



Presents

Coping with COVID

FEBRUARY 22, 2022

We Will Begin Shortly





welcome





welcome

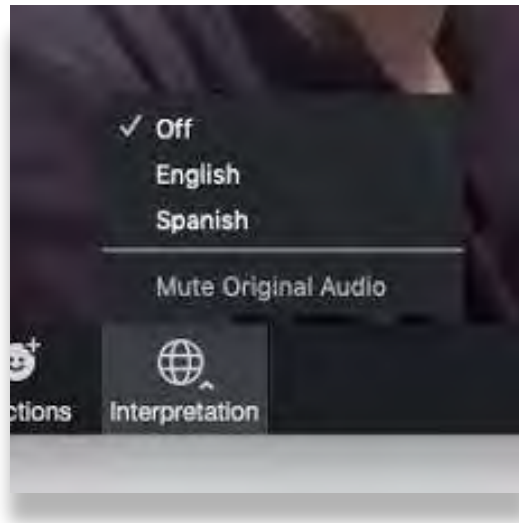
For spanish translation:

In your meeting/webinar controls, click Interpretation

Click the language that you would like to hear.

(Optional)

To hear the interpreted language only, click "Mute Original Audio"



Para traducción al español:

Haz clic en "Interpretación" en la configuración/controles de la reunión

Elija su idioma preferido

(Opcional)

Para escuchar solo el idioma interpretado, haga clic en "mute original audio (silenciar audio original)"



today's agenda

- Agenda
- Zoom Courtesy
- Stay on mute
- Use chat box for questions
- Q&A process

Envision equitable healthy communities.



who is envision?

- collaboration of CHWs & allies working with CDC to elevate the role of CHWs
- supports CDC recipients to address CCR
- collective experience spans decades
- commitment to equity



Envision equitable healthy communities.



envision news

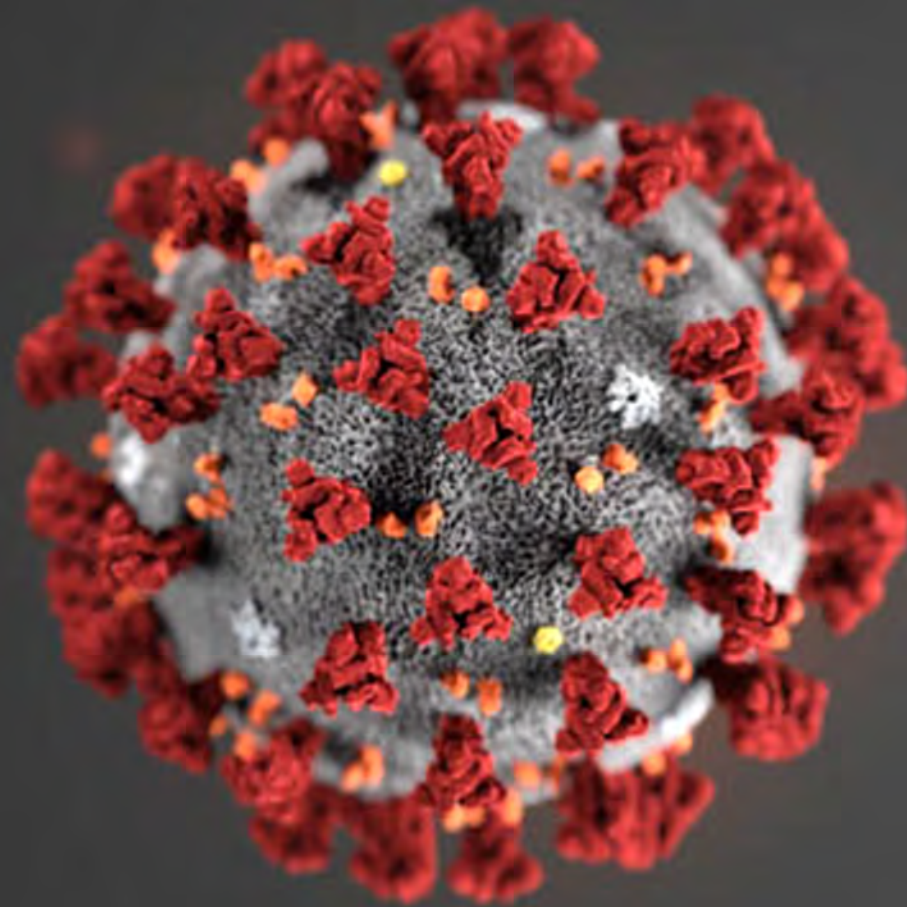
- [Envision is Hiring CHW coaches](#)
- [Envision page has the latest news, job information, and more](#)

Envision equitable healthy communities.



Kira Mauseth, Ph.D.
Behavioral Health Strike Team

Envision equitable healthy communities.



