

Strengthening partnerships
for a resilient tomorrow!
**Strengthening our Resilience and Good Mental
Health in these Uncertain Times—
Staying the Course**

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Connect Connect ONLINE
Training Professionals & Communities in
Suicide Prevention & Response®

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Self-Care for All

www.naminh.org for resources and supports



- Talking about mental health issues can bring up personal experiences for us.
- **We need to be sensitive to any and all lived experiences with mental health issues.**

➤ In talking openly about mental health, take care of yourself and seek support that would be helpful to you.

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www.naminh.org for support groups and resources



NAMI NH IS SUPPORT, EDUCATION & ADVOCACY

NAMI New Hampshire

So many resources!

NI's Rapid Response

Latest News

Like us on Facebook

Upcoming Events

- 01/20/2022 - 01/20/2022
- 01/20/2022 - 01/20/2022
- 01/27/2022
- 01/27/2022 - 02/03/2022
- 02/15/2022

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COVID-19 as Pressing Public Health Issue

COVID-19 has evoked:

- Uncertainty, lack of predictability and normalcy
- Upheaval in social/business/school structures and functioning
- Increased anxiety and depression for young and older persons
- Increased risk for self-destructive behaviors, to include suicide risk, drug use/overdoses, DUIs
- Increased stressors on family/work relationships
- Impact of national level: politics, racial disparity
- Pandemic fatigue and frustration

❖ **COVID-19 not an equalizer, but a magnifier of system, infrastructure, and individual vulnerabilities and weaknesses**

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Mental Health as a Public Health Issue

“Mental health challenges in children, adolescents, and young adults are real and widespread. The COVID-19 pandemic further altered their experiences at home, school, and in the community, and the effect on their mental health has been devastating. The future wellbeing of our country depends on how we support and invest in the next generation...we also need to focus on how we can all emerge stronger on the other side”

(US Surgeon General Vivek Murthy, 12/21)

- ✓ Moving forward, it is important to **promote healing for all**
- ✓ Watch out for anyone who is not doing well and encourage them to seek support

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Moral Injury and Workplace Stress

“The bottom line is that healthcare workers and others can experience moral injury when they are not able to act in ways that are in line with their core values due to COVID-19...Recognize moral injury and associated grief...Importantly, this pandemic has not only taken a physical toll, but a tremendous psychological toll.”

UCSF Department of Psychiatry (<http://psychiatry.ucsf.edu>), 2020

Workplace Burnout: “A work hazard resulting from chronic workplace stress that has not been successfully managed”...

World Health Organization (WHO) NPR, Houston Public Media, 2019

- ✓ Reinforce self-care skills and protective factors
- ✓ Work toward restoring community spirit, strengths, and sensitivity

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Good mental health means open dialogue
www.youtube.com/watch?v=49mfPFTZsHs

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Then Why Don't We Talk about it?

- So if that's the case, why do you think so many people don't seek treatment or experience such a delay?
- Why don't we talk about mental health or substance use conditions or suicide risk?

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Why We Don't Talk About It

embarrassment doesn't impact me
 failure
 guilt seen as a sin weakness
STIGMA
 ANGER
 TOO MUCH RESPONSIBILITY
 not sure what to do
 male stigma fear
 failure weakness shame
 DISAPPOINTMENT
 CULTURAL TABOO
 LETTING PEOPLE DOWN
 JUDGED BY OTHERS

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Symptoms for Mental Health Crisis

- Feeling very sad or withdrawn for more than two weeks
- Trying to harm oneself or making plans to do so
- Out-of-control, risk-taking behavior that causes harm to self or others
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort, or difficulty breathing
- Significant weight loss or gain
- Seeing, hearing, or believing things that aren't real
- Excessive use of alcohol or drugs
- Drastic changes in mood, behavior, personality, or sleeping habits
- Extreme difficulty in concentrating or staying still; agitation
- Intense worries or fears that get in the way of daily activities


