

# The Advocate: Helping Ourselves Help Others

September 3, 2019

St. Albert Victim Services Newsletter

## St. Albert Victim Services



We provide support, assistance, information and referrals to victims of crime, violent acts and accidental or natural disasters within the City of St. Albert, Alberta in order to minimize the effect of their crisis and help return their lives to a desired degree of stability.



## Save The Date



### Advocate Meeting

September 12 @ 6:30 at the Detachment  
**Family Violence Across the LifeSpan  
Workshops** (see Feb. 25 newsletter by  
clicking on the link below)

September 4 and 5  
December 4 and 5

### Albert North East Region Professional Development

September 14, 2019 (Aug. 20 newsletter)  
**Cannibus 101**

September 18, 2019. 6-8 pm (page 5)

### Board Meeting

September 19, 2019 location tba

### Senior's Expo

October 2, 2019 (page 5)

### Empathy Theatre

October 5, 2019 (page 4)

All of the exciting past issues are located in the  
VSU office or click on the link below

<https://stalbertvictimservices.ca/category/news-events/>



## Compassion Fatigue Handout

### Definitions

Compassion fatigue - compassion fatigue is the natural emotional and physical response to discussing someone else's trauma. Thus, compassion fatigue can come from daily work, especially if it relates to trauma (Figley, 1995).

Burnout- a long-term stress reaction of helping professionals who work with people that is usually attributed to organizational work-related factors (Noushadd, 2008; Stamm, 2010).

Secondary traumatic stress - the physical and emotional stress of knowing about another's trauma (Figley, 1999). The signs of secondary traumatic stress are often considered to be somewhat similar to Post-Traumatic Stress Disorder with avoidance, arousal and intrusion symptoms (Figley, 1999).

Vicarious trauma - covert cognitive changes as a result of hearing about another's trauma (Dane & Chachkes, 2003).

Compassion satisfaction - the enjoyment that comes from being a helping professional and helping people. It is often defined as a positive aspect of helping, and like compassion fatigue, can be related to helping people in the system, positive relationships, work with colleagues and positive beliefs about the self.

Professional Quality of Life - the combined feelings of helping are known as professional quality of life, and are a balance of compassion fatigue and compassion satisfaction (ProQOL.org; Stamm, 2010). In general, the more compassion satisfaction a person has, the less compassion fatigue they have, and vice versa.

Self-Compassion - having compassion for yourself when you are having a difficult time, fail, or notice something you don't like about yourself in the same way you would have compassion for others (Neff, 2009).

Mindfulness - concentrated awareness of one's thoughts, actions or motivations (Think Mindfully, 2012).

### Website Resources

Self-Compassion exercises on Dr. Kristin Neff's website  
<http://www.self-compassion.org/self-compassion-exercises.html>

Self-Compassion meditation on Dr. Kristin Neff's website  
<http://www.self-compassion.org/guided-self-compassion-meditations-mp3.html>

List of other self-compassion website resources  
<http://www.self-compassion.org/links-to-other-websites.html>

UNR Counseling Center Virtual Relaxation room  
<http://www.unr.edu/counseling/virtual-relaxation-room>

Mindfulness Website  
<http://www.thinkmindfully.com>

Mindfulness Website - leaf on the stream exercise  
<http://thinkmindfully.com/try-it>

Provider Resilience Phone App  
<http://itunes.apple.com/ca/app/provider-resilience/id5599806962?mt=8>

### References

Dane, B. & Chachkes, E. (2001). The cost of caring for patients with an illness. *Social Work in Healthcare*, 33(2), 31-51.

Figley, C. R. (1995). Compassion fatigue as secondary traumatic stress disorder: An overview.

Figley, C. R. (1999). *Compassion fatigue: Toward a new understanding of the costs of caring*. In B. H. Stamm (Ed.), *Secondary traumatic stress: Self-care issues for clinicians, researchers, and educators* (2nd ed., pp. 3- 28). Lutherville, MD: Sidran.

National Center for Telehealth and Technology. (2014). *Provider resilience*. Retrieved from <http://itunes.apple.com/ca/app/provider-resilience/id5599806962?mt=8>

Noushadd, P. P. (2008). From teacher burnout to student burnout. Retrieved from [newtrier.k12.il.us](http://newtrier.k12.il.us)

ProQOL.org. (2014). Professional quality of life elements, theory and measurement. Retrieved from [http://www.proqol.org/Home\\_Page.php](http://www.proqol.org/Home_Page.php)

Stamm, B.H. (2010). *The Concise ProQOL Manual*, 2nd Ed. Pocatello, ID:ProQOL.org.

Think Mindfully. (2012). What is mindfulness? Retrieved from <http://www.unr.edu/counseling>

From: [www.unr.edu](http://www.unr.edu)

**September Birthdays...**

Meghan– September 16

Joanne S. – September 27



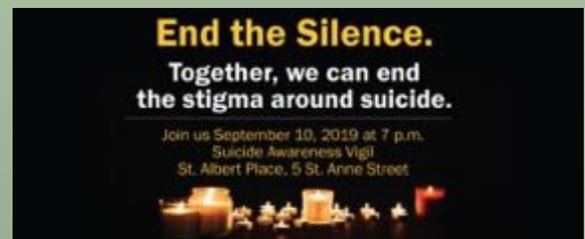
**Three Signs of Family Financial Abuse Seniors Should Be Aware of:**

