Support Youth Through COVID-19

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

I am Amy Foster Wolferman, she/ her
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I am Veronica Willeto DeCrane, she/ her, Diné
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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

<table>
<thead>
<tr>
<th>Common Reactions</th>
<th>Child Traumatic Stress</th>
<th>PTSD</th>
</tr>
</thead>
<tbody>
<tr>
<td>● Hyperarousal</td>
<td>● Re-experiencing</td>
<td></td>
</tr>
<tr>
<td>● Avoidance or Numbing</td>
<td>● Changes in Affect</td>
<td></td>
</tr>
<tr>
<td>● Changes in Affect</td>
<td>● Sense of Foreshortened Future</td>
<td></td>
</tr>
<tr>
<td>● Cognitive Distortions</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Normal Responses to Adverse Situations**
COVID Specific Trauma

- Traumatic Stress
- Traumatic Grief
- Traumatic Separation
Youth at Additional Risk

- Less Supervision
- Separated from caregivers
- Divorce
- Health care workers
- Vulnerable to virus
- Lost of income
- Domestic Violence
- Anxiety
- Depression
- Suicide Ideation
- Learning disorders
- Attention disorders
- Child abuse
Trauma Goggles

Seeing below the surface of behavior

Protection

- Safety Seeking
- Danger Avoidant
Adaptive Responses to Trauma

<table>
<thead>
<tr>
<th>Hyper-arousal Continuum</th>
<th>Rest</th>
<th>Vigilance</th>
<th>Resistance</th>
<th>Defiance</th>
<th>Aggression</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disassociative Continuum</td>
<td>Rest</td>
<td>Avoidance</td>
<td>Compliance</td>
<td>Dissociation</td>
<td>Fainting</td>
</tr>
<tr>
<td>Mental State</td>
<td>Calm</td>
<td>Alert</td>
<td>Alarm</td>
<td>Fear</td>
<td>Terror</td>
</tr>
</tbody>
</table>

FELT SAFETY

Image Source: Dr. Bruce Perry, Director of the Child Trauma Academy
Questions, Ask Away!
Mentimeter

How do you think youth are coping now?

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

Wordcloud
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

- Establishing Routines
- Creating Safe Spaces
- Managing Expectations

Image Source: Google Images
Be an Emotional Container

- Respond Calmly & Appropriately
- Demonstrate Control
- Be Willing to Tolerate Strong Emotions

This can be Your Greatest Gift
Supportive Adult-Youth Interaction

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

Opportunities to Experience Joy

Check Ins

Circles

Image: Screenshot of WRN Ambassadors
Managing Emotions

Trauma Focused Interventions:
- ★ Bounce Back For Classrooms (K-5)
- ★ STARS (Middle/High School)

Normalizing Emotions

<table>
<thead>
<tr>
<th>SAD</th>
<th>PROUD</th>
</tr>
</thead>
<tbody>
<tr>
<td>HAPPY</td>
<td>DISAPPOINTED</td>
</tr>
<tr>
<td>MAD</td>
<td>CONFUSED</td>
</tr>
<tr>
<td>SCARED</td>
<td>ASHAMED</td>
</tr>
<tr>
<td>SHY</td>
<td>EMBARRASSED</td>
</tr>
<tr>
<td>BRAVE</td>
<td>EXCITED</td>
</tr>
<tr>
<td>CALM</td>
<td>STRESSED</td>
</tr>
<tr>
<td>SURPRISED</td>
<td>CONFIDENT</td>
</tr>
<tr>
<td>BORED</td>
<td>NUMB</td>
</tr>
</tbody>
</table>

Self-Regulation

repeat
breathe
repeat
breathe
Dealing with Grief & Loss

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

SUPPORTING CHILDREN AND TEENS DURING THIS HOLIDAY SEASON

The holiday season is a time for families to come together, share stories, and remember loved ones who have passed away. For children and teens, this time can be especially challenging as they navigate feelings of loss, sadness, and the complexity of emotions.

Here are some strategies to help children and teens manage their emotions during the holidays:

1. **Talk to Your Children about the Holiday Season**
   - Help them understand what grief feels like. It's important for them to know that it's okay to feel sad, anger, or confusion.
   - Let them know that it's okay to express their feelings and ask for support when they need it.
   - Validate their feelings. Acknowledge that they might be feeling a range of emotions and that it's part of the healing process.
   - Stay present and engaged. Make time for them and listen to their concerns and feelings.

2. **Keep the Holiday Traditions Going**
   - Even during difficult times, it's important to keep traditions alive. This can provide a sense of comfort and normalcy.
   - Adjust traditions to fit the current circumstances. For example, if it's not possible to have a large family gathering, consider a virtual gathering.

3. **Support Each Other**
   - Encourage children and teens to share their feelings and support one another. This can be especially important for siblings who are going through similar experiences.
   - Help children and teens find ways to express their feelings through art, writing, or other creative outlets.

4. **Seek Professional Help if Needed**
   - If you or your child are struggling to cope, consider seeking help from a mental health professional.
   - There are resources available, such as counseling services and support groups, that can provide additional support.

By creating a safe and supportive environment, children and teens can navigate the holiday season with greater ease and resilience.
Group Agreements

★ Participate Fully

★ Delay Distractions

★ Honor Different Experiences

★ Be Brave & Explore

★ Others? (Type in the chat)
3. Breakout Groups

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

One person will share how they have been feeling during COVID
The other person will simply listen
Reflect Back what You Hear
Switch

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

Find in the:
★ Resources & Support tab
★ Recorded Sessions

We've got Your Back with Resources!

**Resources**

- **National Suicide Prevention Lifeline:** Call 1-800-273-TALK
- **Stronghearts Native Helpline:** Call (7am-10pm CST) 1-844-7NATIVE
- **First Nations & Inuit Hope for Wellness Hotline:** Call 1-855-242-3380
- **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: "lovem" 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

**Text...**

- For youth: "NATIVE" to 97779
- For adults: "EMPOWER" to 97779

**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**

[Resources & Support tab]
[Recorded Sessions]
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

January 13th  Substance Misuse & Help-Seeking Skills
February 10th  Connecting our Past with our Present
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!

You can find us at:
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Funding Credit

This project is funded by the Indian Health Service HIV and behavioral health programs. This work is also supported with funds from the Secretary’s Minority AIDS Initiative Fund.
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