SHIFTING GEARS & CHANGING OUR MINDS:
Adapting MH & BH services during COVID-19

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COVID-19

- Stress Response System
- Trauma & Chronic Stress
- Survival Skills

Fight Flight Freeze

Survival skills save us; what’s wrong with that?

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SURVIVAL SKILLS

**Intended to help us...**
- escape or deter perceived threats
- alleviate pain or distress caused by a perceived, inescapable threat

**Survival tools often look like...**
- Aggression
- Impulsivity
- Self-centeredness

"THINK OF SURVIVAL SKILLS AS WAYS THAT ANY REASONABLE PERSON WOULD ACT IN ORDER TO ESCAPE A THREAT OR ALLEVIATE PAIN.

WE MUST STOP PUNISHING TRAUMA RESPONSES & SURVIVAL SKILLS!

COVID-19 PUTS EVERYONE ON THE CRISIS CYCLE

1. Calm
2. Trigger
3. Dys-regulation
4. Acceleration
5. Peak
6. De-escalation
7. Recovery

Time

Intensity
Goals: Safety & Survival

Now, more than ever, we have to be trauma informed!

TIC SHOULD ADHERE TO THE 4 R’s

• **Realize** the widespread impact of trauma and the pathways to recovery
• **Recognize** trauma signs and symptoms
• **Respond** by integrating knowledge about trauma into all facets of service delivery & life
• **Resist** re-traumatization by decreasing unnecessary triggers and by not punishing survival skills
TIME TO SHIFT GEARS

- Realize that no one is going to be working on their old treatment goals right now
- Everyone's goals are safety and survival
- We need to put basic needs first
- Understand basic crisis management skills, including safety planning
- Utilize and encourage anxiety reduction strategies
- Activate both provider and client Resilience

BUILDING BLOCKS OF RESILIENCY

**WELL-BEING**
“Quality of Life”
Hope and Optimism (Future’s Orientation);
Sense of Meaning and Joy

**MASTERY**
“What I Know and What I Can Do”
Competencies; Self Wisdom;
Courage and Confidence

**CONNECTIONS**
“How I Am Connected”
Positive Connections & Supports;
Expectations that Maximize Potential;
Contribution and Participation

**BASIC NEEDS & RESOURCES**
“What I Need”
Basic Needs and Resources; Validation; Sanctuary; Justice
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**Internal Challenges**

**Emotional:**
trauma reactivity; limited emotional regulation skills

**Behavioral:**
poor impulse control; risk taking

**Cognitive:**
maladaptive thinking patterns

**Developmental:**
skill set deficits; disabilities

**External Challenges**

**People:**
Negative peers; family conflict; unhelpful responses

**Places:**
Difficult home environment; feeling stuck; no privacy

**Things:**
Pervasive, condoned substance use

**Safety:**
COVID-19

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COVID-19
CRISIS CYCLE & TRAUMA INFORMED INTERVENTIONS

Intensity

1. Alert, Attentive
   Proactive Teaching, Coaching, Problem Solving

2. Trigger
   Attunement, Coping Skills, Verbal Directives

3. Agitation
   Validation, Proximity, Regulation, Support

4. Acceleration
   NO DISCUSSION!

5. Peak
   Safety, NO DISCUSSION!

6. De-escalation
   Cues, Praise, Support

7. Recovery
   Remediation, Validation

Time

TRAUMA INFORMED BEHAVIOR MANAGEMENT:
THE DO-OVER

1. **Interrupt** the unacceptable behavior quickly, calmly and consistently, stating: “I can’t let you do that because it isn’t safe or isn’t respectful. We want to keep everyone safe, including you!”

2. **Coach** them to do the right thing with specific instructions.

3. Turn away, let them regroup and **decide for themselves**.

4. Repeat as often as necessary. **THIS TAKES TIME/REPETITION.**

5. **Reinforce** any movement toward more appropriate behavior.

Bobbi Beale, 2019
### Resiliency Consensus Statement

<table>
<thead>
<tr>
<th>Basics Needs, Safety, &amp; Supports</th>
<th>Courage &amp; Confidence</th>
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</thead>
<tbody>
<tr>
<td>Validation &amp; Valuing</td>
<td>Positive Connections</td>
</tr>
<tr>
<td>Sanctuary</td>
<td>Expectations that maximize potential</td>
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<tr>
<td>Justice</td>
<td>Contributions &amp; Participation</td>
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<tr>
<td>Competencies</td>
<td>Hope</td>
</tr>
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<td>Self-Wisdom</td>
<td>Sense of Meaning &amp; Joy</td>
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### IDENTIFY HELPFUL RESPONSES AND SUPPORTS

Sometimes you have to know what doesn’t work, to find what does.
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Unhelpful Responses

- Making it and/or taking it personally
- Over-reactive
- Challenging beyond their ability
- Not letting go; extending the negative interaction
- Convincing
- Piling on consequences
- Ineffective communication
- Use of force, fear, threats

Behavioral Escalation

Helpful Responses

- Flexible; adaptive
- Validation; emotional support
- Facilitative; assistive; accommodating
- Focus on making sense of the behavior
- Realistic & achievable expectations
- Clear, direct communication; chunking
- Externalize messages
- Consistency & predictability
Resilience Plan Components

PROVIDERS: CHANGING OUR MINDS

- **Change our perceptions**
  - Cultural humility – we’re all in this together
  - Hope and positive expectancy
  - Never give up on clients, youth and families
  - Realistic expectations based on abilities and current situation

- **Change our focus**
  - Adaptation & routines
  - Basic needs and functioning
  - Identify strengths; abilities; talents; etc.

- **Change how we serve**
  - Access via Telehealth
  - Availability: 24/7
  - Responsiveness: services and supports matched to needs

- **Change how we support**
  - Validation and valuing
  - System navigation and advocacy
  - Parent peer support
  - Resources, supports, activities, opportunities, physical and sensory regulation

“The problem with the world is that we draw the circle of our family too small.”

Mother Teresa
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ACTIVATE RESILIENCE

- Choice
- Consistency
- Safety
- Caring Adults
- Virtual Peer Group
- Fun & Joy
- Problem Solving
- Social Skills
- Co-Regulation
- Chores & Tasks
- Greater Good
- Expanded Opportunities

Routines Schedules Normalcy

Control

Connection

Competency

Contribution

- Consider helping with internet service, phones, tablets, chrome books!

THE DEEPEST WELL

NADINE BURKE HARRIS, MD

The 6 core pieces to address the biology of toxic stress are:

1. sleep,
2. exercise,
3. nutrition,
4. mindfulness,
5. mental health and
6. healthy relationships.

~schedule these into your daily routine!

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THE END, THANK YOU!

Please direct questions or concerns to:
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