



A Group Curriculum Designed to Promote Resilience and Reduce Secondary Traumatic Stress (STS)

The Resilience Alliance curriculum is designed to educate child welfare leaders and workers about STS and train them in techniques to mitigate and cope with symptoms.

The Resilience Alliance Curriculum Involves:

- Attending one group per week for 12 weeks via Zoom
- Identifying work-related adversities common in child welfare practice
- Enhancing stress-protective attitudes by promoting optimism and self-efficacy
- Supporting the development of skills to manage work-related adversity
- Increasing collaboration between co-workers and across levels of the organization to address work-related adversities inherent in child

Outcomes:

- Improve knowledge and skills to address STS
- Reduce rates of STS among staff members



Did you know?

Research shows that up to 50% of child welfare professionals experience high or very high levels of STS (Conrad & Keller-Guenther, 2006). Research also indicates that quality supervision and organizational supports are significantly associated with decreased rates of STS (Baird & Kracen, 2003; Bride et al., 2007).

Resilience Alliance is an initiative of Kansas Strong for Children and Families, a federally-funded partnership that aims to support Kansas child welfare as a collaborative, data-driven system that achieves positive outcomes for children’s well-being, safety, and permanency. Collaborators include the Kansas Department for Children and Families, Kansas Supreme Court Task Force on Permanency Planning and Office of Judicial Administration, Cornerstones of Care, DCCCA, KVC Kansas, Saint Francis Ministries, TFI Family Services, and the University of Kansas School of Social Welfare. For more info, contact the Kansas Strong Project Manager, Sarah McCall, at saritam@ku.edu.

