



**American
Red Cross**

Hurricane Recovery Program



FOUNDATION
FOR THE
MID SOUTH

FOR IMMEDIATE RELEASE

Foundation for the Mid South
134 East Amite Street
www.fndmidsouth.org

News Release
NEWS RELEASE

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Time for Disaster Response Workers and Caregivers to Take Care of Themselves

Announcing a New Three-Day Workshop on Self-Care

[**Jackson, Mississippi March 14, 2008**] – The Foundation for the Mid South, in partnership with the American Red Cross Hurricane Recovery Program, announces a series of workshops on *Self-Care for Disaster Response Workers and Caregivers in Mississippi coastal towns*, conducted by Dr. Gargi Roysircar, Professor of Clinical Psychology, of Antioch University New England (ANE), Keene NH. These workshops will be held in Mississippi from March through July 2008, with a “let’s touch base” follow-up in September 2008. Attendance is free of charge.

The workshops in this series that have been scheduled in Mississippi will occur:

March 27-29 at Pearl River Community College in Poplarville at the Olivia Bender Cafeteria.

April 10-12 at Jones County Junior College Campus in Ellisville.

On Thursday, the workshop will be held in the Home and Health Building Auditorium.

Friday and Saturday, the workshop will be in Room 217 in the Student Center.

June 23-25 at the Harrison County Health Department in Gulfport

In this three-day workshop, Dr. Roysircar identifies seven dimensions of self-care: physical, emotional, spiritual, intellectual, social, relational, and safety/security. Such practices have been identified by the American Psychological Association and the American Counseling Association as relievers of work stress. The workshop incorporates lectures, group discussions, exercises, and relaxation techniques designed to help prevent burnout, compassion fatigue, vicarious trauma, as well as promote individual resilience, empowerment, and personal growth.

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“Dr. Roysircar’s psychoeducation workshop supports the Foundation for the Mid South’s ongoing commitment to help responders recover from personal traumas experienced while providing emergency services in catastrophic situations,” said Necole S. Irvin, Program Officer of the Foundation.

Individuals in the Gulf Coast interested in attending the workshops should contact for date, location, and registration information: Dawn M. Leach, MS, LPC, NCC, President, MS Licensed Professional Counselors Assn, President, Pine Belt Counselors Assn, 146 Madison Place, Hattiesburg, MS 39402, DawnTGP@comcast.net, Phone: 601-329-9762, Fax: 601-450-1625.

For more information on the American Red Cross Hurricane Recovery Program, contact Jeanne Ellinport at (202) 303-4585.

The American Red Cross is especially qualified to be a partner in recovery due to its extensive experience in responding to major national disasters. The Hurricane Recovery Program (HRP) is committed to helping survivors on the road to recovery while providing careful stewardship and accountability for the resources entrusted to it by the American public.

The Foundation for the Mid South is a regional foundation that has provided over \$10 million in grants to nonprofits, individuals, and families, and other programs for hurricane relief and recovery. The Foundation strives to promote racial, social, and economic equity in the region by investing in both solutions and people committed to overcoming the core social and economic disparities in Arkansas, Louisiana, and Mississippi. More information on the Foundation can be found at www.fndmidsouth.org.

Dr. Gargi Roysircar is a psychologist, a faculty member of Antioch University New England (ANE), and the founding director of ANE’s Multicultural Center for Research and Practice. She has worked with survivors of the 2004 tsunami that devastated the coastal villages of Tamil Nadu, India, with survivors in Louisiana and Mississippi in the aftermath of the 2005 Hurricanes Katrina and Rita, and with HIV/AIDS infected and affected women and children in South Africa and Botswana. With her students, Dr. Roysircar has researched the trauma of 9/11 first responders and of political refugees in the United States, who escaped political persecution and ethnic/religious cleansing in their homelands.

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