



Support Youth Through COVID- 19

December 7, 2020, 10:00-11:30 am PST

Hello!

I am Amy Foster Wolferman, she/ her

I love hiking and playing with my dog

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I am Veronica Willetto DeCrane, she/ her, Diné

I love cooking and reading novels

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**NATIONAL
NATIVE
CHILDREN'S
TRAUMA
CENTER**



UNIVERSITY OF MONTANA

Let us Start with a Blessing

“I can be changed by what
happens to me. But I refuse to be
reduced by it.”

Maya Angelou



Live Virtual Training Logistics



Logistics

- You are muted
- If comfortable, share video

Engagement

- Breakout rooms
- Chat box
- Icons (Zoom & More)

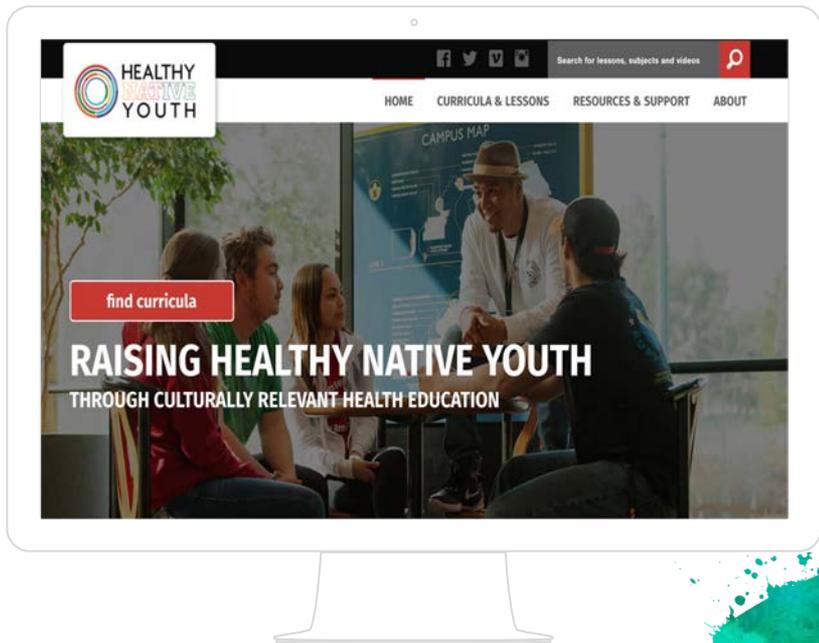




Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

- ★ Name, Tribe, Pronouns
- ★ Role & Organization
- ★ Email address
- ★ How are you feeling today?



Group Agreements

- ★ **Participate Fully**
- ★ **Delay Distractions**
- ★ **Honor Different Experiences**
- ★ **Be Brave & Explore**
- ★ **Others? (Type in the chat)**



We've Got Goals!

By the end of today's session, you will be able to...

- **describe** the impacts of trauma and how youth are coping right now
- **select** prevention strategies to use with youth in either virtual or physical spaces
- **practice** a Reflective Listening exercise in breakout groups





Where we are going

1. Understanding Trauma & COVID Specific Trauma
2. Trauma Informed Strategies: Tips & Tools
3. Breakout Groups: Reflective Listening
4. Let's Talk About it!





Wellness Moment

Let's Take Some Deep Breaths Together

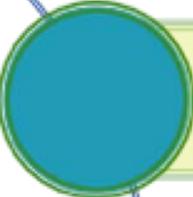


1. Understanding Trauma & COVID Specific Trauma

Let's get some background here...



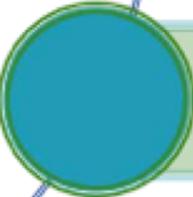
Building a Trauma Lens



The **experience** of a real or perceived threat to life or safety



or to the life or safety of a loved one



Causes an **overwhelming** sense of terror, horror, helplessness, and fear.

