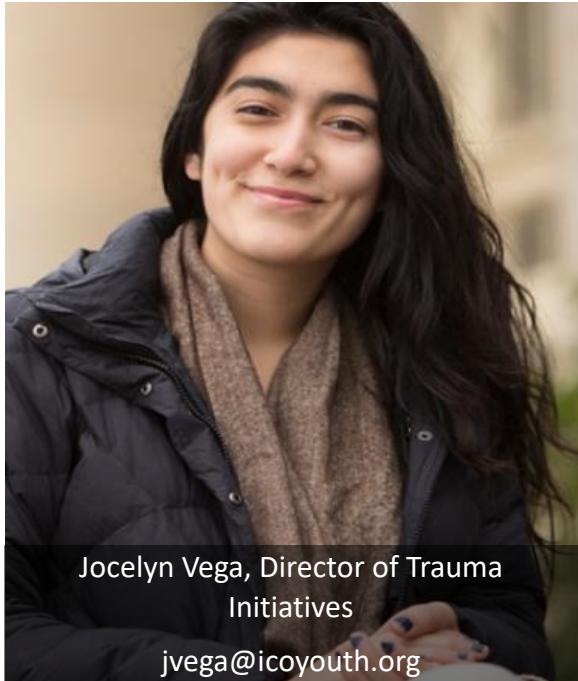




Trauma Informed Care & COVID-19



Partnering to build brighter futures



Meet your Presenters



Mindful Moment - Growing





Zone In & Out





Objectives



- To explore the individual and collective traumas associated with COVID-19
- To develop healthy coping mechanisms and self-care strategies
- Discuss Professional Community level impact
- Permission to focus on ourselves



- A medical overview of COVID-19 its signs and symptoms
- A list of nonprofit funding resources
- Overview of government policies and practices as related to COVID-19
- Determining the experiences of others



What are your objectives?





Ice Breaker Reflection



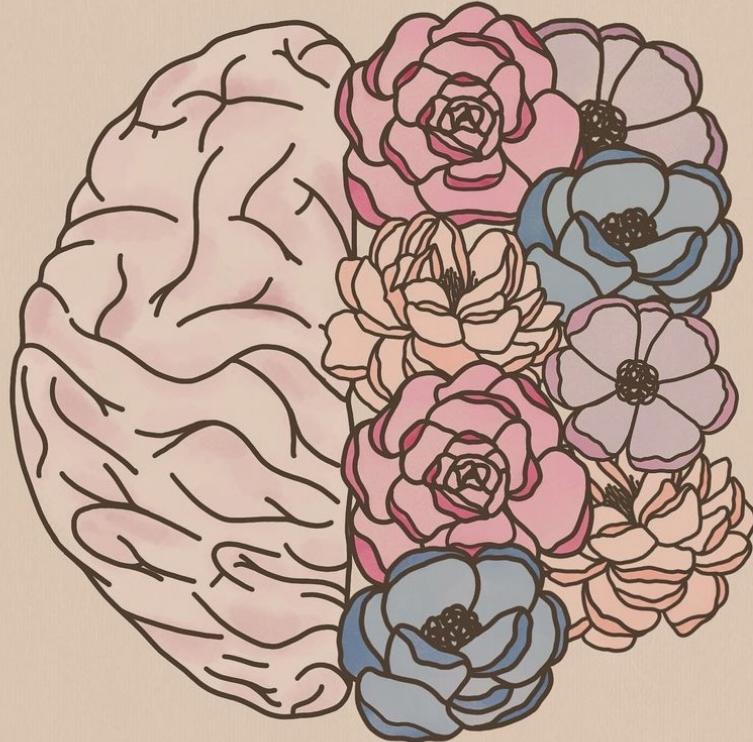
Self-Care Check

COVID-19 is an ongoing crisis that impacts all of us which means this training can be highly triggering for many people.

- Give yourself grace
- Take a break or log off if you need – the session will be recorded
- Breathe
- Move your body
- Connect to someone you can debrief with



Reminder



Our stories and struggles are
different but we all deserve
to bloom.

