



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

You can find me at veronica.willetto@mso.umt.edu

**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



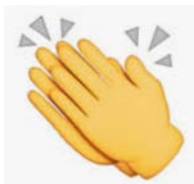
Live Virtual Training Logistics

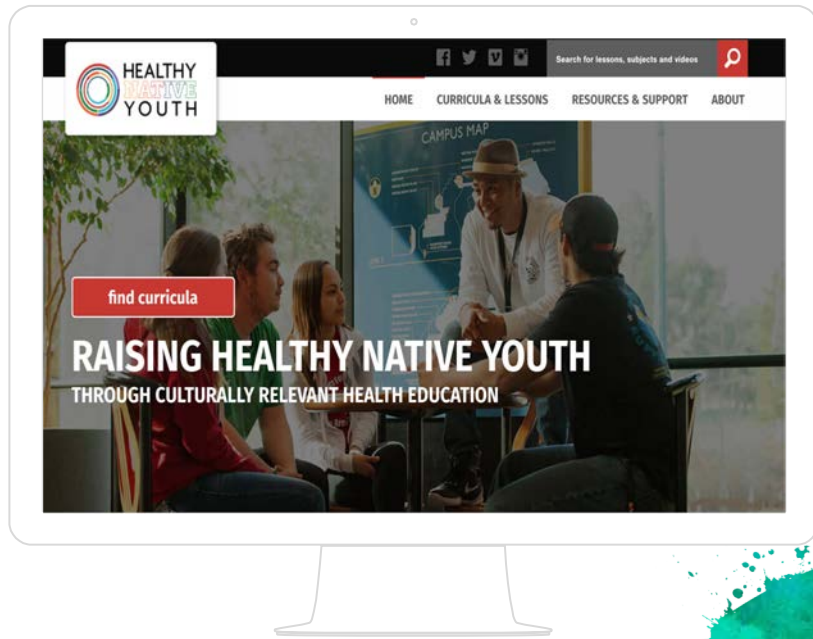
Logistics

- 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

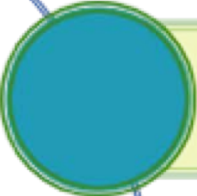


1. Understanding Trauma & COVID Specific Trauma


Let's get some background here...



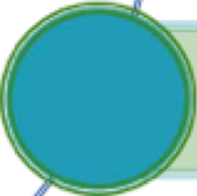
Building a Trauma Lens



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
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- 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
Dissociative Continuum	Rest	Avoidance	Compliance	Dissociation	Fainting
Mental State	Calm	Alert	Alarm	Fear	Terror

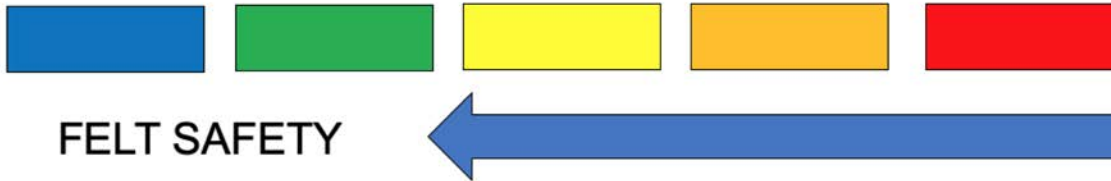


Image Source: Dr. Bruce Perry, Director of the Child Trauma Academy





*Questions, Ask
Away!*



Mentimeter Wordcloud

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

How do you think
youth are coping
now?