BEHAVIORAL HEALTH IMPACTS OF COVID-19

Workplace Trends, Resources, and Strategies: Neuroscience of Recovery, Processing Grief & Loss, and Finding Vitality



Kira Mauseth, Ph.D.
Behavioral Health Strike Team

Agenda



**The Behavioral
Health landscape
for the next few
months**



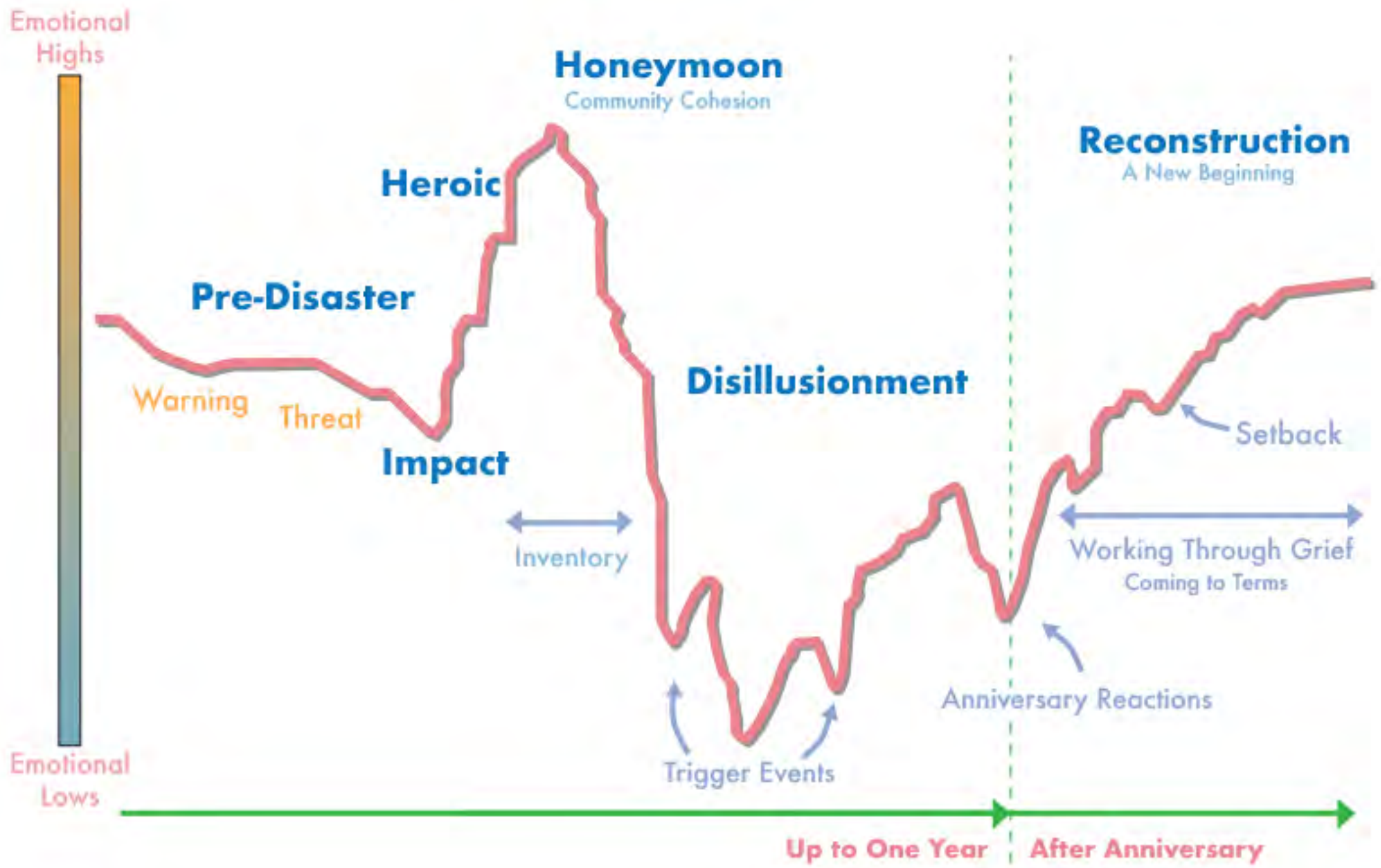
**The Neuroscience of
Disaster Recovery**