COVID-19 over the years...

What have you noticed as it relates to your job seekers' mental health response between March 2020-present?

What have you found useful?

Traumatic Impact of COVID-19



Trauma



An **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has lasting adverse **effects** on the individual's functioning and mental, physical, social, emotional, or spiritual well-being

SAMHSA's Three Es Definition of Trauma



Collective Trauma

Collective Trauma occurs when the experience of trauma reaches a level where entire groups of people and society collectively suffer from the exposure.



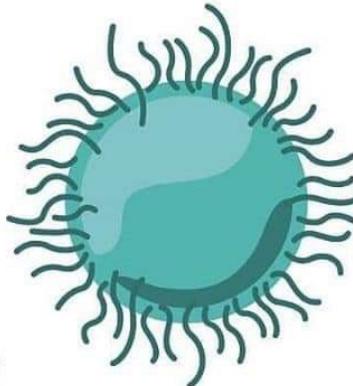
Source: "Trauma of Pandemic Proportions" on Psychology Today

Trauma & COVID-19

Why The Coronavirus Is Triggering Mental Health Issues:

Despair
Increased health anxiety
Fear for loved ones lives
Decreased financial security

Mindset switch from "living" to "survival"



Triggers feelings of hopelessness

Decreased job security
Promotes social withdrawal
Loneliness

Quarantine makes it more difficult to distract oneself from existing mental health issues



Coronavirus isn't just threatening our physical health, but our mental health too. Look after it. Please share to raise awareness.

@RealDepressionProject



Reflection

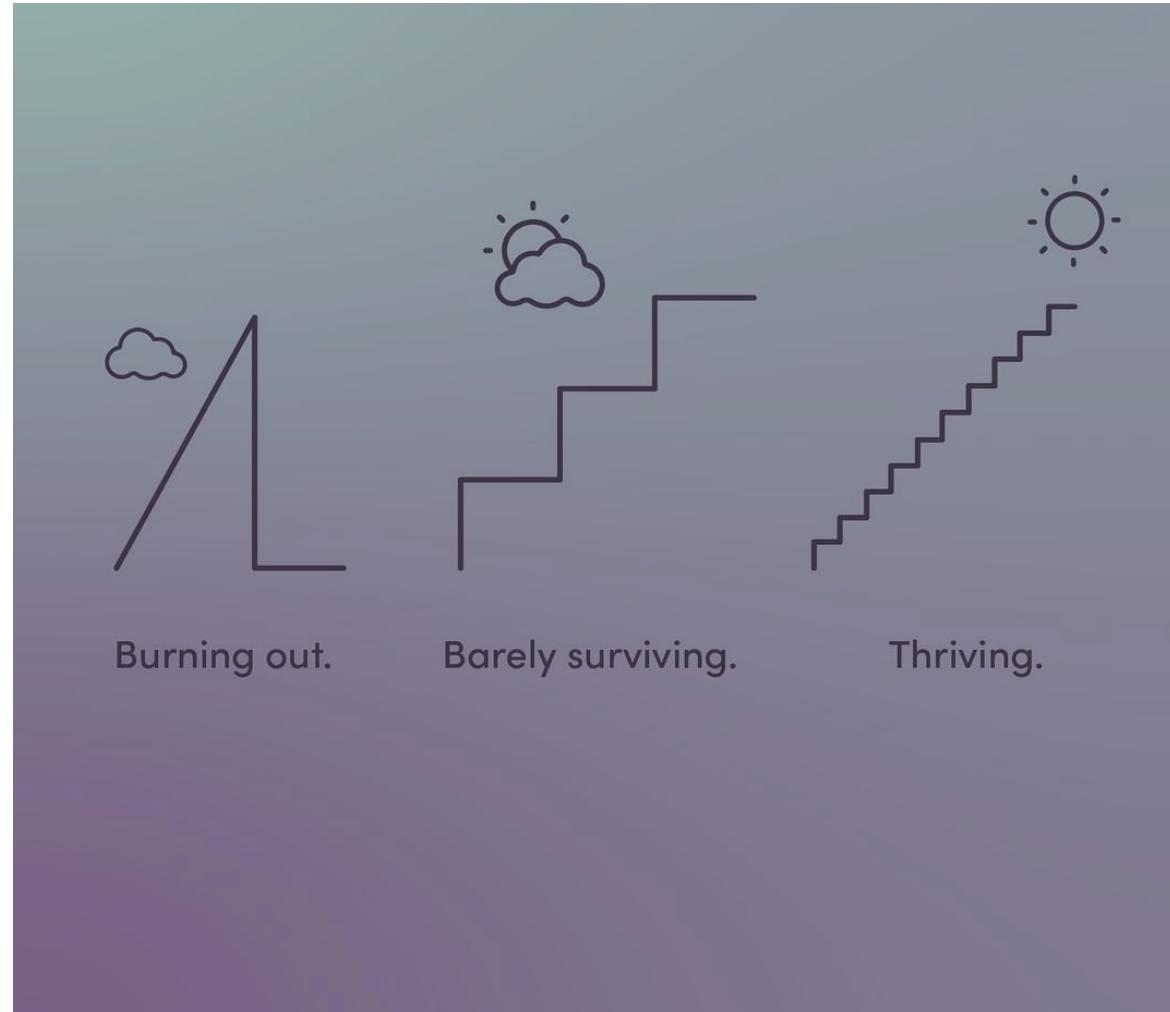
Think about in what ways have you thrived, and what ways have you helped participants in your programs thrive within the past 2 years?

