



A YouthREX Teach-In

RESISTING BURNOUT AND VICARIOUS TRAUMA

Collective care and
solidarity in frontline work



Featuring:
Vikki Reynolds



Thursday, December 7th
12:30 PM to 3:00 PM ET



YOUTHREX
Research &
Evaluation eXchange

EVENT DETAILS



ZOOM MEETING DETAILS

Join Zoom Meeting:

<https://us06web.zoom.us/j/85912066357?pwd=8hEA6oMTq1TtIOUQHLLKWbOLdZnSw2e.1>

Meeting ID: 859 1206 6357

Passcode: 026395

Find your local number: <https://us06web.zoom.us/u/kGbA0qr35>

[Download the YouthREX virtual background](#)

Live Transcription/Closed Captions: Please note that live transcription/closed captioning will be made available in English.

Recording: Spoken word performances will be recorded. **However, please note that the keynote presentation, Q&A, and community dialogue will not be recorded.**



Have any questions?

If you have any questions or concerns, either leading up to or during the event, you can contact us at info@youthrex.com





AGENDA

12:30 - 12:40 PM Welcome & Land Recognition

12:40 - 1:00 PM Context-Setting & Introductions
Spoken Word Performance by David Delisca

1:00 - 2:00 PM Keynote from Vikki Reynolds, *Collective Care and Solidarity in Frontline Work: Resisting Burnout and Vicarious Trauma*

2:00 - 2:15 PM Spoken Word Performance by Shahaddah Jack
Health Break / Music / Wellness



2:15 - 2:30 PM Community Dialogue: *What moved you or mattered most to you? Why does it matter or how does it connect to your work? What is your call to action?*

2:30 - 2:55 PM Q&A with Vikki

2:55 - 3:00 PM Closing

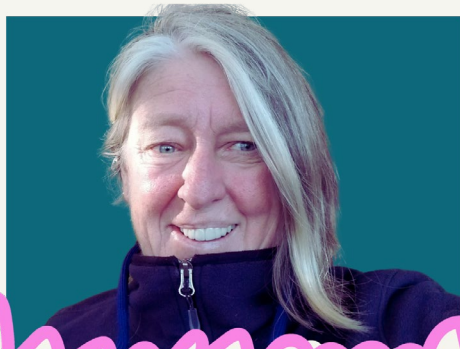




KEYNOTE SPEAKER

Vikki Reynolds

Consultant, facilitator, and community worker



Vikki Reynolds (PhD, RCC) is an activist/therapist who works to bridge the worlds of social justice activism with community work and therapy. Vikki is a white settler on the territories of the Squamish, Tsleil-Waututh, and Musqueam nations. Vikki's people are Irish and English folks, and she is a heterosexual woman with cisgender privilege. Her experience includes supervision and therapy with People with Lived/Living Experience and other workers responding to the opioid catastrophe, refugees, and survivors of torture – including Indigenous people who have survived residential

schools and other state violence, sexualized violence counsellors, mental health and substance misuse counsellors, housing and shelter workers, activists, and working alongside gender and sexually diverse communities. Vikki is an Adjunct Professor and has written and presented internationally.

To learn more about Vikki's work, please check out [The Zone of Fabulousness](#).



“Resisting burnout with justice-doing reflects an activist position for staying alive in our work. Vicarious trauma can focus on ways our clients’ pain infects us with hopelessness, yet often our clients inform, transform, educate, provoke, and educate us. The harms in our work most often stem from structures that are oppressive and don’t allow for the resources needed to respond to human suffering. When we are able to enact our ethics, even when it is heartbreaking, sustainability becomes possible. ... If we can enact collective care, as opposed to only self-care, sustainability becomes possible, and we can act in solidarity to shoulder each other up as workers in the dark spaces of our work.” – Vikki Reynolds

vikkireynolds.ca





SPOKEN WORD PERFORMERS

David Delisca



David is a Haitian-born writer-performer and arts educator based in Toronto. As a storyteller, he expresses his creativity through poetry (spoken word and page), music, acting, and comedy. He uses stories primarily themed in immigrant and diasporic experiences, family dynamics, community, incarceration, self-growth as bridges to various realms of human realities, and communications. As a spoken artist, poet, and author, he is a four-time member of the Toronto Poetry Slam Team in national competitions, winners of the 2013 Canadian Festival of Spoken Word national title in Montreal; has performed at Nuit Blanche with a one-hour poetry filibuster; has taken stage as part of When Brothers Speak; is a member of social justice group “Five Fingers, One Fist” backed by John Carlos; has been published in The Great Black North, Basodee; and has published a poetry collection called I Grew Up Right Beside You. He is also a founder and creator of art-based social engagement projects, Right Beside You, and a collective member of the Spoke N’ Heard.

daviddelisca.com



Shahaddah Jack



Born and raised in Tkaronto with a diverse cultural background that grounds her in her poetry and life is Shahaddah Jack, the 19-year-old bilingual spoken word poet, performer, emcee, human rights activist, arts facilitator, and student of life. She uses the realities of her identity to create stories of art that connect with others and are used to teach one of her greatest beliefs in life, that your pain is your strength. Not only does she do this with her poetry, but conjointly with her activism and arts facilitation as well. For her efforts, Shahaddah has recently been announced as BGC Canada’s 2022 National Youth of the Year. In her writing, Shahaddah takes a poetic stance on human rights and social justice. Her poetry speaks to the lived Black experience, the intersectionality of womanhood, and the adversity of adolescence. As an Artist Mentor, Shahaddah has facilitated poetry, human rights, and artist mentoring workshops in collaboration with organizations like BGC, Scadding Court, Guelph University, JAYU, and many others.

shahaddahjack.com





THANK YOU FOR JOINING US!

For more resources on resisting burnout and vicarious trauma, visit our [Knowledge Hub](#) →



Check out these resource picks from the Knowledge Hub ↓

REPORT

Beyond the Individual: Collective/Community Approaches to Youth Worker Wellbeing (2017)

[Read More](#) →

TOOLKIT

Vicarious Trauma & Self-Care Toolkit (2020)

[Read More](#) →

REPORT

The Burnout Crisis: A Call to Invest in ECE and Child and Youth Workers (2022)

[Read More](#) →

PODCAST

Voices from the Frontline: Self-Care (2015)

[Listen Now](#) →

VIDEO

From Trauma-Informed Care to Healing-Centered Engagement: A Youth Work Teach-In with Dr. Shawn Ginwright (2021)

[Learn More](#) →

VIDEO

#KtA2018: Real Talk – Youth Work In Ontario Is... Panel Discussion (2018)

[Learn More](#) →

FACTSHEET

This Is Youth Work: Voices from the Frontlines of Ontario's Youth Sector (2018)

[Read More](#) →

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