**Collective Loss
and Rebuilding
through COVID**

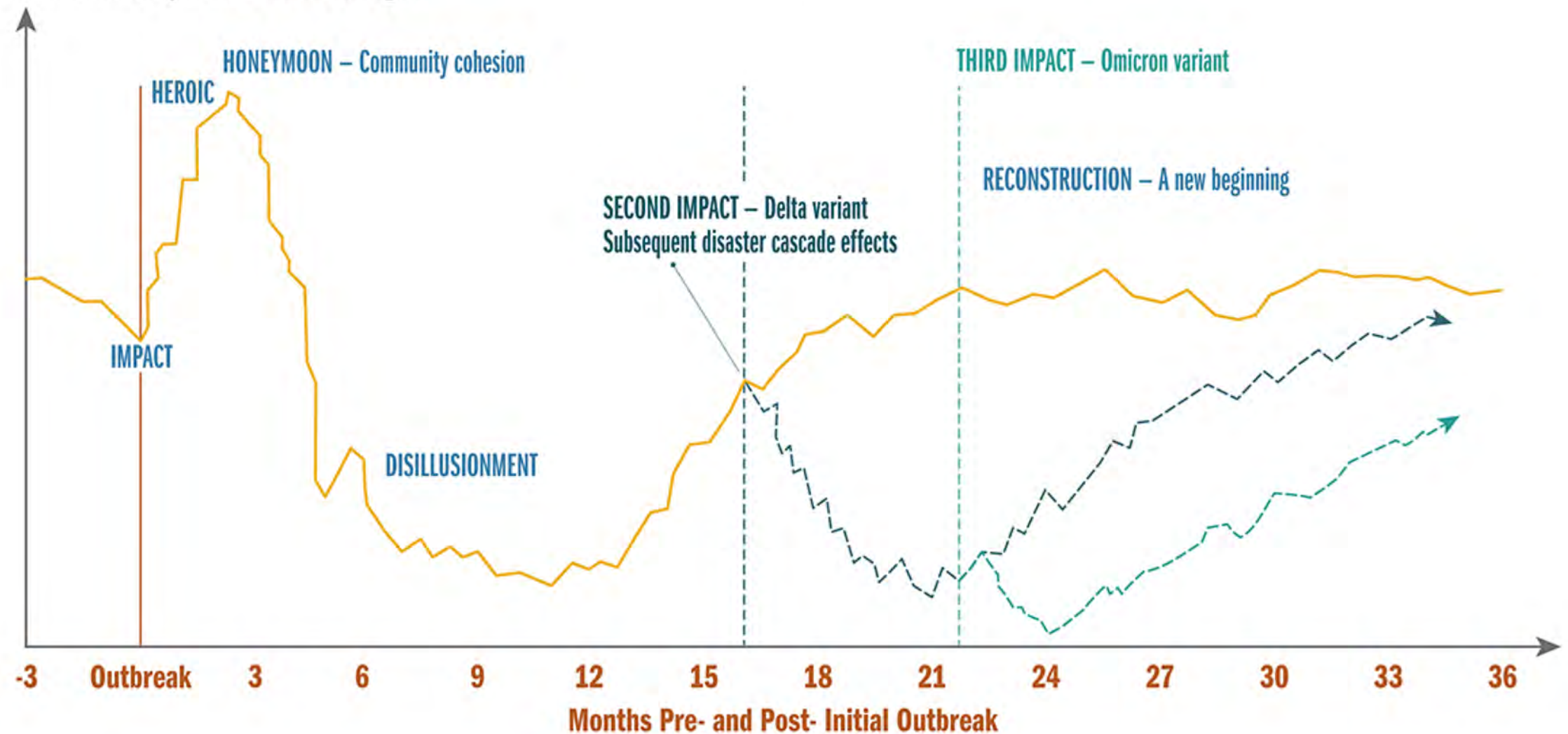


**Enhancing
Protective
Factors and
Vitality**



Reactions and Behavioral Health Symptoms in Disasters – COVID-19

Emotional Response – Lows to Highs

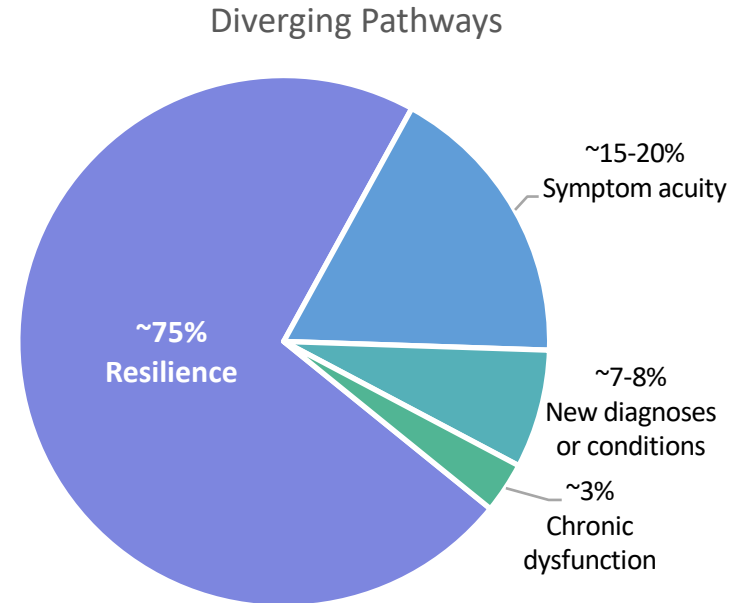


Disaster Cascade effects

- A disaster cascade is defined as the experience of multiple disaster “Impacts” within a 12-18 month time frame (multiple waves of the same disaster, or different types – floods, hurricanes, etc).
- Disaster cascades further tax already depleted emotional, physical, social and economic resources.
- ***The Omicron variant is now representing a THIRD large-scale impact within a 24 month time frame.***
- ***Behavioral Health outcome pathways are in a critical point of divergence.***
- Outcome pathways can include resilience (most common) as well as new acute symptoms, new disorders and even chronic dysfunction.

