

Working in the field of child welfare can be emotionally challenging and have an impact on employees' personal lives and work-life satisfaction. Recognizing that the work they do can leave employees susceptible to vicarious trauma, [PromiseShip](#) has intentionally been working toward creating an internal culture and climate that counteracts those effects.

This month, PromiseShip's Retention Workgroup has taken on an effort to create a safe and calming environment for their employees with opening [self-care rooms](#). Their Refresh, Recharge, and Rejuvenate rooms are a space where employees can decompress without distraction.

Family Permanency Specialist Brittany Jeary shared, "It has been heartwarming to see how well this idea has been received by our leadership, staff, and volunteers. Everyone from our President & CEO to our direct contact staff have been able to enjoy what the rooms have to offer. These rooms are designed to be a safe zone for people to take time to breathe and focus on a task such as coloring or a puzzle to take their mind off of work. These rooms will be ever changing as we already have plans to add community libraries, more seating, and other activities as needed."

Trauma Matters Omaha is proud of PromiseShip's dedication to investing in the self-care of their employees as they do such important work in our community.



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