



## Madison State Hospital

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### MSH MISSION:

Mending the Mind  
Supporting the Spirit  
Healing with Hope

### VISION:

Safely deliver  
meaningful, quality,  
and compassionate,  
psychiatric care  
to our patients  
and their families.



Madison State Hospital

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# MSH Bulletin

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## Trauma-informed leadership

**Trauma is the experience,  
not the event.**

"Trauma-informed leadership begins with awareness of what trauma is and how it impacts us."

Notice that it's the *experience* of the event, not the event itself. You and a colleague may have experienced the same childhood events, but it might have been traumatic for one of you though not the other.

*"Trauma is the experience of an event that overwhelms the nervous system and overpowers our defense systems."*

**Think twice before saying some version of  
"Well, I had that happen to me, and it was just fine..."**

What qualifies as trauma?

A helpful way to think about it is that there is "uppercase T" and "lowercase t" trauma. In this series, we mostly refer to the Trauma that can result from abuse, community violence, etc. However, the trauma following events including bullying, long-term stress, and the loss of a significant relationship is not less valid. These traumatic events can have lasting and important effects on us, even if they seem less dramatic.



# A Reminder from IT

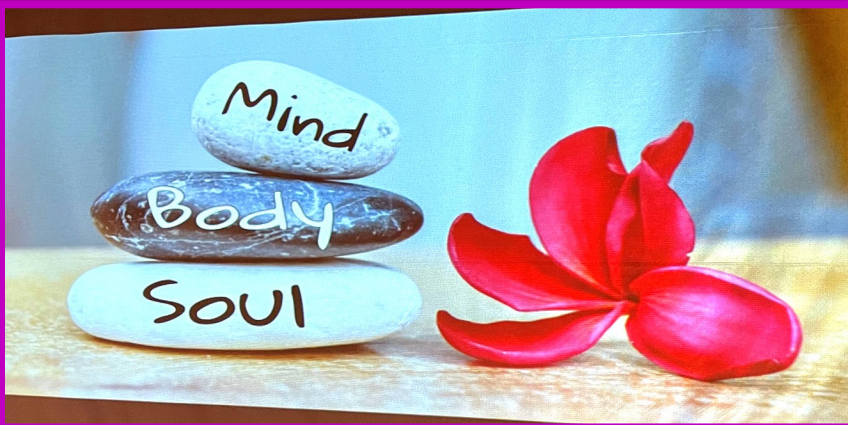
There has been a number of reports of Phishing and Spam e-mail lately.

Please be mindful not to click on links or open attachments unless you know they are from a trusted source. If you have any questions or concerns about anything you receive, please contact the Help Desk at 7245.



Thank you to Dr. Moseng, Psychologist; Howie Cutshall, Chaplain; and Dirk Turner, DON for their part in an *"In Memory Of..."* service held in the auditorium last Friday at 10:30am. The speakers discussed how grief can affect our Mind, Body, and Soul. This service was for patients and staff who wanted to honor a loved one who had passed in recent years. It was well attended with wonderful participation.

Thank you also to Greg Harris and Evan Gray in IT for sound, images, and video.





# Resource Compendium for Healthcare Worker Well-Being



If you are a health care worker or leading a health care organization, we have well-being resources for you.

The National Academy of Medicine Action Collaborative on Clinician Well-Being and Resilience, offers this collection of resources that highlight strategies and tools that health care leaders and workers can use across practice settings to take action toward decreasing burnout and improving clinician well-being.

Resources are organized into six essential elements, based on *Organizational Evidence-Based and Promising Best Practices for Clinician Well-Being*. Use the link below.

[Compendium of Key Resources for Improving Clinician Well-Being – National Academy of Medicine \(nam.edu\)](https://nam.edu)



Thank you to our wonderful mothers!

Happy Mother's Day  
Sunday, May 8th, 2022

## Resources for Health Care Worker Well-Being: 6 Essential Elements

