



Addressing Secondary Trauma & Burnout in Substance Use and Overdose Work

John Chuck, M.D.
Chief Wellness Officer
California Northstate University

WE'RE TALKING ABOUT SOME WEIGHTY STUFF TODAY

Overdose

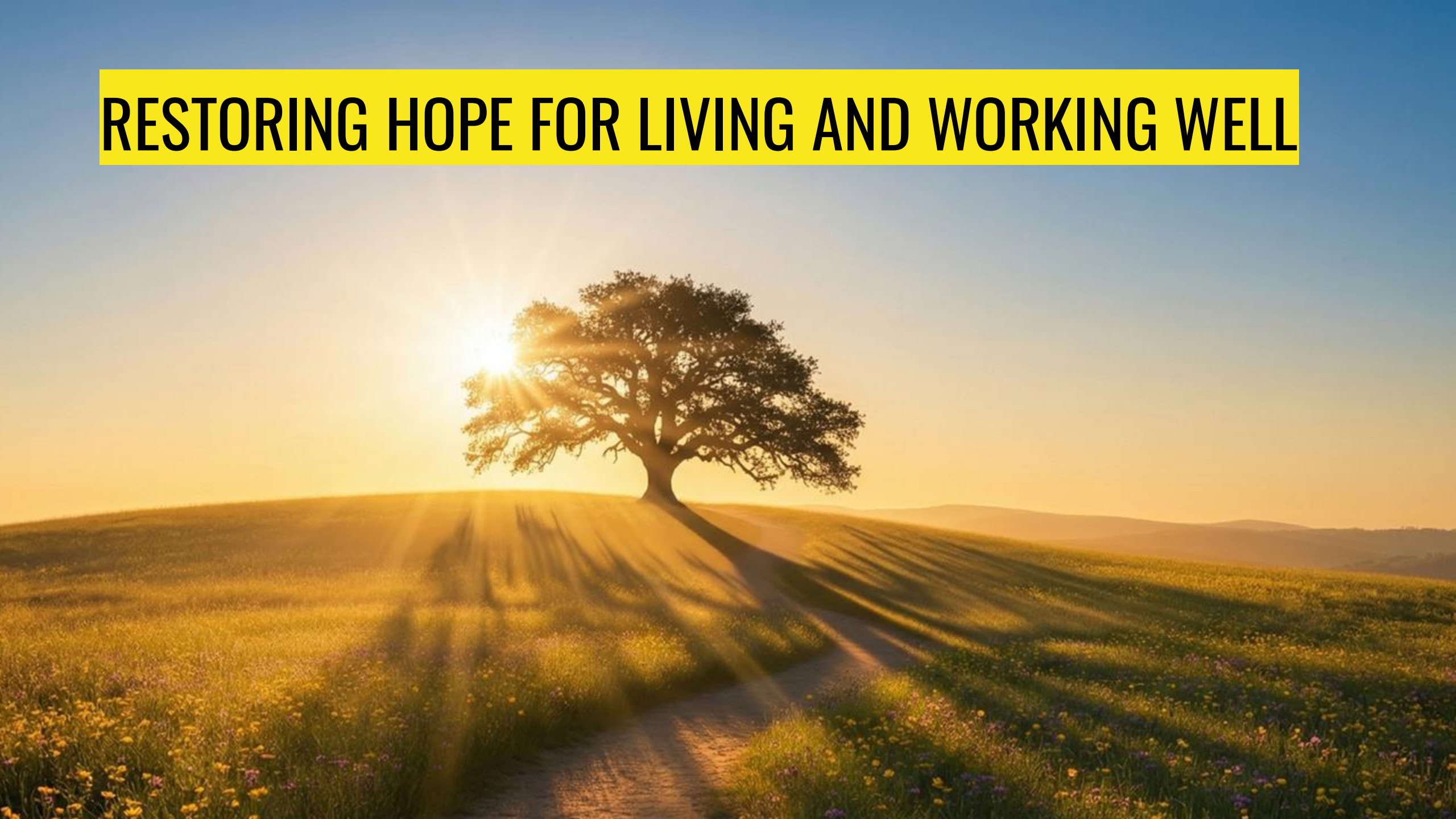
Trauma

Loss

Systems Under
Strain



RESTORING HOPE FOR LIVING AND WORKING WELL





OPTIMISM

'Zodiac Killer' School Bus Cl... May Be Next

SAN FRANCISCO (AP) — The killer who calls himself "Zodiac" and boasts of five victims now writes that he wants to add to his death list by halting a school bus so he can "pick off the kiddies as they come bouncing out."