Diverging Pathways

1. Resilience
2. Symptom acuity
3. New diagnoses or conditions
4. Chronic dysfunction



Our personal and collective management of the next several months will influence our behavioral health experience. Resilience is a path that can be nurtured and developed.

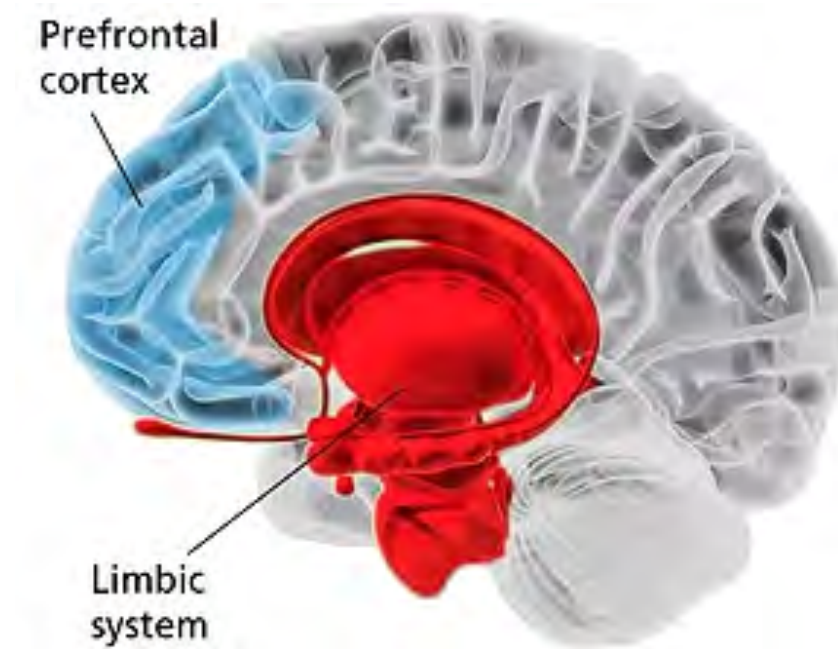
Key Takeaways

- Long term build up of stress from the pandemic and associated consequences can have significant effects on how we:
 - process emotion
 - process information, and
 - interact with others
- Anxiety about the “end” or not of the pandemic (will it become endemic) and how do we live with it widespread but varied in degrees.
- Taking the time to process the grief and loss of the last two years (+) will be a central theme in our collective transition into recovery from the disaster cascade

The neuroscience of response and recovery

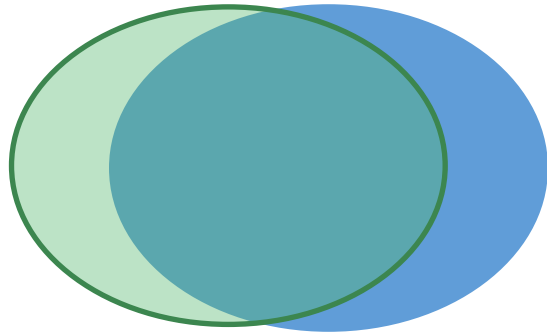
Prefrontal cortex:
higher-level functioning,
planning, organization,
details, filtering.

Limbic system: emotion,
impulse, pleasure and
safety, memory



CHANGES.....

- Anxiety & Excitement : Neurological overlap



- Collect evidence
- Play the tape all the way to the end
- Focus on process

Common Experiences



EMOTIONAL

Irritability
Nervousness
Grief / Sadness
Anger
Fear



PHYSICAL

Trouble Sleeping
Headaches
Stomach problems
Stress eating /
Snacking / Not eating