What is one way you can support jobseekers with making sense of what is happening in the world around them during this pandemic?





Reminder



Vicarious Trauma

Refers to the cumulative effect of working with survivors of traumatic life events. Anyone who engages empathically with victims or survivors is vulnerable. Impacts sense of identity, safety, ability to trust, self-esteem, intimacy and control.
(Pearlman & Saakvitne, 1995)



Reflection



Direct & Personal Impact



Public & Community Impact



Loss & Grief



Direct Impact (Personal & Family/ Friends)

Health & Safety	Positive diagnosis	Stress	Discrimination	Resource Access
Food, shelter, and supplies	Medical healthcare	Mental healthcare	Professional	Family cohesion
Caretaking	Increased time in contained space	Education of school-aged family members	Routine Changes	Moral fatigue
Social life	Hobbies	Freedom		



Public/community impact

Public/community impact

Class dynamics

Normalization of COVID-19

That abandonment piece



Loss and Grief

Loss without closure

Loss of a loved one

Unable to visit family members in the hospital

Unable to hold funeral or celebration of life gatherings

Unable to say goodbye to clients, program participants, or students

Grief

Way of life

Planned future

Life celebrations

Graduations

Birthday Parties

Weddings

Change of plans

Loss of job

Loss of savings

Common Responses



- Worry, anxiety, fear of unknown in general
- Feeling of being “on edge” - irritable, cranky, short with people
- Feelings of being low - hopeless, sad, apathetic (just don’t care)
- Feelings of being detached or things feel surreal
- Feelings of anger – lack of resources, magnified impact of oppressive systems, lack of consideration for others (amplified discrimination)
- Wrestling with conflicting values - “do I visit my loved ones or stay home?”
- Existential stress - thoughts and feelings related to “what is the point of my life” etc.

Source: Complete Mental Health Guide During COVID-19 Pandemic





Strategy – Naming Difficult Emotions

Professional Impact

Reflection

What are some ways you might see vicarious trauma in your work with clients/jobseekers?

How have you been navigating this? what strategies/tools have you used? do you have everything you need to implement these strategies?



