "Vanna Instructor" will remove the colored paper to reveal that/those letter(s).

In the event that students quickly guess the words "vicarious trauma," the instructor should continue to process and discuss their responses.

Can Be Utilized As:

_____ Individual Activity **X** Small Group Activity **X** Large Group Activity

Anticipated Amount of Time Required: 30 Minutes

- 03 minutes for mentoring group division.
- 10 minutes to complete the student worksheets in small groups.
- 17 minutes to play “Wheel of Burnout” and process student responses.

RESOURCES NEEDED *(Please check all that apply:)*

- _____ Tear sheets and felt pens
- _____ VCR/monitor
- _____ Overhead projector and screen/LCD and laptop
- _____ Blank overhead transparencies and overhead pens
- _____ Masking tape
- _____ Index cards
- X** Individual or group worksheets
- X** Timer
- X** Other *(please describe):* “Wheel of Burnout” letters concealed on the wall

STUDENT WORKSHEET

“WHEEL OF BURNOUT”

FIVE SOURCES OF STRESS	FIVE POSITIVE WAYS TO COPE WITH STRESS	FIVE NEGATIVE WAYS TO COPE WITH STRESS
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.