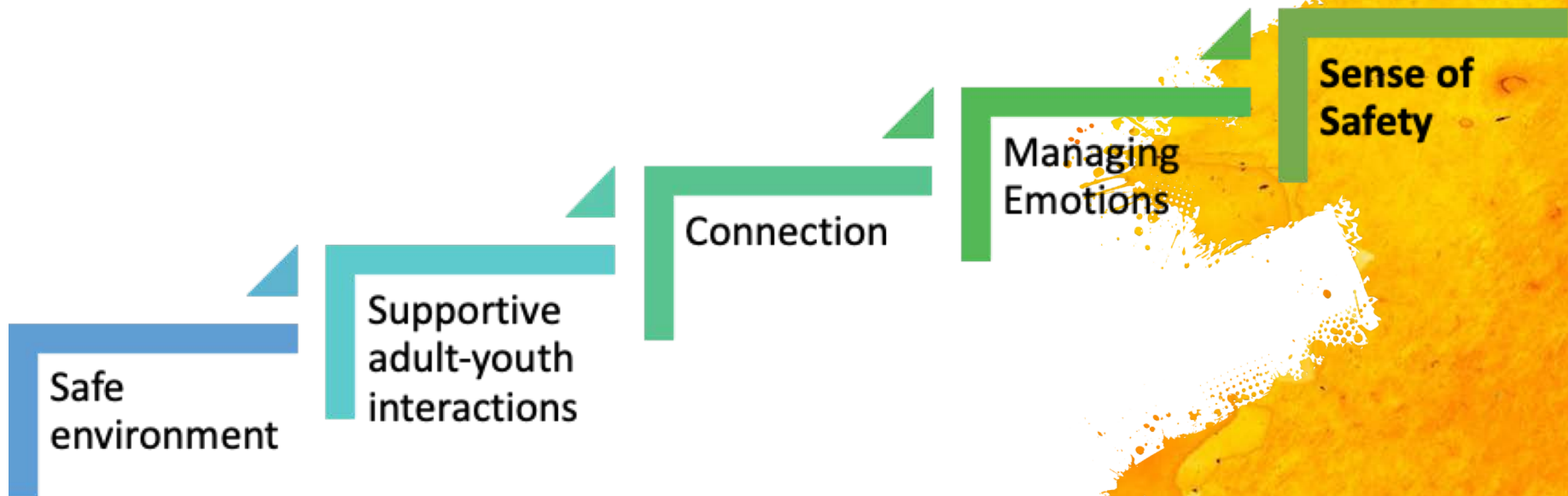


2. Trauma Informed Strategies: Tips & Tools

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



How We Can Help



Safe Environment



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

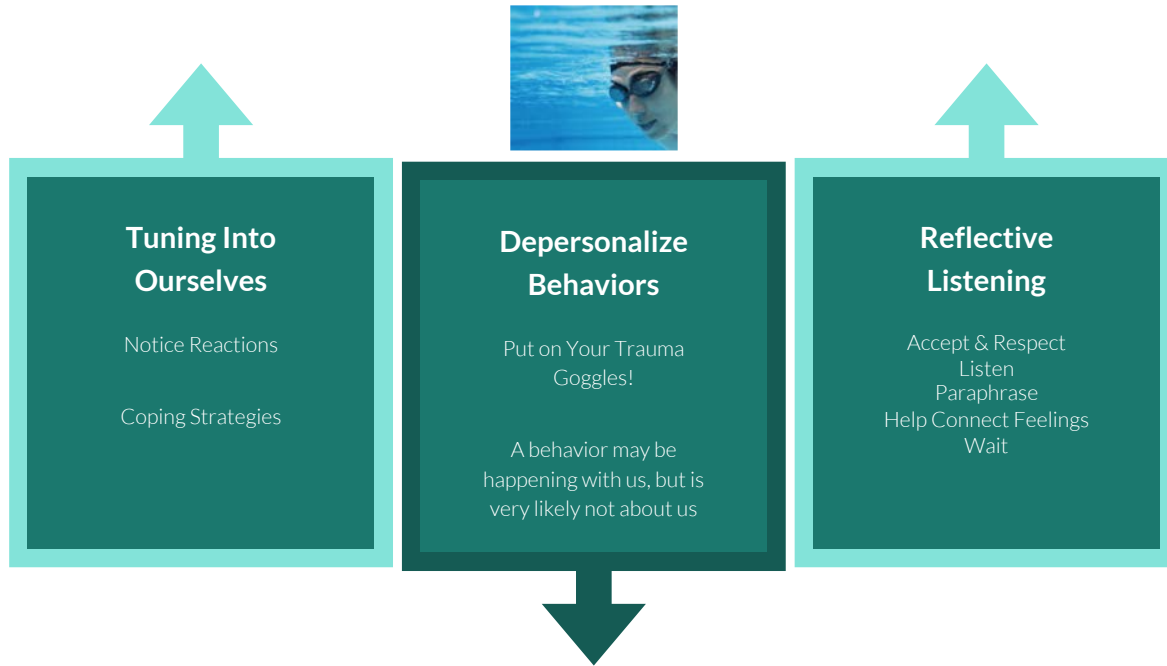


Image Source: Google Images



Connection



Connection



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