After his latest letter was sent to the San Francisco Chronicle, police issued special instructions Thursday to school bus drivers to keep buses moving "at all costs" in event of an attack, to instruct passengers to lie on the floor, and to attract attention with their horns and lights.

"School children make nice targets," he wrote the newspaper. "I think I shall wipe out a school bus some morning. Just shoot out the front tire and then

pick off the kiddies as they come bouncing out."
"I am admittedly apprehensive about another murder occurring in the near future," said Capt. Martin Lee, chief of the city's detectives who called the Zodiac killer "an extremely dangerous psychopath."

BOASTS OF SLAYINGS
Letters to newspapers, marked with a cross-hair symbol of a rifle sight, have boasted of killing a city taxi driver, Paul

Silber, 29, last of four earlier all in San Francisco.

A decipherer to three news said: "I like cause it is more fun than in the forest most dangerous

OTHERS KILLED
Other victims Ferrin, 22, killed

Another Spaceship Back To Earth



TOP OF THE NEWS

Inside
A state study found imprisoned gangs for 140 members, more than 100 of them on the streets. Page 2.
A parole jumper who surrendered in Los Angeles was freed because Massachusetts would not pay \$100 to get him back. Page 2.
A blind inmate who killed a 6-year-old boy was shot to death by its convict. Page 3.
Troubled storm — Both

place for people seeking work and his. Page 4.
As an organizer of coalition for survival has attention to protecting the splinter of dark conditions. Page 5.
Marine biologists depicted the latest stages of evolution's keeping some species alive by mystery. Page 5.
Labor Secretary Marshall and others predicted that unemployment will drop by the end of the year. Page 5.
A Gallup Poll finds the American public probably divided on the issue of turning the Panama Canal over to Panama. Page 6.

Beliefs designed to register favorable opinion for the Panama Canal transfer agreement are surfacing in their end. Page 6.
A group of scientists say that the national crime commission is not prepared to work as a law enforcement tool. Page 7.
Both Ethiopia and Somalia claimed victory in fierce fighting for an outpost in the Upper desert. Page 8.
Felix's former prime minister has been arrested in connection with the slaying of a judicial opponent's father. Page 8.

Weather
By Area: Fair Monday with light and increasing clouds; fog, showers and drizzle after 10 p.m. on, in the south. Wind to southwest winds to 20 mph. Page 17.

Eyewitness Stories of The Horror
See Below

San Francisco Chronicle

MONDAY, SEPTEMBER 5, 1977 777-1111 20 CENTS

Chinatown Massacre—5 Slain in Restaurant



11 Wounded in S.F.'s Worst Mass Slaying

Three masked men opened a crowded Chinatown restaurant with gunfire early yesterday, killing five people and wounding 11. The attack at the Golden Dragon Restaurant, 102 Washington Street, was called the worst mass murder in San Francisco's history.

Police said they had no suspects in the slaying yesterday.

Officials there was an unusual number for the shooting, but police speculated that the attack was related to gang warfare that has plagued Chinatown in recent years.

Police said, however, that none of the persons killed or injured was a known member of any Chinatown gang, although several "nighttime pleasure" gang members were in the restaurant at the time — sitting near a water table was seen in the attack.

Police said witnesses said the shooting at the Golden Dragon, a popular night restaurant, began at 2:45 a.m.

Three masked men — two wearing ski masks and one wearing a black hood — pulled out a .38-caliber handgun and fired through the double glass doors leading to the dining room and injured five.

"They fired at the ceiling first, and then all over the restaurant," said police Sgt. John J. Kelly, who was handling a case during the slaying.

Police said the shooting is the worst mass murder in San Francisco's history.

