



# SAFEGUARD Yourself to Take Care of Others

Support for those working to protect  
sexually exploited children

National Center for Missing and Exploited  
Children/Duane Bowers

# NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

SAFEGUARD YOURSELF TO TAKE CARE OF OTHERS!

Support for those working to protect sexually exploited children



## EXPOSURE TO CHILD SEXUAL ABUSE IMAGERY

---

ESP T&S  
Staff

NCMEC  
Staff

Law  
Enforcement

Forensic  
Interviewers

Medical  
Professionals

Attorneys

Mental Health  
Professionals



**HOW DOES THE WORK  
AFFECT YOU?**

BURNOUT

COMPASSION FATIGUE

VICARIOUS/SECONDARY  
TRAUMA RESPONSES

**COMPASSION SATISFACTION**



# WHY?

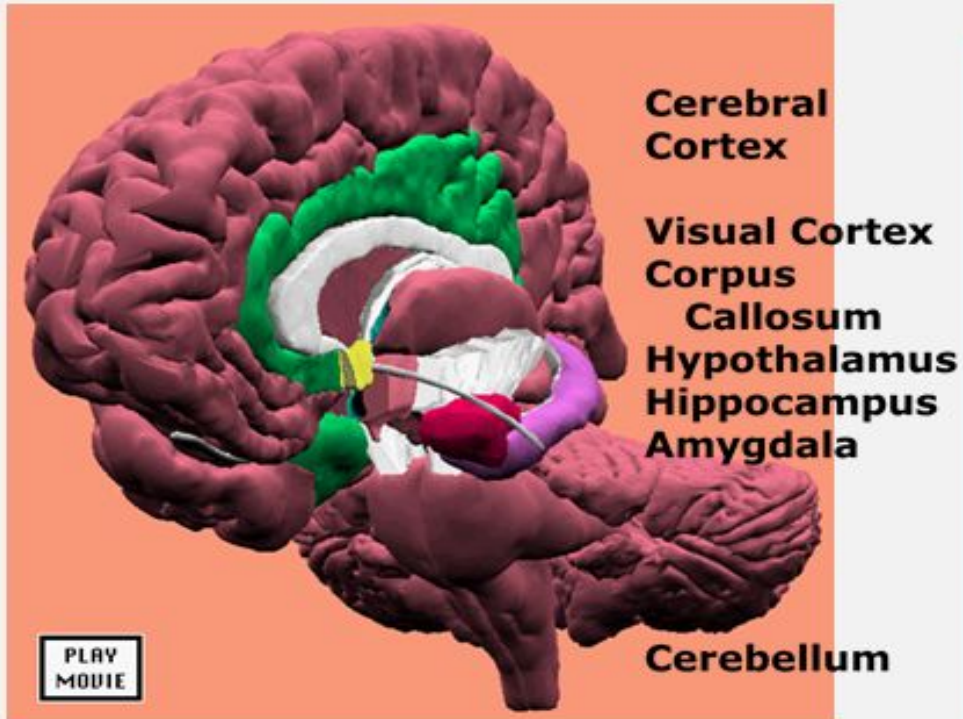
You listen to the accounts of victims' experiences.

Your brain's mirror neurons fire.

Three levels of empathy;  
Intellectual, Emotional,  
Compassionate



# TRAUMATIC RESPONSES



**CONCENTRATION**  
**MEMORY**  
**LEARNING**  
**REPETITIVE THINKING**  
**ANGER**  
**NEGATIVITY**  
**HYPERVIGILANCE**  
**SLEEP**  
**IMMUNE SYSTEM**  
**DISSOCIATION**  
**DETACHMENT**  
**DEPRESSION**

## HIGH RISK SYMPTOMS (REQUIRE IMMEDIATE INTERVENTION)

---

DREAMS / NIGHTMARES

»RE-OCCURRING DREAMS/NIGHTMARES INCREASE THE LEVEL OF RISK



PERSISTENT IMAGES



IMAGES INTERRUPT CONCENTRATED THOUGHT



AFFECTS INTIMACY





RESILIENCY (Wellness)  
OR  
STRESS MANAGEMENT (Self-care)

**WHAT'S THE DIFFERENCE?**





STRESS MANAGEMENT (Self-Care) is about what you do

*while*

RESILIENCY (Wellness) is about  
who you are



## DE-STRESS IDEAS

---

Go for a 10 minute walk

Breathe Deeply

Visualize

Eat A Snack (Mindfully!)

