



FOR IMMEDIATE RELEASE

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Self-Care Week for Local Victim Advocates

The week of March 26th marked Victim Assistance Program's annual self-care campaign for employees. Victim advocates walk with clients on their healing journey, and in doing so, open themselves up to potential distress. Victim Assistance Program places great emphasis on self-care for employees since studies show advocates who practice self-care are less likely to suffer from vicarious trauma, emotional distress, and compassion fatigue.

The week-long campaign, designed to enhance and celebrate on-going self-care, concentrated on different self-care concepts. Employees learned about the need for self-care when working with trauma survivors, and the impact that simple things like nutrition, finances, and organization can have on an individual's well-being.

As part of the week's activities, Victim Assistance Program hosted an all-day retreat for employees. The retreat, held at Courtyard by Marriott Downtown Akron and led by Heart to Heart Communications, focused on ways to practice mindfulness in both personal and professional settings. To end the week, nineteen direct service advocates each received one last surprise, certificates for two-hour spa packages generously donated by Gavin Scott Salon & Spa.

The mission of Victim Assistance Program is to empower our community to restore lives impacted by crisis, violence, and tragedy. Services include a 24-hour hotline and chat, crisis intervention, court advocacy, community outreach, and professional education. To learn more about Victim Assistance Program's services, and ways to get involved, visit victimassistanceprogram.org or call 330.376.0040.

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