Strategy – Providing Support

Active Listening

Holding Space

Being a Proactive Advocate

Resist Traumatization



Toxic Positivity

5 / 7

Toxic Positivity vs Support & Validation

Toxic Positivity	Acceptance, Support & Validation
1. You will get over it soon.	1. You've survived hardships before and I believe in you.
2. Just be positive.	2. I know it's difficult right now and things can easily go wrong. But let's think about what can go right?
3. Positive vibes only.	3. All energy is natural. Learn to accept both bad and good vibes.
4. Stop being negative all the time.	4. It's okay if you are feeling negative right now. It doesn't have to define you.
5. Think happy thoughts.	5. It's alright if you aren't positive and happy right now. Feel your emotions & let it pass naturally. My best wishes are always with you.
6. Never quit. Never give up. Ever!	6. Giving up is alright. In fact, sometimes it's necessary that we give up. Focus on what you want to accomplish.



7. Just stop being sad
and be happy instead!

8. Always look for the positive,
even in a negative situation.

9. Don't talk about what's wrong.
Just forget it and stay positive.

10. Failure is never an option.

11. Everything will get sorted by the end.

12. I did it. So you can do it too.

13. Get rid of negativity.

14. It could be much worse.

7. I know how terrible it feels right now.
But would you like to do something
that you might enjoy?

8. It's okay if everything seems
disappointing right now.
We can sort things out and find a way
to get through this later.

