

**LACDMH SERVICE AREA 2 PARTICIPATES IN
VICARIOUS TRAUMA CONFERENCE
By Karen Zarsadiaz-Ige, Public Information Officer**



On Thursday, February 6, 2014, the Joyful Heart Foundation hosted *A Day of Wellness* for 140 clinicians at Descanso Gardens in La Cañada Flintridge. The conference was provided at no cost to the Los Angeles County Department of Mental Health's (LACDMH) Service Area 2 children's programs and providers. It addressed the effects of trauma on the workforce.



Service Area 2 was planning the event for almost a year and hosted it for the first time, inviting clinicians from LACDMH, the Department of Children and Family Services

(DCFS) and contract providers. “We are doing this to thank our clinicians for the wonderful job and work that they do,” said LACDMH District Chief for Service Area 2, Eva Carrera, L.C.S.W. “We are holding this as a way to help them to care for themselves.” Since clinicians are exposed to and hear some horrible stories, Carrera wanted to make sure clinicians don’t burn out and receive proper self-care.



The all-day conference included an education overview of and conversation about vicarious trauma, compassion fatigue and burnout, and focused on mindfulness and self-care. The Joyful Heart Foundation’s Vice President of Clinical Program, Sherisa Dahlgren, and Wellness Practitioner, Hala Khouri, led the day’s activities. LACDMH Service Area 2 hopes to continue the conferences in the future and invite other clinicians from various programs to attend them.