

## Organizational Trauma Mitigation Plan

<b>Indicate Level</b> (Administration, Supervisory, Front line staff, All staff)	<b>Time Frame</b> (Quick Win, 3 months, 12 months)	<b>Objective</b> (What you want to achieve)	<b>Operationalization</b> (High level outline)	<b>Resources Needed</b> (include project leader)
Example: Reduce unnecessary trauma exposure	Quick win	Reduce exposure to traumatic material in the popular / electronic media	Use All Staff meeting to talk about how much unnecessary exposure comes through newsfeed apps, Twitter, local news (accidents, fires, violence, etc.). Invite people to reduce exposure, and expect to feel some withdrawal (short term increased anxiety at 'not knowing' stuff). Check in a future meeting / through group supervision, etc. (Close the loop, reinforce)	20' of meeting time. Some background informational material to hand out / show. A champion or person to communicate message.