COGNITIVE

Forgetting
Distractibility
Trouble
Concentrating
Memory Problems



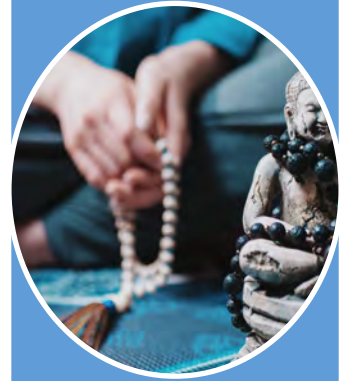
BEHAVIORAL

Withdrawal
Isolation
Aggression
Substance Use



SOCIAL

Strained
Friendships
Disagreements
Lack of
Participation
Conflict



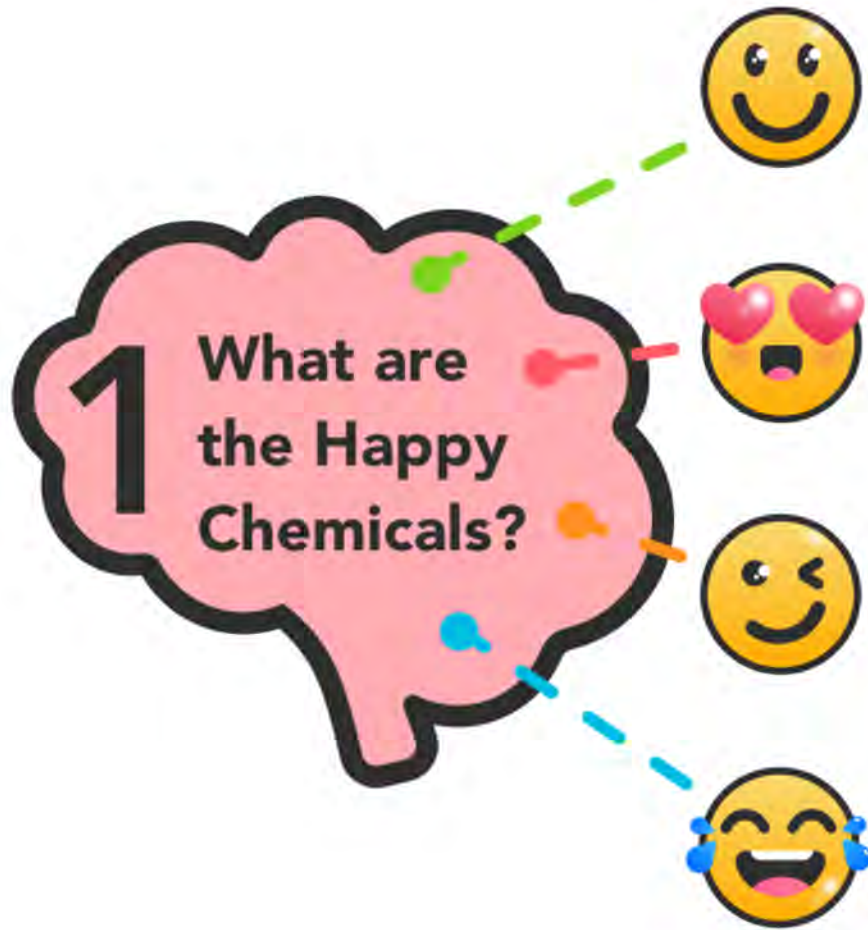
SPIRITUAL

Questioning
Faith
Stronger or
more distant
relationship
with God or
Higher Power



GET YOUR DAILY HAPPINESS CHEMICALS

The happy brain chemicals that make you feel good



DOPAMINE

- Enables motivation, learning, and pleasure
- Gives you determination to accomplish goals, desires, and needs

OXYTOCIN

- Feeling of trust, motivates you to build and sustain relationships
- Known as "Cuddle or Love Hormone", plays a role in bonding

SEROTONIN

- Feeling significant or important among peers
- Calm form of accepting yourself with the people around you

ENDORPHINS

- Releases a brief euphoria to mask physical pain
- Response to pain and stress that alleviates anxiety and depression

How Deficiency Affects You

- procrastination
- low self-esteem
- lack of motivation
- low energy or fatigue
- inability to focus
- feeling anxious
- feeling hopeless
- mood swings

- feeling lonely
- stressed
- lack of motivation
- low energy or fatigue
- disconnect of relationships
- feeling anxious
- insomnia

- low self-esteem
- overly sensitive
- anxiety/panic attacks
- mood swings
- feeling hopeless
- social phobia
- obsession/compulsion
- insomnia

- anxiety
- depression
- mood swings
- aches and pains
- insomnia
- impulsive behavior

DOPAMINE

OXYTOCIN

SEROTONIN

ENDORPHINS

How to Increase Happiness Levels

- meditate
- daily to-do list
- long term goals
- food rich in L-Tyrosine
- exercise regularly
- create something:
writing, music, or art

- physical touch
- socializing
- massage
- acupuncture
- listening to music
- exercise
- cold shower
- meditate

- exercise
- cold showers
- sunlight
- massage

- laughter/crying
- creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching
- massage
- meditate

How does long term disaster recovery influence our: Emotional Processing

Perception of information and input

- Messages, people, interactions, things as being more negative or potentially threatening than they actually are

Response speed

- If our brain perceives a threat (even when one isn't there) then we respond from a place of defensiveness

Lack of planning, foresight and consideration of consequences

- Emotionally based reactions tend to be more impulsive and without thoughtful considerations
- Ideas about what is “fun” and perceptions of risk (*humans are terrible at accurately evaluating risk*).

How does long term disaster recovery influence our: Informational / Cognitive Processing

Perception of information and input

- Messages, people, interactions, things- negative things stand out. Attention to positive interactions isn't as strong, so we internalize more of the challenge than the success.