Eyewitness Stories of The Shooting

By Eugene Robinson
Paul and Francis Terlich got to the Golden Dragon at about 2:45 a.m. It is their customary place to sit at night in the town. The Terlichs know the waiter, the kitchen staff, some some of the regular customers, sitting there to take a dinner with family.

At 2:45 a.m. Monday, after spending most of the night at a bar, they got into the restaurant. The double glass doors were open and they entered.

"They fired at the ceiling first, and then all over the restaurant," said police Sgt. John J. Kelly, who was handling a case during the slaying.

Police said the shooting is the worst mass murder in San Francisco's history.

at Kissinger Ocean Lobby

They have documentary evidence that directly incriminate Kansas lobbying in security against in President Nixon.

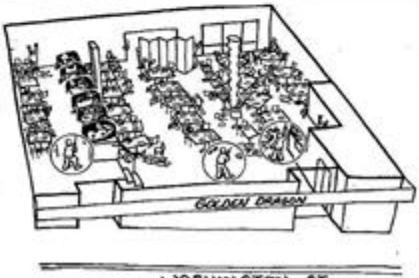
to have another evidence that General's deputy and top aide of the White House staff, know about the secret Kansas efforts.

But the unimpressed officials said that they doubt that President Nixon was informed about the activity by the Kansas government to influence American policy, legislative and public officials.

State Dept said there have been reports that secret officials of the Nixon administration have since Kansas since 1970. This time information nation those reports and adds new notes.

Kelley, Edwin R. Laird, then secretary of Defense, said that he knew of Kansas lobbying that was designed to transfer his decision to withdraw 20,000 of 40,000 American troops from South Korea in 1971, and said he had reported the State Department about it.

In addition, a Justice Dept. supervisor official in charge of Kansas affairs, Donald R. Baum, Back Page C-1.



The sketch drawing shows the interior of the Golden Dragon restaurant on Washington Street near Grant Avenue, where five persons were killed early yesterday by three masked gunmen. The men entered through the glass doors at right and began to spray the main dining room with gunfire. One of the persons wounded at the shooting was near the smaller area lined with booths, where he fired several shotgun blasts. The casualties fell through the same glass doors they had entered.