Trauma Responses

**Common
Reactions**

**Child Traumatic
Stress**

PTSD

- Hyperarousal
- Re-experiencing
- Avoidance or Numbing
- Changes in Affect
- Sense of Foreshortened Future
- Cognitive Distortions

**Normal
Responses to
Adverse
Situations**

COVID Specific Trauma

Traumatic Stress

Traumatic Grief

Traumatic Separation



Trauma Goggles

**Seeing below the
surface of behavior**

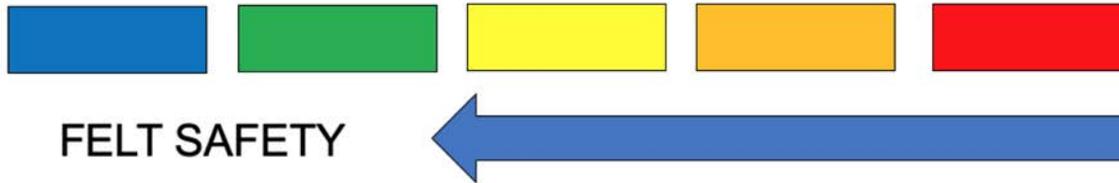
Protection

- Safety Seeking
- Danger Avoidant



Adaptive Responses to Trauma

Hyper-arousal Continuum	Rest	Vigilance	Resistance	Defiance	Aggression
Dissocia-tive Continuum	Rest	Avoidance	Compliance	Dissociation	Fainting
Mental State	Calm	Alert	Alarm	Fear	Terror





*Questions, Ask
Away!*



Mentimeter Wordcloud

Use the link in the chat box to join...

How do you think
youth are coping
now?

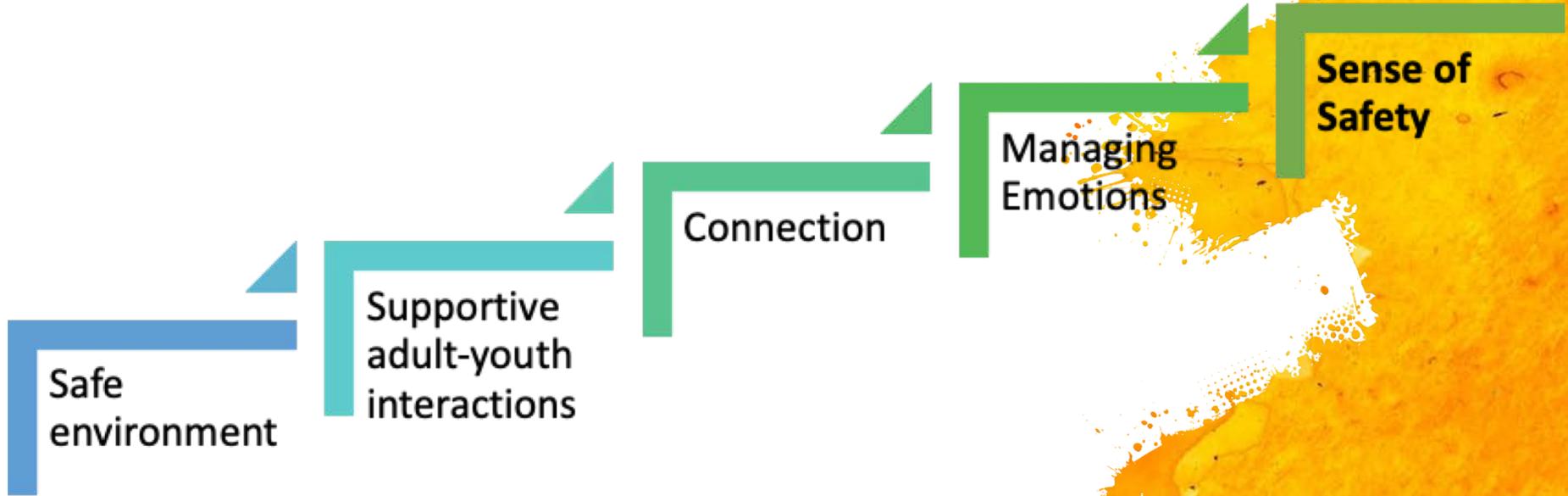


2. Trauma Informed Strategies: Tips & Tools

Let's think about how we can meet youth where they are at...



How We Can Help



Safe environment

Supportive adult-youth interactions

Connection

Managing Emotions

Sense of Safety



Safe Environment



Safe
Environment



**Establishing
Routines**



**Creating
Safe Spaces**



**Managing
Expectations**



Be an Emotional Container

Supportive
Adult-Youth
Interactions

Be an Emotional Container

Respond Calmly &
Appropriately

Demonstrate Control

Be Willing to Tolerate
Strong Emotions



Image Source: Google Images

This can be Your Greatest Gift

Supportive Adult-Youth Interaction



Supportive
Adult-Youth
Interactions



Tuning Into Ourselves

Notice Reactions

Coping Strategies

Depersonalize Behaviors

Put on Your Trauma Goggles!