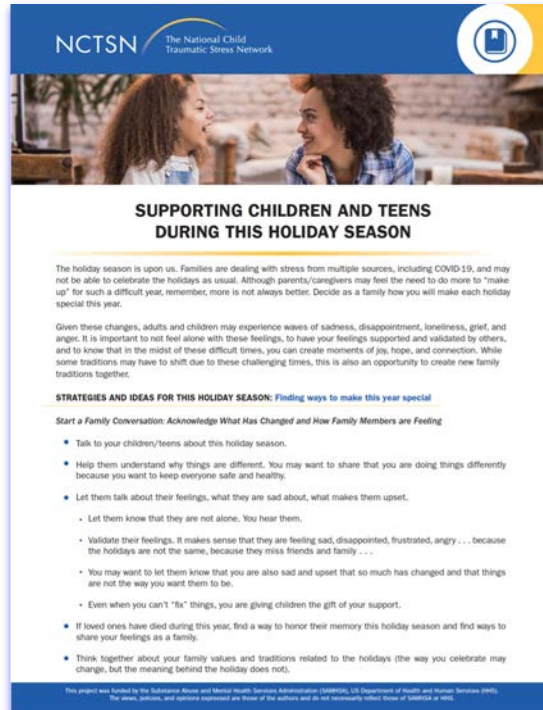
Dealing with Grief & Loss

Managing Emotions

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



Resource Handout



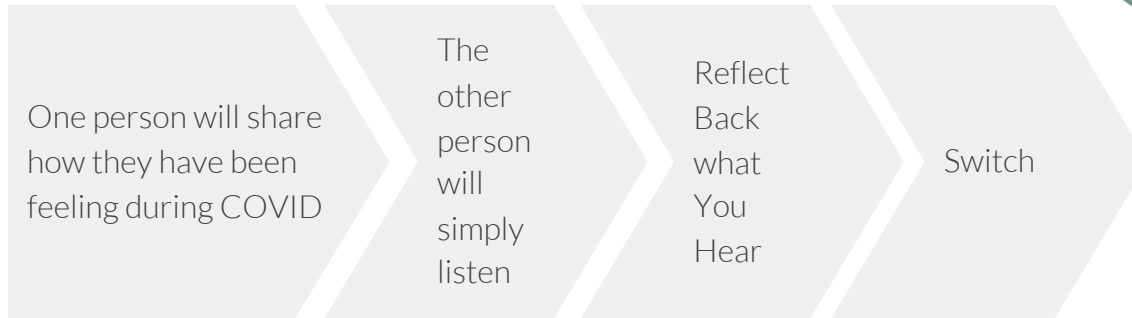
Group Agreements

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



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



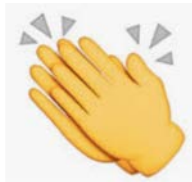
4. Let's Talk About it!