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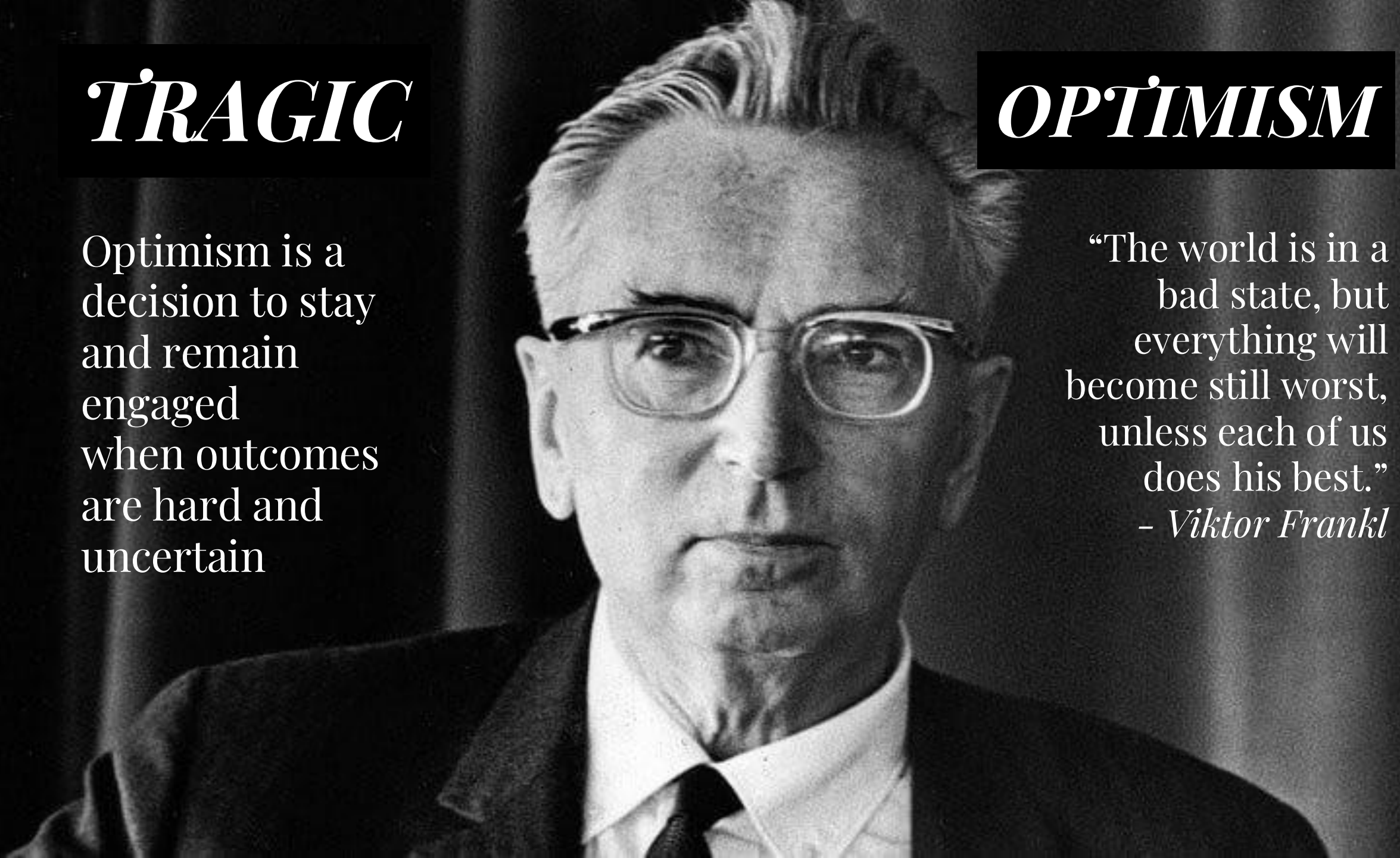
- Games.....14
- Deaths.....17
- Entertainment.....26
- TV Radio.....10
- People.....10
- Weather.....17

TRAGIC

Optimism is a decision to stay and remain engaged when outcomes are hard and uncertain

OPTIMISM

“The world is in a bad state, but everything will become still worse, unless each of us does his best.”
– *Viktor Frankl*



OPTIMISMS

Bite-Sized Truths
For Big Reframes



#5 Optimism Is Responsibility



#10 Surviving Disappointment



#15 Burnout Isn't Moral Failure



#20 Initiative Begats Belonging



#1 Optimism Is Not Cheerfulness



#6 Optimism Is Agency



#11 Living With Uncertainty



#16 Optimism Borrows Light



#21 Suffering Is Not to Be Solved



#2 Optimism Is a Discipline



#7 Optimism Is Effort



#12 Competence-Based Hope



#17 The Chorus of Human Worth



#22 Limits Are Not Failures



#3 Optimism Is an Inventory



#8 Present and At Ease



#13 The Dignity of Doing



#18 Repair Over Withdrawal



#23 Joy and Sorrow Share Space



#4 Optimism Is Action



#9 Failure Is Not Indictment



#14 Faithfulness Beats Inspiration



#19 Optimism With Memory



#24 Optimism Is Choosing to Stay

OPTIMISMS

Bite-Sized Truths *for* Big Reframes



JOHN CHUCK, M.D.

<https://bit.ly/JohnChuckOptimisms>



OPTIMISM - REFRAMED

Optimism is not a feeling: if it depends on how you feel, it will fail you in this work. Optimism is a stance.

Optimism is a discipline: hope follows action; not the other way around.

Optimism is responsibility: not “Will this work?” but “What work am I responsible for and committed to, regardless of outcome?”

You don't control relapse and the supply of fentanyl.

You control whether you stay.

BURNOUT & SECONDARY TRAUMA ARE NOT MORAL FAILURE

They are the consequence of doing meaningful work without enough intentional self-renewal.

Every individual's self-renewal strategy is unique to them.

Sleep, nutrition, movement, and avoidance of addictive substances and self-destructive behaviors are the foundations of an effective plan.