A behavior may be happening with us, but is very likely not about us

Reflective Listening

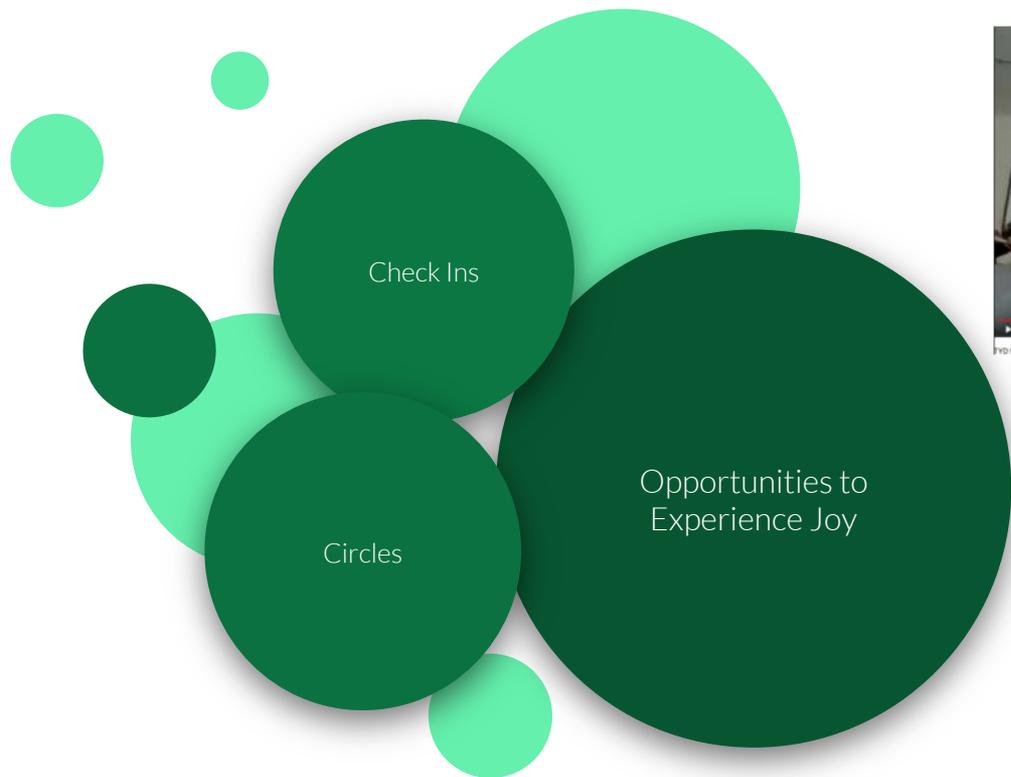
Accept & Respect
Listen
Paraphrase
Help Connect Feelings
Wait



Connection



Connection



Check Ins

Circles

Opportunities to
Experience Joy



Image: Screenshot of WRN Ambassadors



Managing Emotions



Managing Emotions

Trauma Focused Interventions:

- ★ Bounce Back For Classrooms (K-5)
- ★ STARS (Middle/ High School)

Normalizing Emotions

	SAD		PROUD
	HAPPY		DISAPPOINTED
	MAD		CONFUSED
	SCARED		ASHAMED
	SHY		EMBARRASSED
	BRAVE		EXCITED
	CALM		STRESSED
	SURPRISED		CONFIDENT
	BORED		NUMB

Self-Regulation



Image Source: FosterDecor 2020



Dealing with Grief & Loss

Managing
Emotions

- Commemorate a person lost
- Express Yourself
- Notice the Good Things
- Improve Your Mood by Helping Others



Resource Handout



SUPPORTING CHILDREN AND TEENS DURING THIS HOLIDAY SEASON

The holiday season is upon us. Families are dealing with stress from multiple sources, including COVID-19, and may not be able to celebrate the holidays as usual. Although parents/caregivers may feel the need to do more to "make up" for such a difficult year, remember, more is not always better. Decide as a family how you will make each holiday special this year.

Given these changes, adults and children may experience waves of sadness, disappointment, loneliness, grief, and anger. It is important to not feel alone with these feelings, to have your feelings supported and validated by others, and to know that in the midst of these difficult times, you can create moments of joy, hope, and connection. While some traditions may have to shift due to these challenging times, this is also an opportunity to create new family traditions together.