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Post-Traumatic Stress

- Sleep problems, chronic fatigue
- Increased use of alcohol/substances
- Irritability, outbursts of anger, frequent arguments
- Hypervigilance, excessive worry
- Inability to relax or to have fun
- Decline in job performance, absenteeism
- Gastrointestinal issues
- Headaches, body aches and pains
- Easily startled, extreme agitation, "jumping out of one's skin"
- Memory problems, lack of concentration
- Disorientation or confusion
- Difficulty in making decisions, problem-solving



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Depression and Substance Misuse

Depression

- Extreme sadness
- Withdrawing from others
- Having suicidal or homicidal thoughts or plans
- Feelings of hopelessness, failure
- Experiencing memory loss, appearing dazed
- Feeling constantly on edge
- Inability to care for self, e.g. daily hygiene
- Weight loss/gain

Substance Misuse

- Shaking of hands, tremors
- Increased absenteeism
- Impaired coordination
- Increased strain in relationships
- Uses sick leave to recover from excessive use of alcohol
- Lying, denying, or covering up having any problems with substances
- Experiences blackouts or not remembering events while under the influence




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When can Mental Health Issues Happen?

- **At any point** in life
- For a **short period** of time (acute)
- **Only once or multiple** episodes
- For **long periods of time** (chronic)



➤ **Note: Early recognition and treatment = better health outcomes**

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Just like any other medical condition...

Mental health issues are brain disorders which typically respond to treatment that can consist of:

- Therapy/counseling
- Medication
- Diet
- Exercise
- Good sleep habits
- Non-traditional approaches such as meditation, yoga, support groups, etc.
- Sharing of lived experience
- Or, for **better results, a combination of the above.**

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HEART Model

- **H: Hear** them out
- **E: Empathize**
- **A: Ask** questions; **Affirm** your understanding
- **R: Respond** appropriately
- **T: Take action** to follow through with resources

➤ **All of the above are simply what we can all do as caring people!**

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OFFER...

- **Understanding**
- **Time**
- **Feedback**
- **Choices**
- **Active helping (with resources)**
- **Respect and dignity** for the person



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Suicide Warning Signs

Seek help as soon as possible by contacting a mental health professional or by calling the National Suicide Prevention Lifeline at 1-800-273-TALK if you or someone you know exhibits any of the following signs:

<ul style="list-style-type: none"> ■ Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself ■ Looking for ways to kill oneself by seeking access to firearms, available pills, or other means ■ Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person ■ Feeling hopeless ■ Feeling rage or uncontrolled anger or seeking revenge 	<ul style="list-style-type: none"> ■ Acting reckless or engaging in risky activities—seemingly without thinking ■ Feeling trapped—like there's no way out ■ Increasing alcohol or drug use ■ Withdrawing from friends, family, and society ■ Feeling anxious, agitated, or unable to sleep or sleeping all the time ■ Experiencing dramatic mood changes ■ Seeing no reason for living or having no sense of purpose in life
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Vicarious Trauma/Caregiver Stress

- Helping professionals may experience vicarious trauma or caregiver stress during their careers:

“The expectation that we can be immersed in suffering and loss and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.” —R.N. Remen

- Vicarious Trauma:** This type of indirect trauma can involve similar distress symptoms as those who have experienced trauma and loss firsthand.
- Caregiver Stress:** Helpers can absorb the suffering of others and end up feeling weary and worn, which can lead to profound emotional and physical consequences.

➤ **Positive Action: Engage your support networks if you are experiencing either of these. Increase self-care activities.**

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Accessing Help and Resources: Compassion Fatigue (CF)

- Exhausted, overwhelmed
- Frustrated, cynical
- Disconnected from others, alone
- As if nothing you can do will help
- As though you are not doing your job well
- Numbing of feelings; wanting to use alcohol just to cope
- Like a failure
- Depressed

- “Being haunted” by the troubling images and tragic stories which you have encountered
- Excessive worry that bad things will happen to you, your family, co-workers
- Physical signs like racing heart, shortness of breath, tension headaches
- Easily startled, feeling jumpy or on guard all the time
- Thinking every situation will turn out bad

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Accessing Help and Resources: Compassion Satisfaction (CS)