Response speed

- If we respond quickly to something, we tend to only consider the most dominant pieces of the information given to us, and jump to incorrect conclusions.

Lack of planning, foresight and consideration of consequences

- Distraction, confusion, and lack of focus contribute to non-logical or unreasoned decision making.

How does long term disaster recovery influence our: Interactions with Others

Perception of information and input

- The fundamental attribution error- we assume that other people's behaviors are representative of their character or disposition, rather than the circumstances

Response speed

- Anger is the human emotion that is the fastest of all of the primary emotions we recognize (there are six universal emotions). If we misperceive something as happening in anger, we typically respond accordingly.

Lack of planning, foresight and consideration of consequences

- Wanting to socialize may be a big motivator, making good decisions in the company of others is hard without pre-planning and alternative options.

Impacts of Grief, Loss, and Bereavement

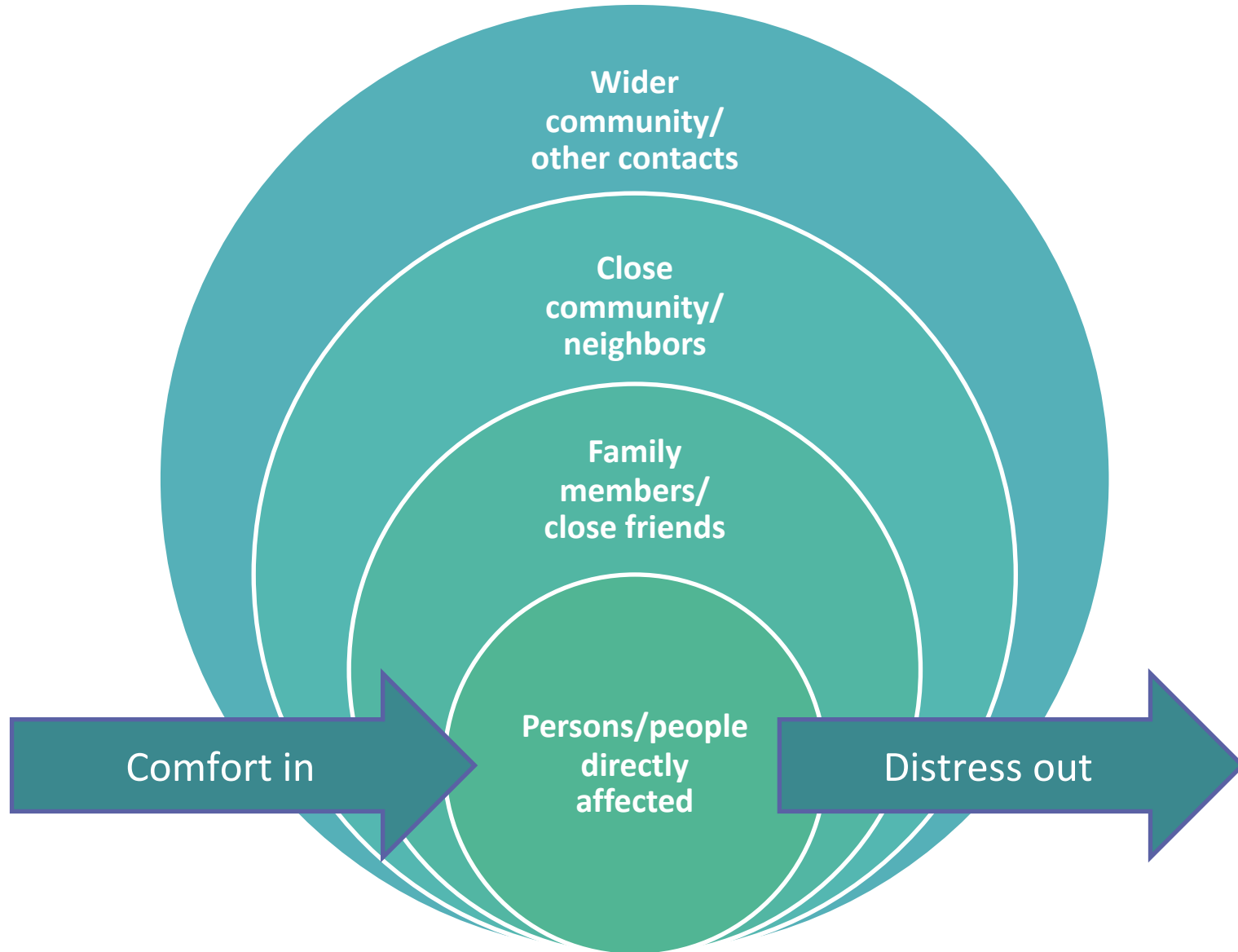
- The COVID-19 pandemic is a disaster that has markedly increased the impact of grief and bereavement for many.
- Elevated acute grief reactions related to COVID-19 predict an increase of *prolonged grief disorders* (PGDs). PGD is defined as a pathological response to grief, which often occurs along with depression, anxiety, and *post-traumatic stress disorder*.
- The loss of a close relative to COVID-19 is expected to affect the grieving relative and as many as nine other people as well. Extensive social distancing which is occurring during the pandemic may also lead to grief.