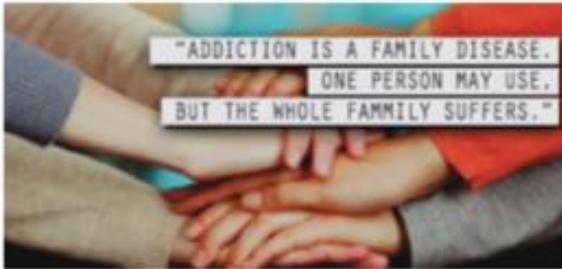
<https://www.cpacanada.ca/en/news/canada/2019-07-02-family-financial-abuse-seniors>

- 1) **Requesting Early Inheritance:** An adult child, grandchild, niece or nephew for example may feel they are entitled to the funds, since they will receive them eventually.
- 2) **Creating Co-Dependence:** The abuser commonly takes on the role as caregiver, whereby care is exchanged, and used as leverage, for financial help.
- 3) **Using Excuses and Tactics:** If it ever comes time to fess up, the abuser may claim their outlandish behavior was sparked by physical, mental and/or emotional exhaustion from caring for their older relative.



Grace's Birthday Celebrations...





**Introducing a new chapter of  
PARENTS EMPOWERING PARENTS  
(PEP) SOCIETY**

**Thursday, September 5th  
6:30-8:30 PM**

**St. Albert Food Bank and Community Centre  
#20, 50 Bellerose Drive, St. Albert, AB T8N 5C9**

Are you and your family concerned about a loved one's substance use and or addiction?

Drop in. No registration required.  
Parents and extended family welcome.  
Join us in a safe non-judgmental environment.  
Professionally facilitated.

**You're not alone.**

Come, be supported, receive education about substance abuse and how to cope, as well as learn from those who've been there.

**Supported by the Canadian Progress Club and the St. Albert Community Village**

<https://pepsociety.ca/>  
Support Line: 780.293.0737 (DPEP)  
Together we are stronger!

# What's Going On?



## SafeTALK

### SafeTALK is Suicide Alertness for Everyone

Whether directly or indirectly, most people with thoughts of suicide invite help to stay safe. safeTALK is a 3-4 hour training that prepares participants to recognize these invitations and connect a person with thoughts of suicide to intervention resources.

Powerful videos illustrate the importance of suicide alertness, while discussion and practice stimulate learning.

### Who should attend?

Anyone 15 or over who wants to help people be safer from suicide.

### Learning Outcomes

By the end of the training, participants will be better able to:

- Move beyond common tendencies to miss, dismiss, or avoid suicide.
- Recognize people who have thoughts of suicide, and
- Apply the TALK steps (Tell, Ask, Listen and Keep Safe) to connect a person with thoughts of suicide to a suicide first-aid intervention caregiver.

### FOR MORE INFORMATION

Email: [cod@stalbert.ca](mailto:cod@stalbert.ca)  
Phone: 780-459-1756

### Empathy Theatre Event

Elevate your empathy. Drop in to walk along the interactive path and learn about the experiences and challenges that many St. Albertans face.

**Saturday, October 5<sup>th</sup>, 2019  
Between 1:00 – 4:00 pm  
St. Albert Place Foyer (5 St. Anne Street)**



### Cannabis 101

With the recent legalization of recreational use of marijuana for those 18 years of age and older, it is important to have a clear understanding about the various factors regarding marijuana and its effect on adults and youth. This session will explore the ever-changing landscape of marijuana today and will provide participants with balanced information on cannabis and its effects, including the impact on the adolescent developing brain. Current research will be provided to explore the legal, physical, mental health, medical and social implications of use. This session is appreciated for adults. Parents, teachers, and community members are welcome.

ADD TO MY CALENDAR    YOUR BOARD

<b>Details</b> Date: September 19 Time: 8:00 pm - 9:00 pm Cost: Free	<b>Organizer</b> Alberta Health Services
<b>Venue</b> St. Albert and Surgeon Primary Care Network One 196 St. Albert Centre, 375 St. Albert Trail St. Albert, Alberta T8G 2K5 Canada + Google Map Phone: 780-415-2214 Website: www.alberta.ca	

#### Social Hub at Beaudry Place

Community Services has been exploring opportunities to create a social hub to assist in improving the delivery and management of preventative social services.

Locating FCSS services and Community Development services in the same building as the St. Albert Food Bank and St. Albert Community Village will be a significant step forward in the development of a social hub on an interim basis, improving accessibility and service to clients.

The Community Needs Assessment has indicated that a social hub, housing both the community development and counselling teams, would assist in providing more seamless access to services and programs, for both clients and stakeholders groups.

Services provided from The Collective, including the counselling program, youth development and community development will continue to be offered to the community, as part of a social hub model located at Beaudry Place.

#### Youth Support Services at Beaudry Place

Community Services provides [direct support to youth and young adults](#) through information and referral, initial assessment and consultation, and outsources links to community resources and advocacy. (Formerly provided from The Collective, now at Beaudry Place)

The [Family and School Liaison Program](#) is a family-centred resource providing support to individuals and families whose children may be experiencing difficulties, either at school or at home. The program also provides a liaison between families and schools.

**NEW!**  
**Counselling & Support Services Line**  
**780-418-6000**

## FALL 2019 SENIORS EXPO

**Wednesday, October 2**  
**11:00 am to 5:30 pm**

**Workshops**  
 Six workshops will be offered covering topics such as Seniors Housing, Health Advocacy, Social Isolation, Power of Attorney, Personal Directives and more!

**Cafe Open**  
 11:00 am to 2:00 pm for Lunch  
 2:00 pm to 4:00 pm for Light Refreshments & Snacks

**Free Parking, Draw Prizes and over 40 vendors!**

**Interested in being a vendor?**  
**Visit: [www.stalbertseniors.ca/expo](http://www.stalbertseniors.ca/expo)**