

OCYF Trauma Team



Highlights from the OCYF Trauma Toolbox

The OCYF Trauma Team is excited to highlight some of the information available in the Trauma Toolbox, released by our team in June 2025. The first topic we will highlight is **Trauma-informed supervision**. As we understand more fully the impact of secondary traumatic stress (STS), quality supervision becomes crucial for supporting staff at risk of STS. The STS Supervisory Competencies, created by the [National Child Traumatic Stress Network](#) (NCTSN), can serve as a benchmark for effective STS supervision and guide organizations to address gaps in those competencies. [Click to explore the full document: *Using the Secondary Traumatic Stress Core Competencies in Trauma-Informed Supervision PDF*](#)



Secondary Traumatic Stress Core Competencies for Supervisors

- ☼ Knowledge of the signs, symptoms, and risk factors of STS and its impact on employees.
- ☼ Know agency support options and how to refer employees for help.
- ☼ Knowledge and capacity to self-assess, monitor, and address the supervisor's own STS.
- ☼ Encourage safe sharing of trauma-related feelings.
- ☼ Skills to assist the employee in emotional re-regulation after difficult encounters.
- ☼ Knowledge of basic Psychological First Aid (PFA) or other supportive approaches to assist staff after an emergency or crisis event.
- ☼ Ability to both model and coach supervisees in using a trauma lens.
- ☼ Knowledge of resiliency factors and the ability to structure resilience-building into individual and group supervisory activities.
- ☼ Recognize normal changes vs. distortions from trauma exposure.
- ☼ Use appropriate self-disclosure to help supervisees understand trauma's impact.



The OCYF Trauma Informed Care Webpage offers tools and access to previously released Trauma Tip Sheets and Newsletters as well as the Trauma Toolbox at [OCYF Trauma-Informed Care \(TIC\) | Department of Human Services | Commonwealth of Pennsylvania](#)