



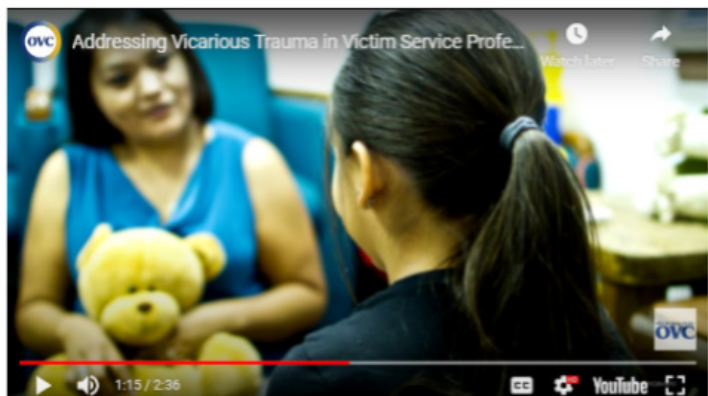
As we prepare for National Crime Victims' Rights Week (NCVRW), we think about the theme of "How would you help? Options, services, and hope for crime survivors." How are you providing support in your community? Maybe by offering direct victim services, referrals to community partners, hosting talking circles, or maybe with referrals to other options available in your area. Here at Tribal Victim Services Technical Training and Assistance (T-VSTTA), we help by supporting you. Heart work is heavy work, and we offer these resources, events, and thoughts to lift your work as you build on the hope in your communities.

With this in mind, this newsletter includes information about the Vicarious Trauma Toolkit from the Office for Victims of Crime (OVC), a resource that can guide you through every step of building mental health support for you and everyone who works on your program. We hope you find ways to make self-care part of your work and everyday life. For strengthening community connection to victims and survivors, see the resources on NCVRW, which focus on creating safe spaces for healing. And with Missing or Murdered Indigenous People (MMIP) Day approaching on May 5, we have also included a website focused on MMIP resources.

The resources offered in this newsletter are shared not just to provide information, they also serve as an invitation. Please call or email and someone from our team will work with you to adapt them to your own victim services program.

-Marlene Mack
TA lead
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Supporting Your Team to Support Your Work



Victim service providers sometimes take on the trauma of the victims and survivors they serve. Whether an experience reminds us of traumatic events in our own past or stirs a deep-seated feeling of connection and compassion, it is hard not to have emotional responses to this work. Daily exposure to trauma can take its toll on well-being.

This experience goes by different names and levels of intensity, from compassion fatigue to burnout to vicarious trauma. Increasingly, organizations are recognizing that they can improve overall staff health by providing access to wellness activities that focus on both physical and emotional care.

While it is important to recognize and understand workplace risks like compassion fatigue, it is also important to honor compassion satisfaction—the joy that comes from knowing the work you do is meaningful in your communities.

The OVC Vicarious Trauma Toolkit provides a wealth of information to help you understand vicarious trauma and create a workplace that supports mental health.

- [Overview of Vicarious Trauma \(2-Minute Video\)](#)
- [Vicarious Trauma Tools for Victim Services Providers](#)
- [Peer Support Guidelines](#)

NCVRW: A Week to Honor Victims

Next week we honor progress in the victims' rights movement, while bringing awareness to the larger community of the barriers still faced. This year's theme, "How would you help?" is a call-to-action for everyone to think about creating safe spaces for victims and survivors of crime. The NCVRW Resource Guide contains tools and materials to share with your community so they, too, can be a part of building those safe spaces. These tools include things like a guide for working with the media, how to plan outreach, artwork, and resources.

In addition to these tools, there are community events happening around the country; review the list below to find one near you.

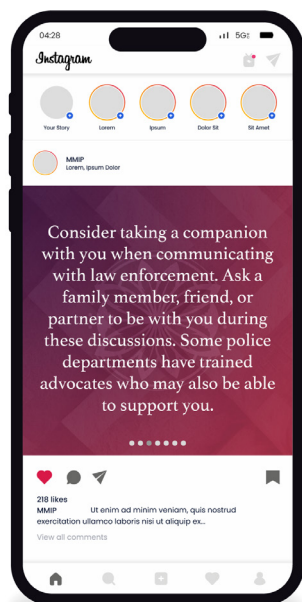
- [NCVRW Website](#)
- [NCVRW Resource Guide](#)
- [List of Events](#)

Engaging Your Communities to Respond to MMIP

Grassroots work has already brought national attention to communities facing the crisis of MMIP. The resources on the new T-VSTTA MMIP website topic page provide your community with more tools to build partnerships with important allies as we approach MMIP national awareness day on May 5. With pre-made images designed for social media, share tips about how to respond when a loved one is missing to help build resilience in your community.

The page includes educational videos about bringing loved ones home, federal funding opportunities, and toolkits for families. We hope that this resource can amplify the work already happening within your communities.

Visit [the website](#) for these resources.



April 21-27	MAY 05	MAY 16
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NCVRW

An awareness event with the goal of removing barriers and finding justice for all victims and survivors of crime.

[Resource Guide](#)

MMIP Day

A national acknowledgement of the disproportionately high rates of violence experienced by American Indian and Alaska Native people.

[T-VSTTA MMIP Website](#)

MMIP Talking Circle

A moderated panel discussion with live audience questions.

[Registration Link](#)

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We are very grateful for the opportunity to work with our members, directing them towards Health and Wellness, not just for themselves, but for their families.

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- Orutsarmiut Traditional Council (ONC)