The potential professional and personal toll on individuals is substantial as providing emergent care threatens the emotional well-being of the workforce. This multi-phase workshop provides the knowledge and tools necessary to establish Peer Support teams using Second Victim concepts to address the increasing needs of all team members.
Today's workforce is facing many challenges, including the demands encountered during a challenging clinical event. Individuals often have strong emotional defenses that carry them through and let them “get the job done” often without addressing the emotional aftershock or stress reaction that can impact them for months.

**SECOND VICTIM FAST FACTS**
- Second victims are individuals working within an environment to offer/provide care and who are traumatized by an event.
- Each second victim (even those involved in the same event) will have unique experiences and needs.
- Regardless of job title, six stages of second victim recovery follow a traumatic event; understanding them allows peer supporters to help.
- Knowing which events carry the greatest risk of inducing a second victim response can improve support efforts.
- Trained peer support colleagues can identify common signs of stress such as isolation and predictable patterns of worry.

**PROGRAM OBJECTIVES**
- Understand how a peer support program supports workforce well-being after a variety of challenging clinical exposures.
- Customize and define a plan to deploy and sustain a peer support network within your organization.

**SESSION 1 OBJECTIVES**
1. Understand basic concepts of the Second Victim experience
2. Identify the Recovery Stages after a traumatic event or during challenging times
3. Understand potential career outcomes: Drop Out, Survive, Thrive
4. Begin conversations to implement a peer support network at your organization

**SESSION 2 OBJECTIVES**
1. Understand the three-tiered support model
2. Identify barriers to providers seeking help
3. Increase personal ability to have a critical conversation
4. Understand key components of a supportive conversation

**SESSION 3 OBJECTIVES**
1. Describe the steps to develop a peer support program
2. Explain how LifeGuard can be integrated into your Patient Safety Plan
3. Describe implementation ideas for your organization