



Promoting Educator Well-Being: Understanding and Combating Compassion Fatigue, Burnout, and Secondary Traumatic Stress

DETAILS & LOGISTICS:

February 26, 2020 • Kanawha County Schools

Time: 9:00 a.m. - 3:00 p.m.
(sign-in begins at 8:00 a.m.)

Location: Holiday Inn & Suites
400 2nd Avenue
South Charleston, WV

Cost: FREE*

**Snacks, meals, and travel reimbursement not provided.*

Register at wvde.us/kcs

Space is limited. Registration closes on February 14, 2020, or when the session reaches capacity.

Targeted audience includes counselors, psychologists, social workers, nurses, administrators, teachers, aides, and anyone who works in the school system.

Professional CEUs pending (4.0) for licensed professional counselors (LPCs), school psychologists, and nurses. Social work CEUs are not available.

SEMINAR DESCRIPTION:

Educators and school-based staff play important roles in supporting student mental health, often listening to students' fears and concerns, and helping them cope with stressful events. In addition, educators and staff are working long days and often report feeling overwhelmed by juggling many job responsibilities. The effect of this stress can take the form of compassion fatigue, burnout, or secondary traumatic stress which contribute to lower job satisfaction and educator turnover. This one-day training will explore the differences between and strategies to counter fatigue, burnout, and secondary traumatic stress. Participants will also learn strategies to enhance well-being and promote job satisfaction.

OBJECTIVES:

1. Participants will be able to describe contributors to and symptoms of compassion fatigue, burnout, and secondary traumatic stress.
2. Participants will gain an understanding of their own experiences with compassion fatigue, burnout, and secondary traumatic stress.
3. Participants will learn strategies to improve their well-being and to counter compassion fatigue, burnout, and secondary traumatic stress.

SPEAKER:

Kristin M. Scardamalia, Ph.D., LSSP

National Center for School Mental Health
University of Maryland School of
Medicine



Dr. Kristin Scardamalia's research builds on her extensive experience as a school psychologist working with high-needs youth and their families. In addition to providing services for traditional public school campuses, Dr. Scardamalia has worked as a school psychologist in juvenile justice settings including juvenile detention and post-adjudication residential treatment. Dr. Scardamalia has conducted research on factors influencing determinations of special education eligibility under the disability category of emotional disturbance. Her current research focuses on the intersection of the public education, juvenile justice, and mental health systems and their contribution to the disproportionate number of minorities impacted by the school to prison pipeline. Dr. Scardamalia's research addresses universal prevention and intervention through her work on the development of a modularized, classroom-based, social-emotional learning curriculum and through her research on district-wide strategies to reduce exclusionary discipline practices. In addition to conducting school-based research, she provides training, technical assistance, and consultation support to school districts and educational leaders at local, state, and national levels.

Education and Training:

- Post-Doctoral Fellow, National Center for School Mental Health, University of Maryland School of Medicine (2017-2019)
- Ph.D., Educational Psychology, University of Texas at Austin (2017)
- Pre-Doctoral Internship: Travis County Juvenile Services Psychology Internship Program, Austin, Texas (2016-2017)
- Post-Doctoral Fellow, National Center for School Mental Health, University of Maryland School of Medicine (2017-2019)
- Ph.D., Educational Psychology, University of Texas at Austin (2017)
- Pre-Doctoral Internship: Travis County Juvenile Services Psychology Internship Program, Austin, Texas (2016-2017)



For questions, contact Kelly Mordecki, Coordinator, School Mental Health, Office of Special Education and Student Support, at kmordecki@k12.wv.us