The list of “healthy pleasures” that help keep healers in the game is as diverse as the people in this audience.

SELF-WORTH

For those who work in addiction medicine, self-worth cannot be primarily tied to outcomes.

Self-worth is SELF-ISSUED

You \neq the patient outcome

You = the positive, steady presence for that patient

THE TRANSITION FROM OUTCOME TO PARTICIPATION

Optimism \neq confidence in
outcomes

Optimism is commitment
to ongoing participation

Optimism in action



NOT

Did it work?

Did they change?

Is this fixable?

RATHER

Did I show up well?

Did I remain engaged?

Is this still worth my
best effort?

A black and white close-up portrait of Etty Hillesum. She is looking directly at the camera with a calm, steady gaze. Her hair is dark and slightly wavy. She is wearing a dark jacket over a light-colored top with a dark, textured collar. The lighting is soft, highlighting her facial features.

**OPTIMISM IS NOT
CHEERFULNESS**

“And that is what we must do:
bear the suffering.”

– *Etty Hillesum*

OPTIMISM IS AGENCY

“I always wondered why somebody doesn’t do something about that. Then I realized I was somebody.”


— *Lily Tomlin*





OPTIMISM IS AN INVENTORY

**WOW
IS ME**

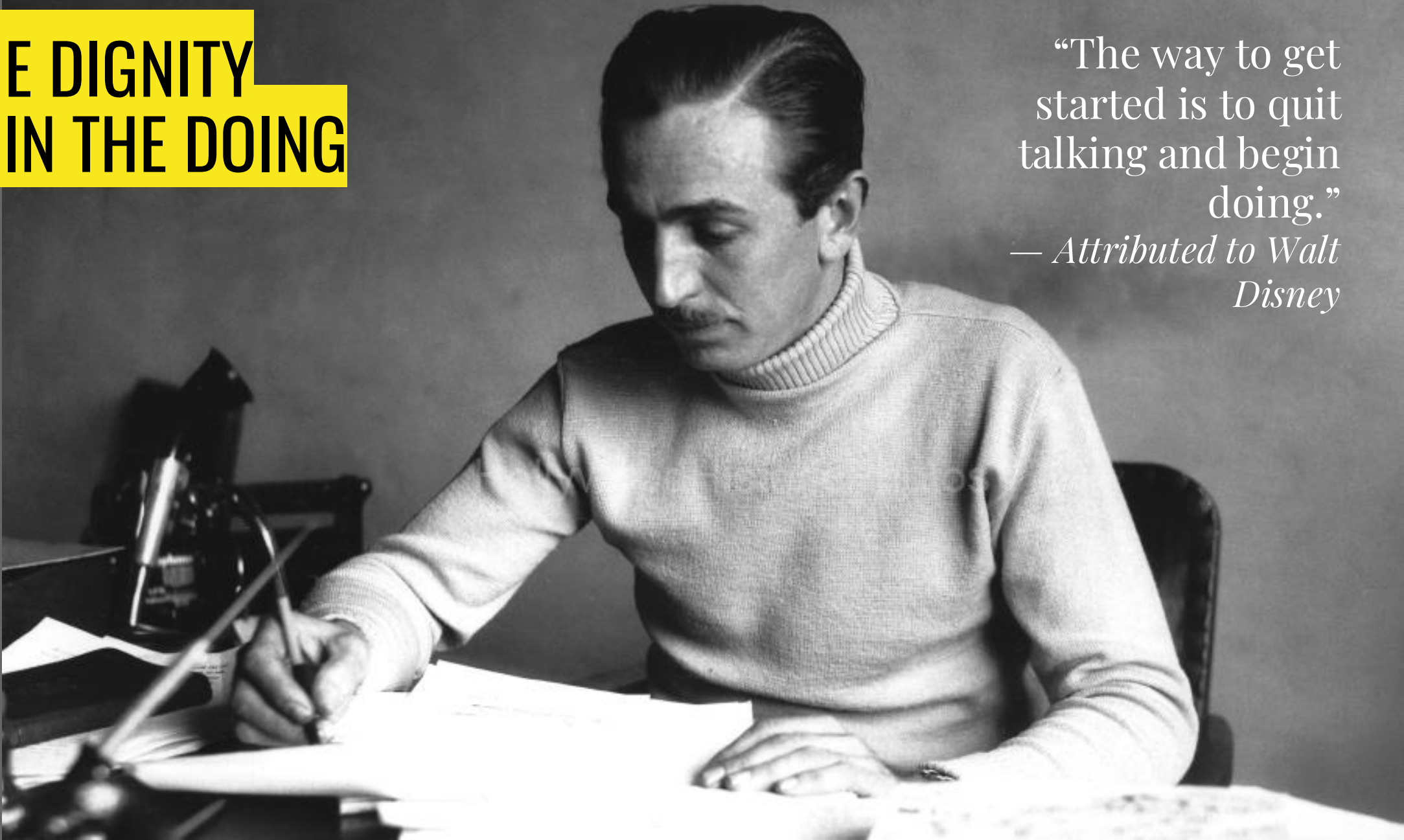
A photograph of a basketball court. In the foreground, a basketball sits on the polished wooden floor. In the background, a basketball hoop is visible against a dark wall. The scene is dimly lit, with a spotlight effect on the basketball and the court lines.