The Collective Experience of Loss

- Any loss right now is likely to touch on a deep well of loss that we all have experienced to some degree over the last year.
- Emotional reactions and responses may be proportionally stronger to **any** loss as a result.
- Emotion regulation is already a challenge when the brain is exhausted.

What people who have lost someone might want you to know

1. Even during “happy” experiences, there is an awareness that someone is missing.
2. Small talk, social situations and superficial interactions are exceptionally hard.
3. Grief is often awkward with people who know you best- don’t try to “avoid” talking about the person who as been lost.
4. Emotions, including tears, are going to happen when then happen.
5. Grief comes in waves. Things may feel “ok” in some moments and crushing in the next.



Considerations for Working With Grief, Loss, and Bereavement

- Facilitate problem solving and decision making to **prevent impulsive or risky decisions** (e.g., precautionary health measures, burial decisions).
- **Help people to modify coping plans** if traditional strategies aren't possible (e.g., gathering with family to grieve through online video chat).
- Rather than vague offers of help, ask specifically if you can do a discrete task (laundry, getting groceries, watching kids, etc).
- Don't put the grieving person in a position of supporting you- remember the unidirectional process of comfort in and distress out.
- Help the person identify what has helped them in times of great distress or difficulty in the past.
- Use active listening- open ended questions; It's ok to ask directly about the loss, or to ask the person if they are ok talking directly about the loss.

HEAL Model © : Starting Points

HONOR, EXPRESS, ACKNOWLEDGE, LIVE

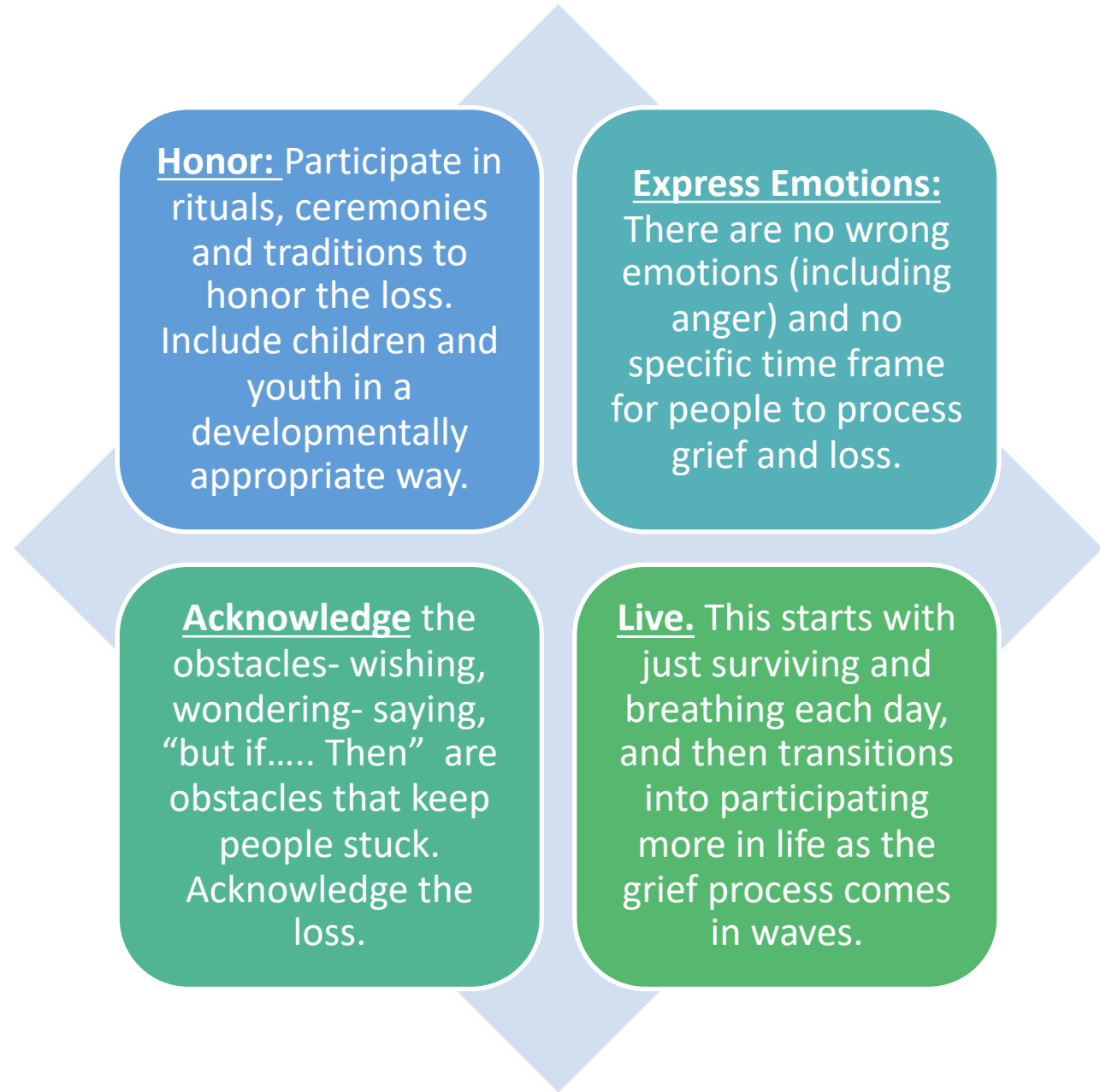
It is important to note that the grief and loss process is not always specific to the loss of a person or the death of a loved one.