STRATEGIES AND IDEAS FOR THIS HOLIDAY SEASON: Finding ways to make this year special

Start a Family Conversation: Acknowledge What Has Changed and How Family Members are Feeling

- Talk to your children/teens about this holiday season.
- Help them understand why things are different. You may want to share that you are doing things differently because you want to keep everyone safe and healthy.
- Let them talk about their feelings, what they are sad about, what makes them upset.
 - Let them know that they are not alone. You hear them.
 - Validate their feelings. It makes sense that they are feeling sad, disappointed, frustrated, angry... because the holidays are not the same, because they miss friends and family...
 - You may want to let them know that you are also sad and upset that so much has changed and that things are not the way you want them to be.
 - Even when you can't "fix" things, you are giving children the gift of your support.
- If loved ones have died during this year, find a way to honor their memory this holiday season and find ways to share your feelings as a family.
- Think together about your family values and traditions related to the holidays (the way you celebrate may change, but the meaning behind the holiday does not).

This project was funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), US Department of Health and Human Services (HHS). The views, opinions, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.



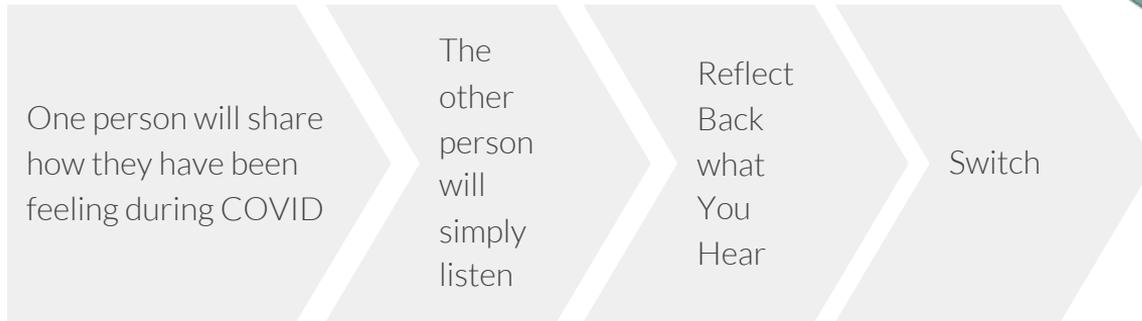
Group Agreements

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3. Breakout Groups

Let's practice what we've learned...



What was your experience like as the speaker and the listener?
Be prepared to share your great ideas with the larger group!



Image Source: Healthy Native Youth, NPAIHB



4. Let's Talk About it!

Logistics

Share Your Video
Use the Chatfeed

Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions



Practice in Action

Taking it back home!



Find Curricula on *Healthy Native Youth*



- ★ Filter & Compare Tool
- ★ All Materials Needed to Implement
- ★ Enhancement Activities
- ★ Resources & Support
- ★ Upload & Submit Your Own Curricula

We've got Your Back with Resources!

Resources



National Suicide Prevention Lifeline:
Call: 1-800-273-TALK
Text: START to 741741



StrongHearts Native Helpline
Call (7am-10pm CST): 1-844-7NATIVE
Chat: strongheartshelpline.org



First Nations & Inuit Hope for Wellness
Hotline
Call: 1-855-242-3310



RAINN - National Sexual Assault Hotline
Call (24/7): 1-800-656-HOPE



Love is Respect - National Domestic
Violence Hotline
Call (24/7): 1-866-331-9474
Text: "loveis" to 22522



We R Native
Ask Auntie & Ask Uncle

Local Resources

We all need help at one point in time. Every single one of us!

Share - any concerns you have
Talk - with someone you can trust

Report - if you're worried about someone

Check out what's available in your community by checking with your:

- Tribal Clinic
- School Counselor
- Mental Health Clinic

Resources Handout

Find in the:

- ★ Resources & Support tab
- ★ Recorded Sessions

Text...

For youth:



"NATIVE" to 97779 for health & wellness tips



"CARING" to 65664 to be reminded of just how awesome you are!