“I’ve failed over and over and over again in my life
and that is why I succeed.”

– Michael Jordan

**FAILURE IS INFORMATION,
NOT INDICTMENT**

**THE DIGNITY
IS IN THE DOING**



“The way to get started is to quit talking and begin doing.”
— *Attributed to Walt Disney*

OPTIMISM BORROWS LIGHT

“I’ve always
seen the best in
situations, even
when it’s tough.”
-Fernando Mendoza





THE CHORUS OF HUMAN WORTH

“Value is not a
contest. It is a
chorus.”

-me

**BELONGING
BEGINS
WITH
INITIATIVE**

“The party is wherever you are.”
- *my advice to anyone waiting to be included*



LIMITS
ARE NOT
FAILURES

“She silently stepped out of the race she never intended to be in . . .
. . . found her own lane, and proceeded to win.” – *anonymous*

JOY
AND
SORROW
SHARE
SPACE

“The deeper that sorrow carves
into your being, the more joy you
can contain.” -*Khalil Gibran*



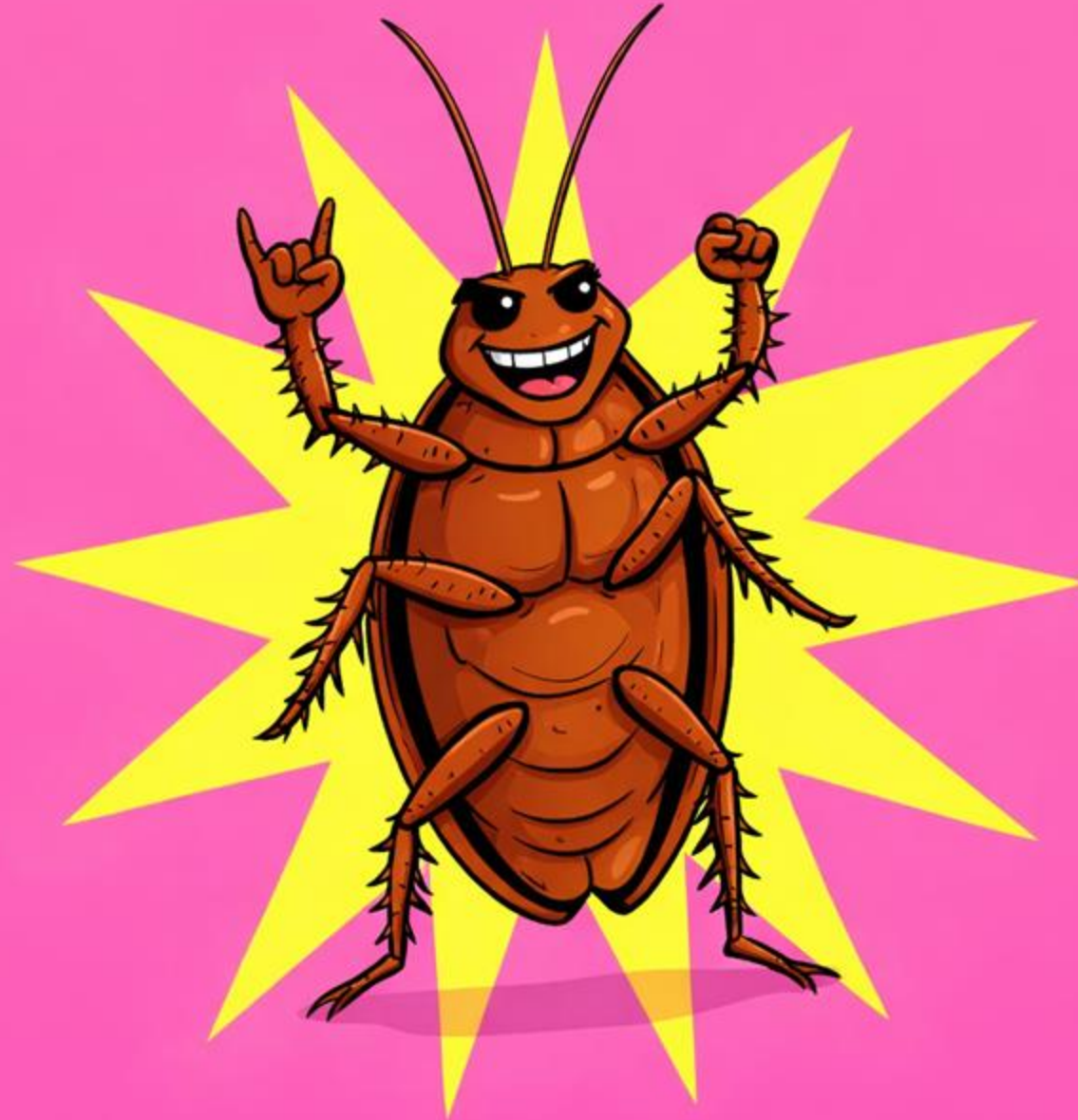
“Keep your face always toward the sunshine, and shadows will fall behind you.”

— *Walt Whitman*

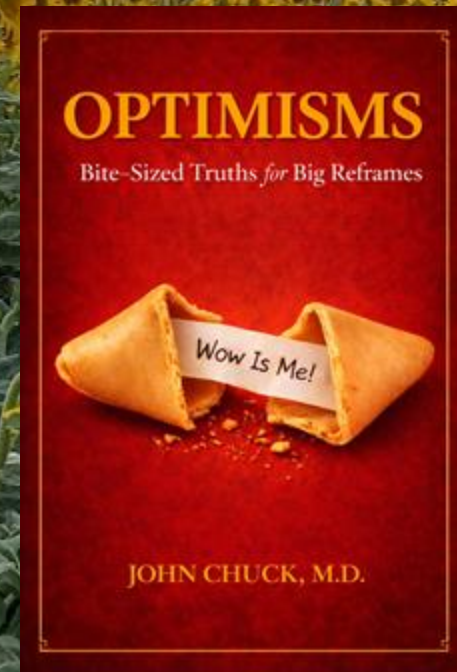
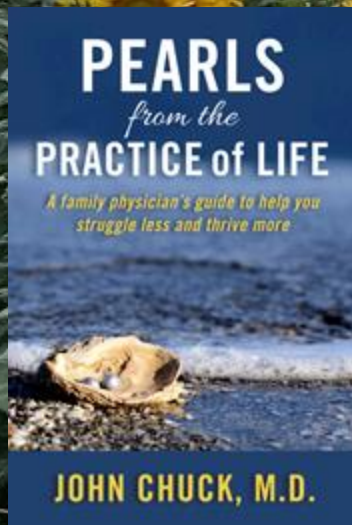


**OPTIMISM
IS CHOOSING
TO STAY**

WHAT IS
YOUR SPIRIT
ANIMAL?



You are not alone
You are seen and cared for
Your life has meaning because what you are doing with your life is
healing your communities
Your sustainable best effort is by definition the best you can do
And that is plenty good enough!!!



OPTIMISMS

Bite-Sized Truths *for* Big Reframes



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