9. You can tell me
what you're going through.
I'm here to listen.

10. Success tastes sweeter
only after failure.
It helps us learn and grow.

11. I know this is hard. I am here with you.

12. It's okay if you are struggling.
We are all different and
deal with problems in our own way.

13. Pain and suffering are a part of life.
It makes us stronger and helps us grow.

14. This is really sad. I can understand
what you're feeling right now.

Self Awareness & Self-Care



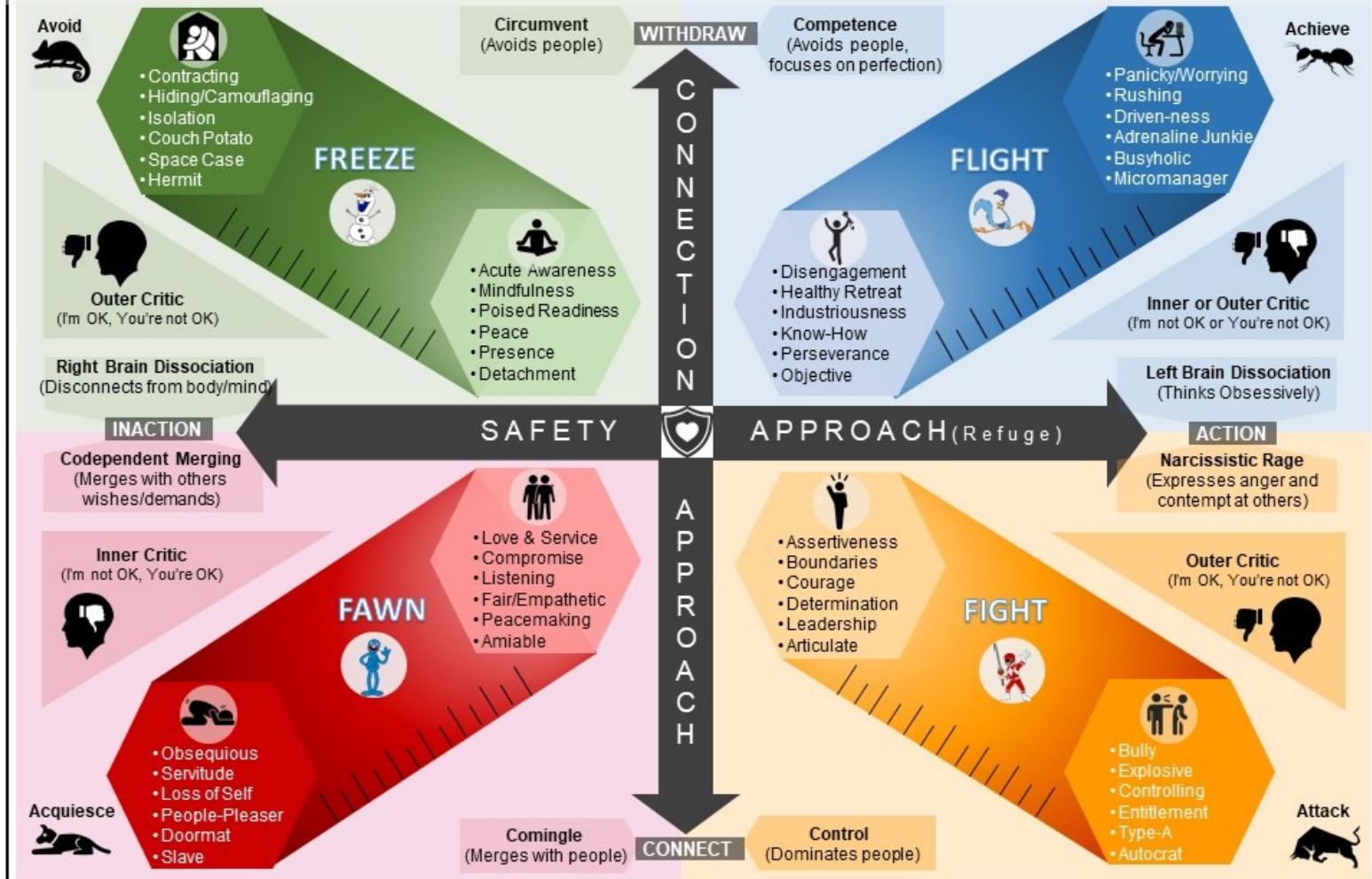
Remembering Trauma

The 4F Trauma Personality Types Continuum

Based on Pete Walker's model in the book "Complex PTSD: From Surviving to Thriving"

@ComplexTraumaHealing

This model elaborates the 4 basic survival strategies and defensive styles that develop out of our instinctive Fight, Flight, Freeze and Fawn Response. Variances in your childhood abuse/neglect pattern, birth order and genetics result in you gravitating towards a specific 4F survival strategy. Each of these trauma personality types is on a continuum that runs from mild to extreme and positive to negative.