Many people go through the grief and loss process when there is something else (besides a person) that has been lost. Examples include:

- Loss of identity (such as might take place after a personal assault or rape)
- Loss of meaning (such as might take place after a life transition or move)
- Loss of an idea or principle (a shift in world view that is brought about after a disaster or major event)

HEAL Model © :

**HONOR,
EXPRESS,
ACKNOWLEDGE,
LIVE.**



Active Listening



Clarify

Ask open ended questions



Reflect

Summarize what you think you heard



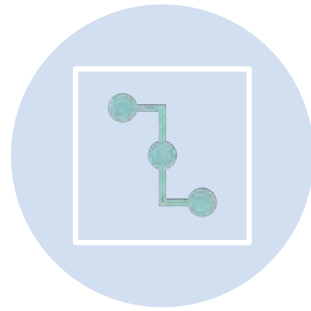
Express Empathy

Listen with the intent to Understand and Care, **not** **problem solve**

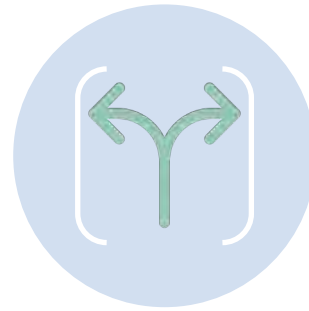
Resilience



Purpose



Connection



Flexibility/
Adaptability



Hope

Other Active Coping Techniques



Anxiety

- Sensory interventions:
 - Frozen orange, ice
 - Music
 - Shower
 - Fuzzy slippers
- Apps
- Breathing = calming



Exhaustion

- Sleep hygiene
 - Same bed and wake times
 - Alcohol and sugar considerations
 - Notepad (not phone or laptop)
- Apps
- Boundaries



Depression

- Behavioral activation:
 - Small steps
- Get a “this makes me feel better” list made on a good day
 - 5 minutes to 5 hours
- Movement of any kind
- Connection and support from others

Resilience into Vitality

- Set goals that are the right size in order to increase a sense of purpose and experience success
 - Include “fun” goals, not just “achievement” goals
- Prioritize connections- social and professional- that are healthy for you and prevent isolation.
- Establish and maintain healthy boundaries around your “off” or “unavailable” time.
- Practice shifting your thinking from “threat” to “challenge” when something unexpected and negative happens (eg another quarantine)
- Look for or recognize the opportunities that *may be available* even when there is a huge upheaval in work or home life. This is where hope also lives.

Resources

Training:

- Health Support Team (including train-the-trainer)
- PsySTART-Responder (frontline healthcare only)

Resources:

- MEDIC, REST, SAFE, and PEACE Models
- [Behavioral Health Group Impact Reference Guide](#)
 - Healthcare and behavioral health providers, outreach teams, post critical care individuals, etc.
 - Unique challenges and considerations
 - Support strategies (organizational, supervisory, and personal)
- Children and families: [Behavioral Health Toolbox for Families: Supporting Children and Teens During the COVID-19 Pandemic](#); Back to Classroom THINK toolbox for parents, teachers, caregivers and mentors: <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/821-148-BackToClassroomToolbox.pdf>
- Businesses and workers: [COVID-19 Guidance for Building Resilience in the Workplace](#)

Resources (continued)

Webpages:

DOH – Forecasts, situation reports, guidance, and other resources:

[Behavioral Health Resources Webpage](#)

Children and families: [Behavioral Health Toolbox for Families: Supporting Children and Teens During the COVID-19 Pandemic](#)

State – General mental health resources and infographics:

[Mental and Emotional Well-Being Resources](#)

[Infographic Library](#)

A Mindful State: <https://amindfulstate.org/>

Looking for support?
Call Washington Listens at
1-833-681-0211





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wrap up

- Satisfaction poll instructions
- [Next webinar information](#)
- [TA requests for 2109 recipients AMP](#)
- [Opt into Envision Listserv](#)
- Materials will be sent out in a follow-up

Envision equitable healthy communities.



thank you