Logistics

Share Your Video
Use the Chatfeed

Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions



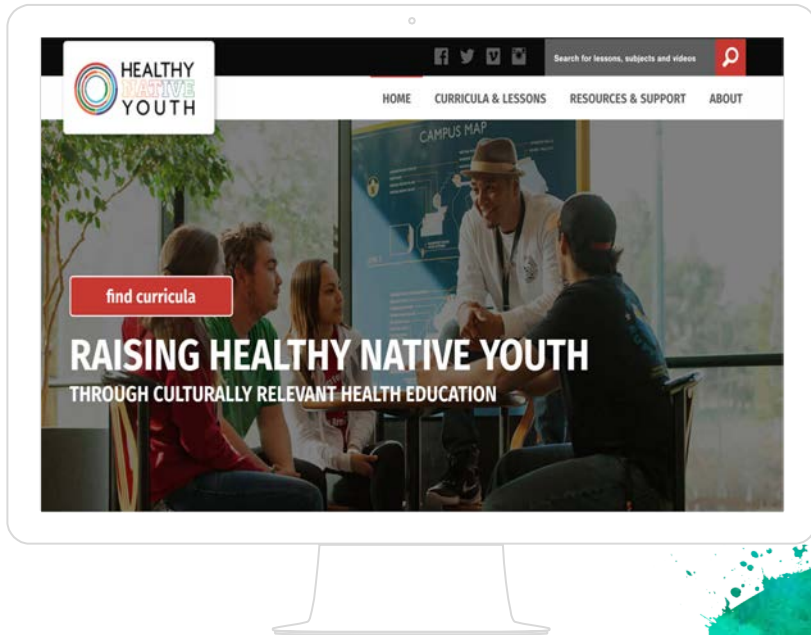
Practice in Action

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

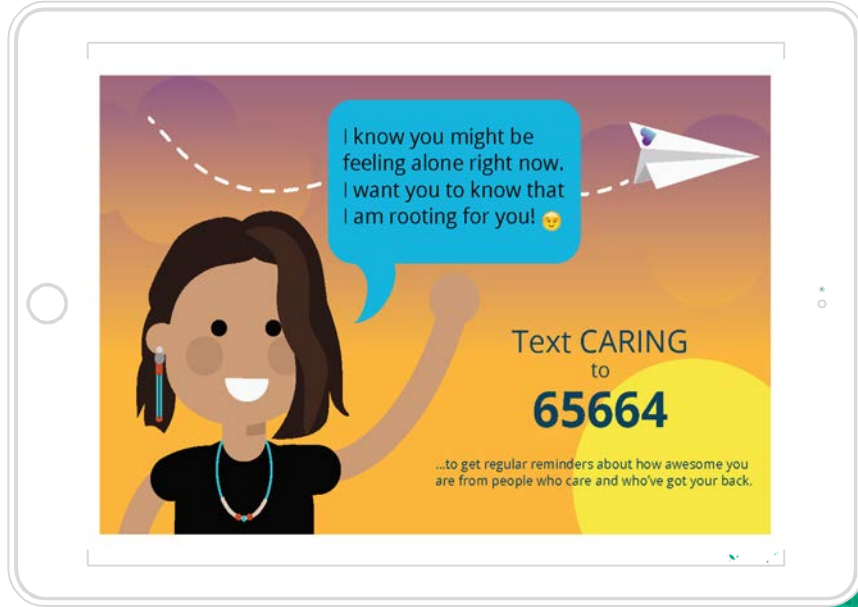


WWW.HEALTHYNATIVEYOUTH.ORG



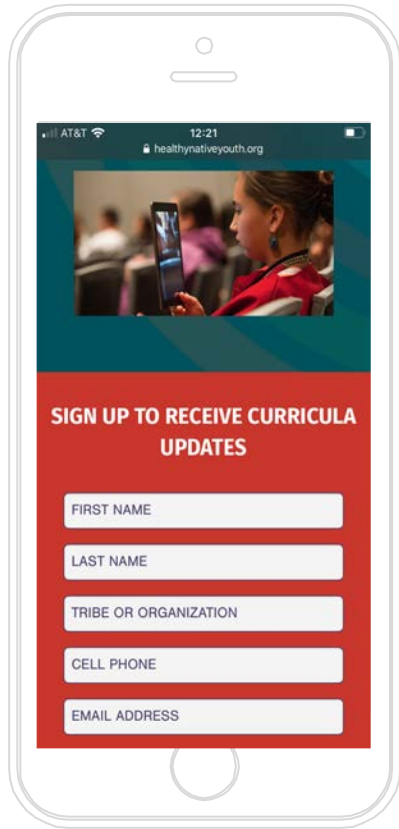
For Adults: Text “Empower” to 97779

- ★ 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](#)

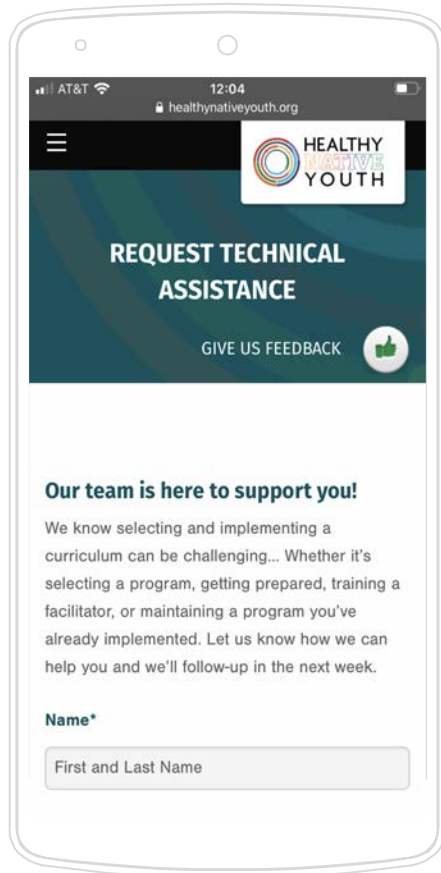
PASSWORD: 020558

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



AT&T 12:04 healthynativeyouth.org

HEALTHY NATIVE YOUTH

REQUEST TECHNICAL ASSISTANCE

GIVE US FEEDBACK

Our team is here to support you!

We know selecting and implementing a curriculum can be challenging... Whether it's selecting a program, getting prepared, training a facilitator, or maintaining a program you've already implemented. Let us know how we can help you and we'll follow-up in the next week.

Name*

First and Last Name

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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rg



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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