For adults:



"EMPOWER" to 97779 for tips on talking to your youth about sexual health



Find Help Near You



SAMSHA - Zip code locator for a treatment center closest to you



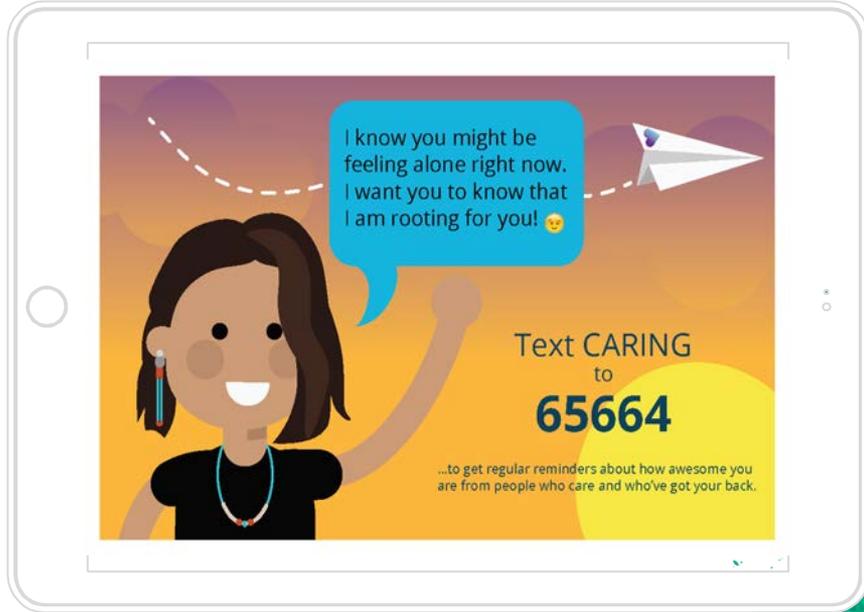
Mental Health America - Zip code locator for a clinic closest to you





For Adults: Text “Empower” to 97779

- ★ Tips & Resources for Talking to Youth About Sexual Health
- ★ Need some help getting the convo started?



For Youth: Text “Caring” to 65664

To get regular reminders about how awesome you are from people who care and who've got your back!



Sign up for the *Healthy Native* *Youth* Newsletter!

Stay up to Date with the Latest...

Community of Practice 2021 Schedule

**Second
Wednesday of
Every Month**

10:00-11:00 AM PST

How to Join

AT THE TIME OF MEETING,
CLICK THIS [LINK](#)

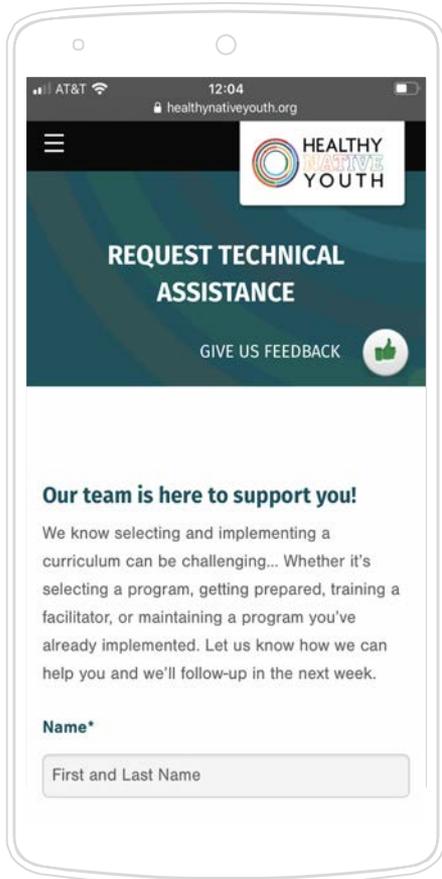
PASSWORD: 020558

JOIN BY PHONE ONLY:
+1 646 558 8656 US
MEETING ID: 929 2852
5787

TEXT: HEALTHY TO 97779

- January 13th Substance Misuse & Help-Seeking Skills
- February 10th Connecting our Past with our Present
Re-traumatization
- March 10th Culture as Prevention
- April 14th Supporting Youth Identity: We R Native!
- May 12th Circles of Support: Create a Q&A Service like
"Ask Auntie/ Ask Uncle"
- June 9th 2SLGBTQ: Level up the Inclusion
- July 14th Text Messaging Campaigns

Leave Your Email in Chatbox



We LOVE helping...

- ★ Training & TA Evaluation Form
- ★ Request TA

Exit Ticket

Instructions: Click on the link in the chat feed for your ticket out the door.

List one thing you learned...



List one thing you would like to know more about...



Thank you!

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rg



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Funding Credit

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Let us Close with a Blessing

I've learned that no matter what happens, or how bad it seems today, life goes on, and it will be better tomorrow.

Maya Angelou