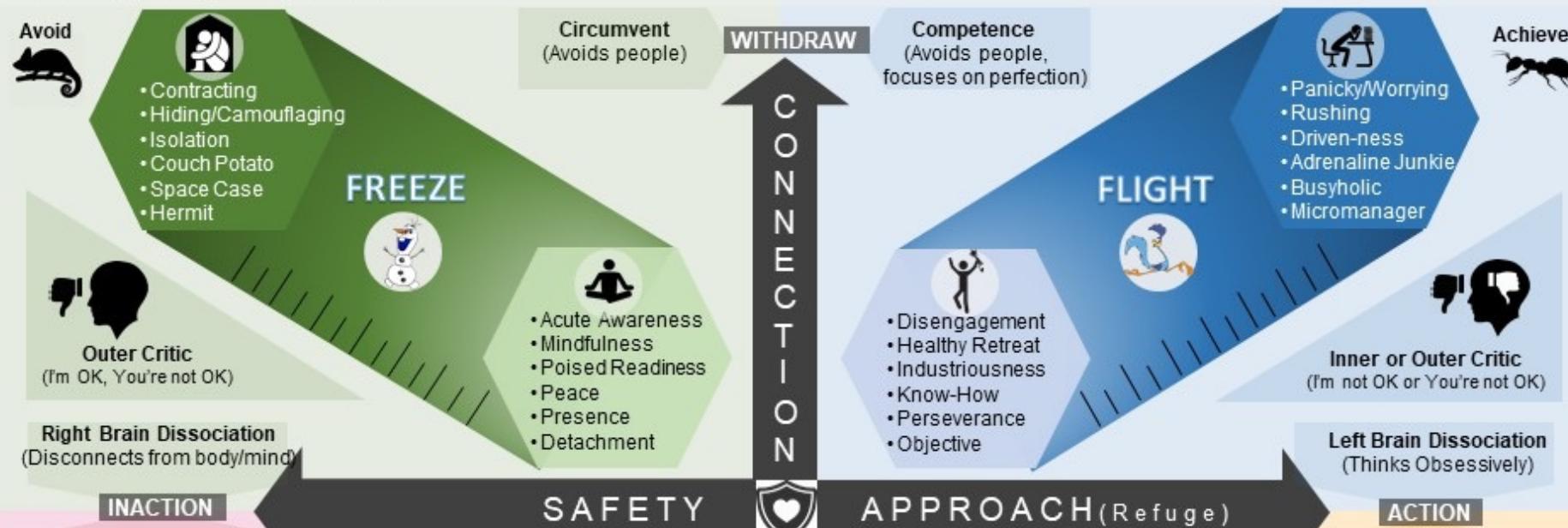
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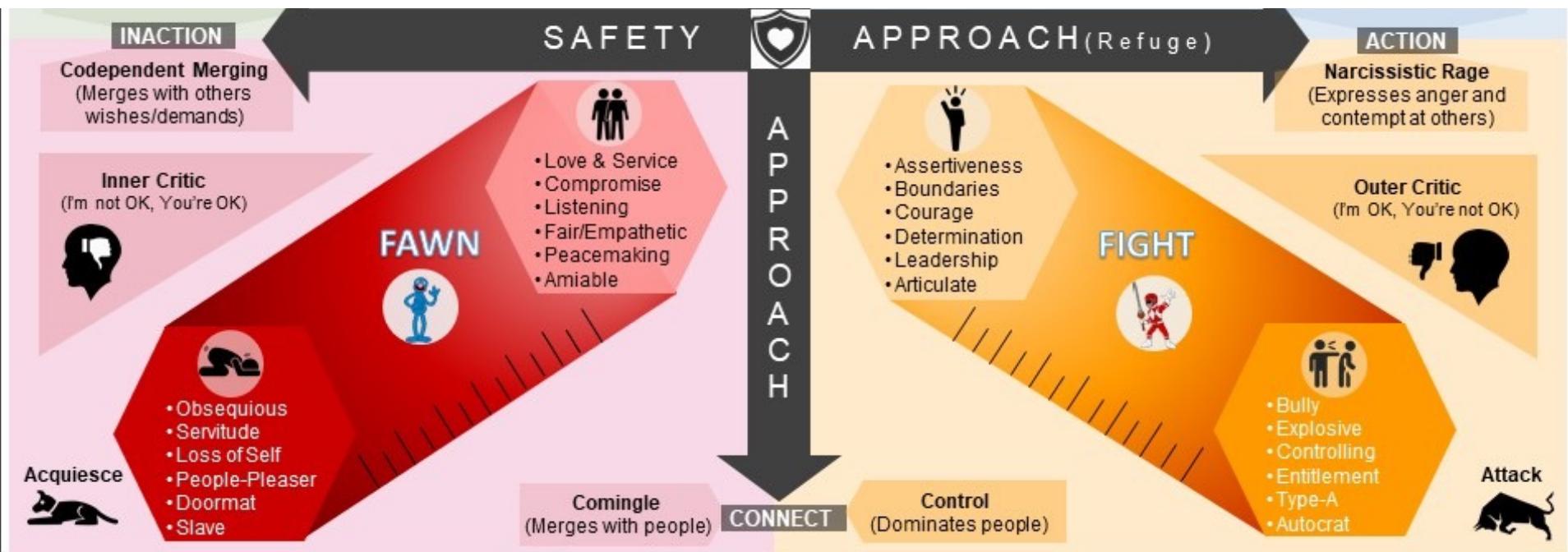
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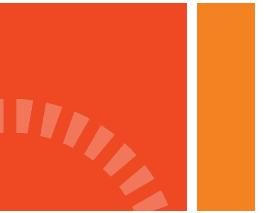
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Remembering Trauma



