

# SOR/SOR2 GPRA DATA COLLECTION INTERVIEWER SELF CARE STRATEGIES

*SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)  
STATE OPIOID RESPONSE (SOR) NO COST EXTENSION  
STATE OPIOID RESPONSE 2  
STATE OF MICHIGAN*

Source: A Guide to GPRA Data Collection Using Trauma-  
Informed Interviewing Skills, pp 33-34.



Wayne State University  
School of Social Work  
Substance Use Research Team



## WHY SELF-CARE?

Working with people who have experienced trauma, listening to their life stories, and assisting them set and achieve goals can be tremendously rewarding. It can also take a toll on interviewers and their own well-being.

## SECONDARY TRAUMA STRESS

- Also known as compassion fatigue or various traumatization
- The result of working with people who have experienced trauma, listening to life stories, assisting in setting goals to heal trauma
- Repeated exposure to others' traumas trigger trauma responses in interviewers who have experienced their own traumatic experiences.
- Interviewers who are triggered by trauma responses could struggle to provide services to clients

## SELF-CARE

Self-care is an essential component of working in a trauma-informed way. This includes paying attention to your own physical, emotional, and spiritual needs. Taking care of yourself is part of doing your job well. When you are out of balance, not only do you suffer, but also you may unintentionally cause further harm to those you are trying to help.

## STRATEGIES OF GPRA INTERVIEWER SELF-CARE

- Peer Support
- Supervision and Consultation
- Training
- Personal Psychotherapy or Counseling
- Maintaining Balance in One's Life
- Engaging In Spiritual Activities that Provide Meaning and Perspective

## PEER SUPPORT

Maintaining adequate social support, both personally and professionally, helps prevent isolation and helps staff members share the emotional distress of working with traumatized individuals.

## SUPERVISION AND CONSULTATION

Professional consultation will help staff conducting interviews to understand secondary traumatization, their risks, and protective factors that can help them prevent or lessen its impact.

## TRAINING

Ongoing professional training can improve staff members' understanding of trauma and enhance a sense of mastery and self-efficacy in their work.



## PERSONAL PSYCHOTHERAPY OR COUNSELING

Engaging in personal therapy can help interviewers become more self-aware and assist them in managing the psychological and emotional distress that often accompanies working with people who have trauma histories.

## MAINTAINING BALANCE IN ONE'S LIFE

Balancing work and personal life, developing positive coping styles, and maintaining a healthy lifestyle can enhance resilience and the ability to manage stress.

ENGAGING IN SPIRITUAL ACTIVITIES THAT  
PROVIDE MEANING AND PERSPECTIVE

Connection to a spiritual community and spiritual practices, such as meditation or prayer, can help counselors gain a larger perspective of trauma and enhance resilience.