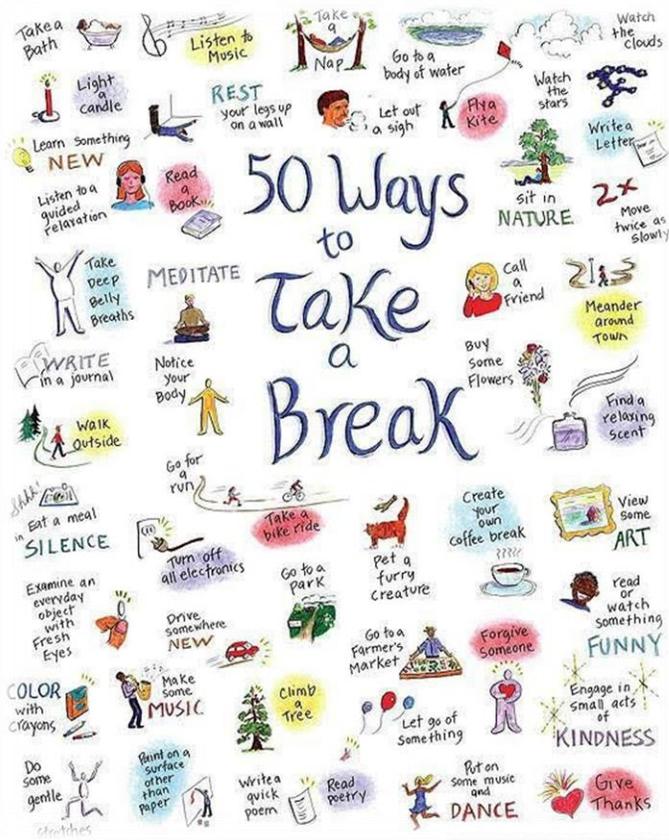




Some suggestions for supervisors are:

- 💡 discussing vicarious trauma as part of supervision;
- 💡 encouraging, protecting and recognizing the need for down time;
- 💡 remaining cognizant of colleagues possibly withdrawing or isolating;
- 💡 where possible, creating time and space at work for reflection through reading, writing, prayer, and meditation
- 💡 having the moral courage to suggest a coworker to seek therapeutic and professional assistance, when appropriate



“Sometimes we have to ensure we care for the caregiver,” McKie said. “I hope everyone takes a moment this week for an operational pause and reflects on the realities of vicarious trauma and the wellness theme of ‘together for mental health.’”

Photos illustrating a “together” theme may be sent to [pr@tchcincy.org](mailto:pr@tchcincy.org).



Associate Principal – Transition, at the Heidt Center of Excellence by The Children’s Home Caitlyn Lynch says every Sunday her family gets together for a family activity. This past weekend, they welcomed in the Halloween season by making “Monster Cookies.”

**TOGETHER**  
for Mental Health