- Focus on 4 core components of resilience: sleep, nutrition, physical activity, active relaxation
- Adequate sleep!
- Drink fluids for hydration
- Basic hygiene tasks
- Taking time for conversations with others
- Engage with co-workers to celebrate successes and debrief bad situations
- Take time to be alone

- Practice spiritual beliefs/religious practices/outreach to faith leaders
- Take time away from work
- Identify things to look forward to
- Communicate regularly with family and friends
- Source of hope, strength, resilience**
- Great sense of fulfillment for the work you do**
- Knowing you make a difference each and every day**

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Healthcare Provider Resource
 Thomas Jones, Angela. *Not too Tired to Care*, 2020

Learn Evidence-Based Mindfulness Practices to Support Well-being, Improve Patient Care, and Address the Unique Challenges of These Times.

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Vicarious Trauma/Post-Traumatic Growth

While secondary (vicarious) trauma may persist for community care providers and members alike, others might experience some personal growth and changes in perspective: *(Slavin-Spenny, et al, 2011)*

- **Having greater appreciation for relationships and loved ones**
- **Being grateful for what they have in their lives and community**
- **Becoming more understanding and accepting of others**

➤ This post-traumatic growth may then present as **resilience**, where an individual has supportive relationships and adaptive skills in their journey of healing.

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Intentional RECHARGING

Physical – How well are you able to carry out daily tasks with vigor?

Emotional – Are you able to appropriately express your feelings, or are you numb to emotion?

Intellectual – How is your ability to think clearly, learn new things, and make good decisions?

Relational – What is the quality of your relationships, and strength of your social network?

Spiritual – How well does your personal belief system bring value, meaning, and purpose to your life?

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Mental Health and Well-Being

- 1. Separate what is in your control from what is not.**
 e.g., Limit your consumption of news
- 2. Do what helps YOU feel a sense of safety.**
 e.g., Take your vitamins

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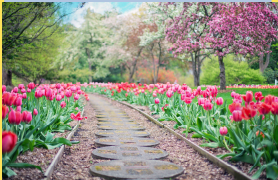
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Mental Health and Well-Being

3. Get outside in nature.
Vitamin D and fresh air are essential.
Exercise also elevates both physical and mental health.



4. Challenge yourself to stay in the present.
Practice mindfulness; it will help you stay grounded.



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Mental Health and Well-Being



5. Stay connected with supportive others and reach out if you need more support.
You are not alone.

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Mental Health Emergency Services



New Hampshire Community Mental Health Center Geographic Regions

Mental Health Regions:
1. Eastern Seaboard Services
2. Central Seaboard Services
3. Granite State Services
4. Lakes Region Services
5. White Mountain Services
6. Upper Valley Services
7. Seacoast Services
8. Lakes Region Services
9. Granite State Services
10. Seacoast Services

Community Mental Health Centers (10 in NH)
www.dhhs.state.nh.us/DHHS/BMH/mh-emergency.htm
**Emergency Services at each 24/7*

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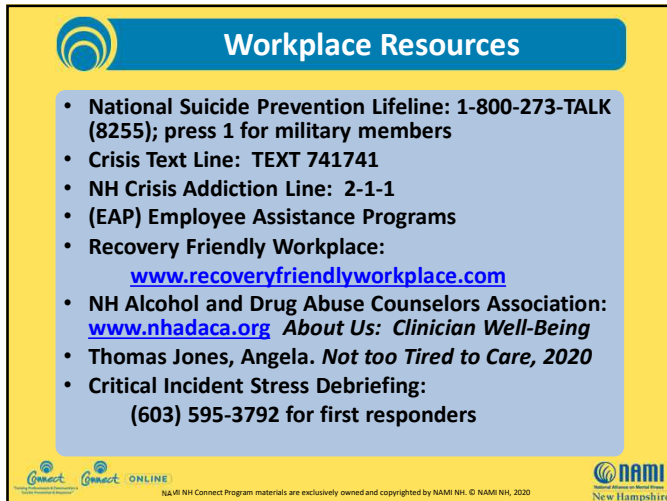
Statewide Resources for Individuals and Families

