HANDOUT 19.5 PUTTING IT ALL TOGETHER ACTIVITY

Case Study 1:

Amelia started working at your organization three years ago. A few months back, the organization lost its main funder and had to lay off half the staff. As the most senior caseworker in your office, Amelia’s caseload doubled. Last week, you had a problem with a referral you provided to a client. When you went to ask Amelia for help, she snapped at you saying you should know what to do and that she does not have the time to figure it out. You and Amelia used to run together every Saturday, but lately she has been canceling. Your other colleagues also note that Amelia has been declining their invitations recently, and that they are unhappy at work because Amelia has been so difficult to work with. This morning, one of Amelia’s clients asked to meet with you in your office. The client was very upset and said that Amelia missed an important appointment the client had yesterday. You are surprised to hear this since Amelia has never missed an important client meeting before. When you approach Amelia about the incident, she becomes very defensive. You suggest that it might be helpful for Amelia to take a couple days off because of how stressful things have been, but Amelia responds angrily saying she can’t take any time off and that you should not be making suggestions like that to a supervisor. You are concerned about Amelia and about the impact it seems to be having on colleagues and clients.

Case Study 2:

Cloe is a fellow caseworker working in a small town where your organization provides the only services to survivors of GBV. There has been conflict in the area for years, and many women are survivors of GBV by the armed groups. Cloe has worked for the past two years with one survivor named Leeda. Cloe was the first person the Leeda disclosed her rape to when she came in seeking services after her friends noticed she seemed very depressed. Cloe is very proud of the work Leeda has done over past two years, and the two have grown very close. Leeda became an advocate in the local community and frequently works with Cloe doing outreach in the village. Cloe came into work a couple of months ago extremely distraught and tells you that she found out Leeda was killed in a recent attack on her village. Cloe feels extremely guilty because Leeda may have not still been in the village if Cloe had not had Leeda working with her. You try to reassure Cloe that Leeda’s death is not her fault, but she dismisses you. Since then, you see Cloe appears to keep losing weight; in fact, you haven’t seen her eat anything at work in weeks. One day while Cloe is speaking with another survivor, you hear her start crying. When you ask Cloe about what was happening, Cloe tells you that the survivor’s story reminded her of Leeda and she became upset. Cloe says she just doesn’t understand why something like this would happen to Leeda who had already endured so much; there is no justice in the world. Cloe’s roommate says they used to eat together every evening, but now Cloe spends all her time alone in her room. You speak with some colleagues who indicate they are also worried about Cloe, and you are unsure how to help.

1. Type(s) of stress:
2. Source(s) of stress:
3. Sign(s) of stress:
4. Risk/Protective factors:
5. Self-care recommendations: