
HOUSE BILL 1264

State of Washington

66th Legislature

2019 Regular Session

By Representatives Ortiz-Self, Orwall, Bergquist, and Santos

1 AN ACT Relating to secondary traumatic stress in public school
2 staff; and adding a new section to chapter 28A.415 RCW.

3 BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF WASHINGTON:

4 NEW SECTION. **Sec. 1.** A new section is added to chapter 28A.415
5 RCW to read as follows:

6 (1) The office of the superintendent of public instruction shall
7 identify or develop online training modules to support teachers
8 affected by secondary traumatic stress. At a minimum, the modules
9 must:

10 (a) Describe the signs and symptoms of secondary traumatic stress
11 and how it is different from other trauma or stress disorders;

12 (b) Outline the reasons why teachers and other school staff might
13 be at risk for secondary traumatic stress;

14 (c) Include a self-assessment for secondary traumatic stress;

15 (d) Describe the impact of secondary stress on various life
16 domains, such as the cognitive, professional, emotional, spiritual,
17 environmental, and financial domains;

18 (e) Teach how to craft a self-care plan with attainable
19 objectives, explain the barriers to self-care and how to overcome
20 these barriers; and

1 (f) Include an appendix of resources on secondary traumatic
2 stress and self-care.

3 (2) The office of the superintendent of public instruction must
4 make the training modules developed under this section available on
5 its web site.

6 (3) Beginning in fiscal year 2021, if the number of state-
7 allocated professional learning days for either certificated
8 instructional staff or classified staff is increased beyond the
9 number allocated in fiscal year 2020, the office of the
10 superintendent of public instruction shall include the training
11 modules developed under this section on the menu of professional
12 learning topics that may be implemented on the additional
13 professional learning days.

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