- **Peer Support Centers:**
www.dhhs.state.nh.us/DHHS/BBH/peer-support-agencies.htm
- **NH DHHS** www.dhhs.nh.gov/dcbcs/bbh/index.htm
- **Service Link: 2-1-1**
- **Domestic Violence Centers:** www.nhcadsv.org
- **Community Action Programs:** Assistance and referral
- **Homeless and Housing:**
www.dhhs.nh.gov/DHHS/OHHTS/default.htm
- **Disability Rights Center**
- **Office of Family and Consumer Affairs**
- **Granite State Independent Living Foundation:**
www.gsil.org

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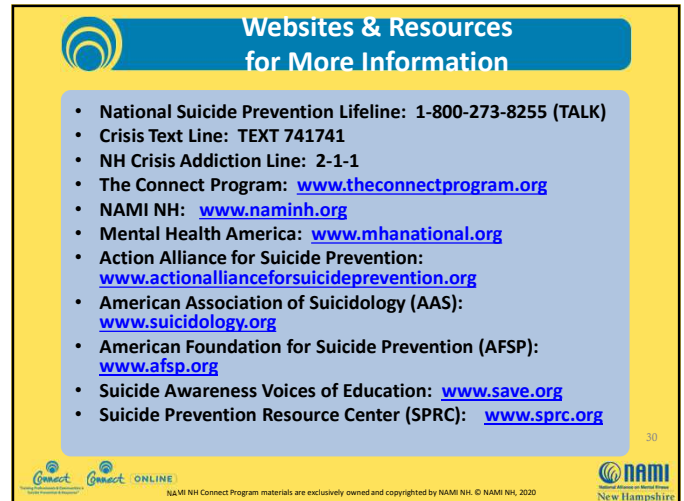


Workplace Resources

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255); press 1 for military members
- Crisis Text Line: TEXT 741741
- NH Crisis Addiction Line: 2-1-1
- (EAP) Employee Assistance Programs
- Recovery Friendly Workplace:
www.recoveryfriendlyworkplace.com
- NH Alcohol and Drug Abuse Counselors Association:
www.nhadaca.org *About Us: Clinician Well-Being*
- Thomas Jones, Angela. *Not too Tired to Care, 2020*
- Critical Incident Stress Debriefing:
(603) 595-3792 for first responders

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Websites & Resources for More Information

- National Suicide Prevention Lifeline: 1-800-273-8255 (TALK)
- Crisis Text Line: TEXT 741741
- NH Crisis Addiction Line: 2-1-1
- The Connect Program: www.theconnectprogram.org
- NAMI NH: www.naminh.org
- Mental Health America: www.mhanational.org
- Action Alliance for Suicide Prevention:
www.actionallianceforsuicideprevention.org
- American Association of Suicidology (AAS):
www.suicidology.org
- American Foundation for Suicide Prevention (AFSP):
www.afsp.org
- Suicide Awareness Voices of Education: www.save.org
- Suicide Prevention Resource Center (SPRC): www.sprc.org

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LGBTQ Resources

- The Trevor Project (Suicide Hotline): (866) 488-7386
- Native PFLAG: (602) 803-3907 www.NativePFLAG.org
<https://www.facebook.com/nativepflag/>
- PFLAG National: (202) 467-8180 www.pflag.org
- Human Rights Campaign (HRC): 1-800-777-4723 www.hrc.org
- Gay, Lesbian & Straight Education Network (GLSEN): (212) 727-0135 www.glsen.org
- Gay and Lesbian Alliance Against Defamation (GLAAD): (323) 933-2240
www.glaad.org
- Lambda Legal: (212) 809-8585 <http://lambdalegal.org>
- Gay-Straight Alliance (GSA) Network: (415) 552-4229 www.gsanetwork.org
- National Center for Transgender Equality: (202) 903-0112 <http://transequality.org>
- Gay & Lesbian National Hotline: (888) 843-4564 Provides vital peer support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity.
- 1N10: (602) 400-2601 www.oneten.org Support for young adults ages 14-24
- TransLifeline: (877) 565-8860 www.translifeline.org

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