## **Idea Catcher**

DON'T LET A GOOD IDEA GET AWAY!

Research shows that people remember 20% of what they hear, 30% of what they see, 70% of what they say, and 90% of what they do!! If you use an idea within 24 hours of learning it, you're more likely to integrate it permanently. If you hear or think of an idea or concept you want to use back on your job – **WRITE IT DOWN!** 

## "Desired" Transitions

Something new I learned was...

Something I need to know more about is...

"Undesired" Transitions Something new I learned was...

Something I need to know more about is...

## Idea Catcher (continued)

**Burnout and Secondary Traumatic Stress: Why Do These Happen?** Something new I learned was...

Something I need to know more about is...

Assessing Risk and Impact Something new I learned was...

Something I need to know more about is...

## Idea Catcher (continued)

Making a Vicarious Trauma Action/Self Care Plan Something new I learned was...

Something I need to know more about is...

The Organizational and Supervisory Roles – Building on Prevention and Intervention Strategies

Something new I learned was...

Something I need to know more about is...

The Pennsylvania Child Welfare Resource Center