



## JURY DUTY AND

## SECONDARY TRAUMA

The Allegan County Courts appreciate your time and commitment. Your role fulfills a very important function in the legal system. We would like jurors to be aware that often, jurors will see or hear testimony, photographs, phone calls, or graphic details during their duty which can be very distressing. We would like you to be aware of how this may possibly impact you, strategies that may help, and local resources if you need additional support following the end of jury duty.

## HOW INDIVIDUALS EXPERIENCE SECONDARY TRAUMATIC STRESS

Secondary traumatic stress is the emotional duress that results when an individual hears about the firsthand traumatic experiences of another. It's symptoms mimic those of post-traumatic stress disorder (PTSD).

Accordingly, individuals affected by secondary stress may find themselves re-experiencing personal trauma or notice an increase in arousal and avoidance reactions related to the indirect trauma exposure. They may also experience changes in memory and perception; alterations in their sense of self-efficiency; a depletion of personal resources' and disruption in their perceptions of safety, trust and independence.

## STRATEGIES THAT MAY HELP

**Physically:** eat regularly (e.g. breakfast, lunch, and dinner), eat healthy, exercise or do physical activity that is enjoyable to you, get needed sleep, seek medical care when needed, and take time off as needed.

**Psychological self care:** make time for self-reflection, have your own personal psychotherapy, read or journal, do something in which you are not in charge or an expert, decrease stress in your life short term.

**Emotional self care:** spend time with others whose company you enjoy, stay in contact with important people in your life, give yourself understanding and know these are normal reactions which will decrease, identify comforting activities, objects, people, relationships, places, and seek them out, allow yourself to cry, find things that make you laugh, express your outrage in social action, letters and donations.

**Spiritual self care:** make time for self-reflection, spend time with nature, find a spiritual connection or community, cherish your optimism and hope, be aware of non material aspects of life, try at times not to be in charge or the expert, contribute to causes in which you believe, seek out support from a spiritual leader.

## LOCAL RESOURCES

**Allegan County Community  
Mental Health (CMH)**  
(269) 673-0202 or 1-888-354-0596

**Allegan General Outpatient  
Psychological Medicine**  
(269) 686-4110

**Center for Women in Transition (CWIT)**  
24 hour crisis line: 1-800-848-5991

**Pathways, MI**  
(269) 673-1896; 1-800-396-0241

**Pathways Psychological Associates**  
(269) 685-6363

**Pine Rest Outpatient Services**  
(616) 455-5000

**Plainwell Counseling Center**  
(269) 685-9401

**Renewed Hope Health Clinic**  
(269) 355-3053, *For uninsured and under-insured*

**Sylvia's Place**  
24 hour crisis line: (269) 673-8700

If you have private insurance, please contact your provider about services or therapists/counselors who may provide services that you can access. Most often there is a phone number on the back of your card or website that will have this information. Or you may call some of the listed providers and ask if they participate with your insurance.

**Allegan County  
Community  
Mental Health**

**Allegan County  
48th Judicial Circuit Court**  
113 Chestnut Street  
Allegan, Michigan 49010  
(269) 673-0300



## JURY SERVICE AND SECONDARY TRAUMA