**Center For Family Services’**

**Resiliency Care Team**

**COVID-19 Support Services**

**Center For Family Services’ Resiliency Care Team** is made up of volunteer staff who are members of the Traumatic Loss Coalition’s Lead Trauma Response Team and/or NJ’s Disaster Response Crisis Counselors. The team has been trained in the best practices to support individuals and communities in the wake of a traumatic event or disaster. The function of the team is to provide comprehensive multi-component interventions following a critical incident within Center For Family Services as well as the community, agencies, or businesses. Types of incidents could include death of staff or clients, violence, or natural disasters. The team is guided under the direction of Center For Family Services’ Associate Vice President of Trauma and Violence Prevention.

The primary goal of the team is to act as a support system to Center For Family Services’ Programs as well as the community in the aftermath of a traumatic event. The interventions and services include:

1. Trauma Response Consultation
2. Individual and Group Psychological First Aid
3. CFS Employee Resiliency Support Groups

**COVID-19 Support Services**

**Employee Resiliency Support Groups**

* **Purpose of the Group:** The group is designed to provide staff with a safe environment to explore ways to effectively cope and manage stress during the current times of the COVID-19 Response.
* **Group Schedule** (Days and Times subject to change based on need. Additional groups may be added based on requests and volunteer availability)**:**
  + **Mondays:**
    - 9:30 – 11:00am
    - 6:00 - 7:30pm
  + **Wednesdays:** 
    - 10:00 - 11:30am
    - 3:30 – 5:00pm
  + **Fridays:** 
    - 1:00 – 2:30pm
* **Scheduling a Group:** Supervisors looking to schedule a group(s) for their programs or departments can contact Barbara Maronski at [bmaronski@centerffs.org](mailto:bmaronski@centerffs.org) or 609-230-8933.
* **Implementing the Group through Program/Department Video Conferencing Platform**
  + Once a day and time has been arranged the Program/Department Supervisor will:
    - Determine the teleservice platform to be used (BlueJeans, Zoom, Google Meet, etc.).
    - Send link to assigned Resiliency Care Team Responders

**Trauma Response**

* **Services Provided**
  + Consultation and Assistance in Coordination of a Trauma Response in the event of a death of a staff member or client.
  + Individual and Group Psychological First Aid – Providing staff and/or clients with support to reduce the initial distress caused by a traumatic loss and foster short and long-term coping.
* **For further information or to schedule support,** contact Barbara Maronski at 609-230-8933.