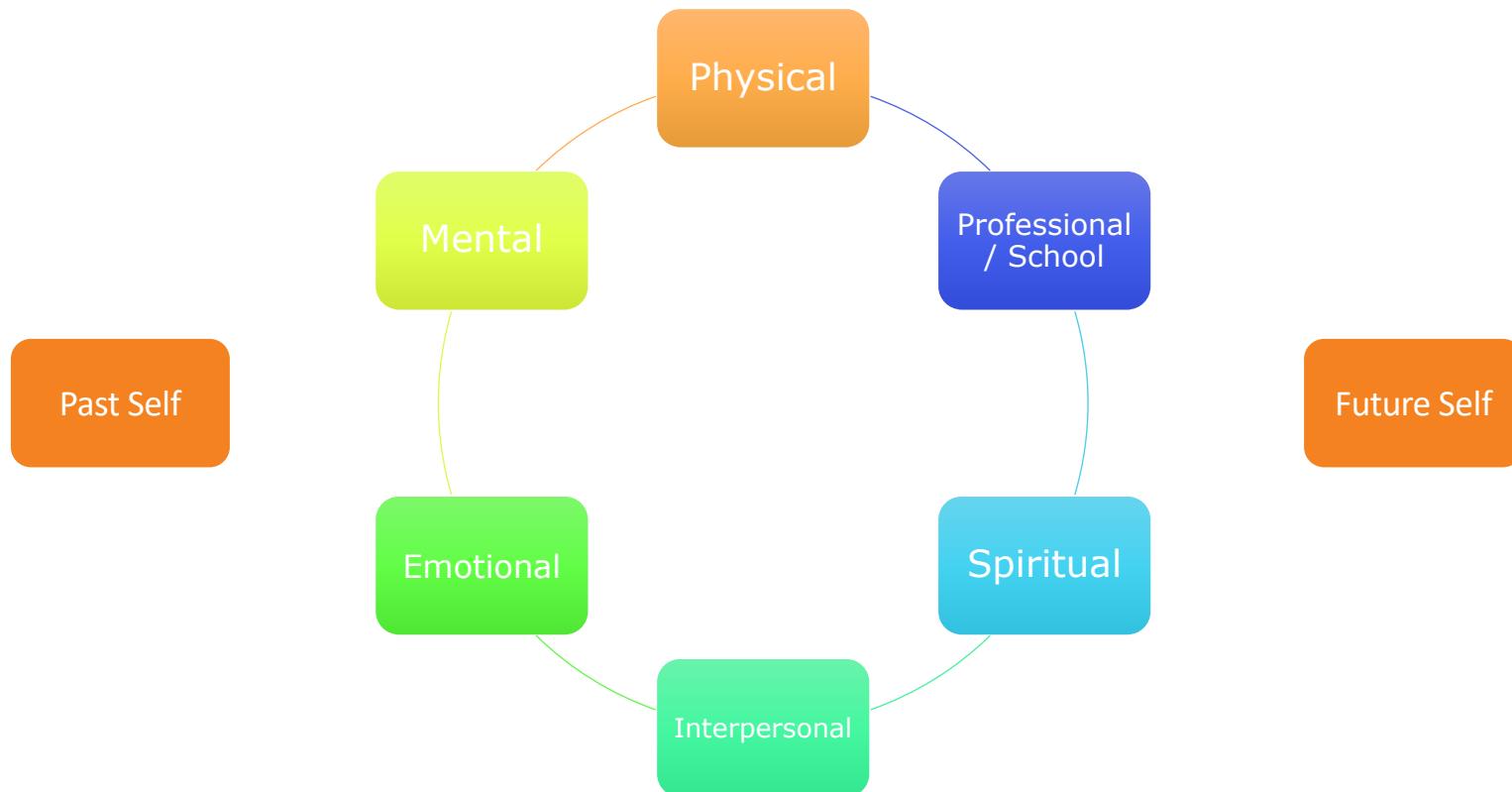


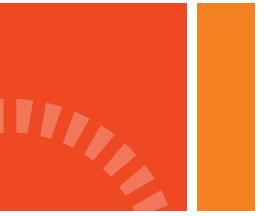
Poll: What did we recently feel when crisis or stress happened at work?