Buy Yourself A Plant

Step Away From The Screen

Pucker Up

Hang Up, Then Turn Off Your Phone

Put On Some Music

Progressive muscle relaxation

See your BFF





## BUILDING RESILIENCE (Wellness)

---

- **Big four:** exercise, relaxation, nutrition and rest
- Realistic expectations and goals
- Prioritize
- Live in the present
- De-clutter mind and environment
- Express gratitude
- Be silent
- Optimistic future
- Volunteer
- Free activities
- Try something new
- Supportive people
- Make time for you
- Share responsibilities
- Meditate



# SIMPLE MINDFULNESS EXERCISES

---

FOCUS ON YOUR BODY

FOCUS ON YOUR ENVIRONMENT

FOCUS ON A THING



# SIX DIMENSIONS OF HEALTH

---

1. Physical Health

2. Environmental  
Health

3. Mental Health

4. Emotional Health

5. Spiritual Health

6. Social Health

**Rate on scale of 1 – 10**

How do you improve each score by 1 point?



## NCMEC'S SAFEGUARD PROGRAM

---







# SAFEGUARD PROGRAM

---

## **Early Approach:**

Intensive psychological intervention

Weekly sessions

Monthly psycho-educational trainings

Groups, groups, groups



# 2010 PROGRAM EVALUATION

---

Internal evaluation

Self-reporting tool

Outside consultant driven analysis

Recommendations for program growth



## A SHIFT OCCURRED

---

**Psychological / Deficit Model**



**Strengths-based Approach**



# WHY SAFEGUARD?

---

## ✓ DSM-V Criteria for PTSD

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5<sup>th</sup> ed.). Arlington, VA: American Psychiatric Publishing.

## ✓ Employee Retention and Resiliency

## ✓ Because We Care



# DSM-V: POST TRAUMATIC STRESS DISORDER \*

## A. EXPOSURE

---

Directly experiencing the traumatic event

Witnessing the event as it occurred to others

Learning that the traumatic event occurred to a close family member or close friend

Experiencing repeated or extreme exposure to aversive details of the traumatic event(s) (does not apply to exposure through electronic media unless the exposure is work related)

\* American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). Arlington, VA: American Psychiatric Publishing.



## LEVELS OF SUPPORT

---

Staff Title	Safeguard Requirement
New Analysts	6-month mandatory bi-monthly sessions
Certified and Veteran Analysts	Bi-annual session
Management	Bi-annual session
Off-site Staff	Bi-annual face-to-face session
Additional Considerations	Safeguard Innovative Practices
Quarterly Training – all tiers	Highly Encouraged
Supervisor Support	Quarterly
Spouse-Partner Safeguard Orientation	Bi-annual





# SAFEGUARD WELLNESS SESSION

---

45 MINUTES IN LENGTH, TWICE PER YEAR (more if requested)

CONFIDENTIALITY

CHECK-IN

» STRESSORS

- GENERAL
- SPECIFIC TO JOB

» SUPPORTS

- FAMILY/FRIENDS/SOCIAL
- EXERCISE/HOBBIES/ACTIVITIES
- SENSE OF FUTURE
- CREATIVITY
- SPIRITUALITY/CONNECTION/FULFILLMENT

» COPING and RESILIENCE



## QUICK TIPS FOR VIEWING CONTENT

---

**NEVER VIEW AND  
LISTEN**

**SPOT VIEW FIRST**

***CHANGE COLOR***

***CHANGE DIRECTION***

***REDUCE***

***PROJECT ENDING***



# SUPPORTIVE RESILIENCY PROGRAMS

---

ORGANIZATIONAL SUPPORT

PREVENTION PLANNING

PROACTIVE SUPPORT

EASE OF ACCESS

AVAILABILITY OF SELF-CARE TOOLS

ORGANIZATIONAL UNDERSTANDING



## QUESTIONS?

---





NATIONAL CENTER FOR  
**MISSING &  
EXPLOITED**  
CHILDREN®

**DUANE BOWERS, LPC**

SAFEGUARD CONTRACTOR  
FAMILY ADVOCACY DIVISION  
[DBowers@NCMEC.ORG](mailto:DBowers@NCMEC.ORG)

For more resources please visit  
[MissingKids.org](http://MissingKids.org)



#MissingKids

For complete copyright and grant information, visit [MissingKids.org/Legal](http://MissingKids.org/Legal)

Copyright © 2018 National Center for Missing & Exploited Children. All rights reserved.

# Thank You