- A. Flight
- B. Fawn
- C. Freeze
- D. Fight



Self-Care





Chat: What are challenges you face
when it comes to self-care?



Coping



Coping Mechanisms and Self-Care

- Coping Mechanisms - strategies we use face of stress and/or trauma to help manage painful or difficult emotions
 - Daily go-to tools
 - Help to relieve stress and improve mood
 - “Quick fixes” that remedy the situation
- Self-Care - any intentional actions you take to care for your physical, mental, spiritual, and emotional health
 - Regularly scheduled holistic maintenance
 - Goal is to prevent and restore oneself from stress
 - Keeps you going

Source: Jameelah Trimble's Coping Skills vs Self Care... Is there a difference?





Coping Strategies

TYPES OF COPING SKILLS

Self-Soothing

(Comforting yourself through your five senses)

1. Something to touch
(ex: stuffed animal, stress ball)
2. Something to hear
(ex: music, meditation guides)
3. Something to see
(ex: snowglobe, happy pictures)
4. Something to taste
(ex: mints, tea, sour candy)
5. Something to smell
(ex: lotion, candles, perfume)

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. Affirmations and Inspiration

(ex: looking at or drawing motivational statements or images)

2. Something funny or cheering

(ex: funny movies / TV / books)

Emotional Awareness

(Tools for identifying and expressing your feelings)

Examples:

A list or chart of emotions, a journal, writing supplies, drawing / art supplies

Mindfulness

(Tools for centering and grounding yourself in the present moment)

Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.

Crisis Plan

(Contact info of supports and resources, for when coping skills aren't enough.)

Family / Friends
Therapist
Psychiatrist
Hotline
Crisis Team / ER
911

Reflection

Which domain of self-care stands out to you?

Which coping strategies do you use?

How can you connect this to the work that you do with your clients/jobseekers?



Questions





Further Reading

- [Complete Mental Health Guide During COVID-19 Pandemic](#)
- [Coping skills vs Self-care – is there a difference](#)
- [COVID-19 Mental Health Survival Guide](#)
- [Decolonizing Community Care in Response to COVID-19](#)
- [How Collective Is the Trauma of COVID-19?](#)
- [Responding to the Coronavirus/Covid-19 Pandemic: Toolkit for Emotional Coping for Healthcare Staff](#)
- [Solidarity not Charity: Mutual Aid & How to Organize in the Age of Coronavirus](#)
- [The Reason You're exhausted is 'Moral Fatigue'](#)
- [The Working Mind: COVID-19 Self-Care & Resilience Guide](#)
- [Tolerance for Uncertainty: A COVID-19 Workbook](#)
- [Trauma of Pandemic Proportions](#)



Resources

Resources for Service providers

- <https://www2.illinois.gov/sites/OECD/Pages/Resources-for-Providers.aspx>
- [Trauma-Informed Workforce Development](#)

Mental health resources

- <https://socialworklicensemap.com/social-work-resources/mental-health-resources-list/>

Advocating for communities with Disabilities

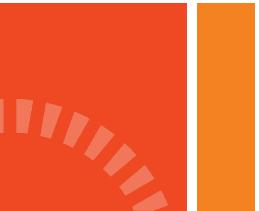
- <https://thearc.org/covid/>

What is Trauma Informed Care

- <https://traumainformedoregon.org/wp-content/uploads/2016/01/What-is-Trauma-Informed-Care.pdf>



Illinois
Collaboration
on Youth



A decorative graphic in the bottom left corner consists of two vertical bars: an orange bar on the left and a taller yellow bar to its right. Both bars have a series of white triangular cutouts along their top edges, creating a sunburst or gear-like pattern.

Thank you!

Partnering to build brighter futures