I wish I had someone that would just listen to me ramble.
Learning Objectives

• Recognize what are “normal” emotions to be experiencing right now
• Discuss ways to cope with the world right now and develop resilience
• Learn what to do if yourself or others need additional help
resilience

noun

re·sil·ience | ˌri-zil-ən(t)əs |

**Definition of RESILIENCE**
1 : an ability to recover from or adjust easily to misfortune or change

*Be like the bamboo, bend but do not break*

https://www.merriam-webster.com/dictionary/resilience
“You may encounter many defeats but you must not be defeated.”

Dr. Maya Angelou
IF YOU CAN'T FLY
RUN
IF YOU CAN'T RUN
WALK
IF YOU CAN'T WALK
CRAWL
BUT BY ALL MEANS
KEEP MOVING.

MARTIN LUTHER KING JR
What Is Mental Illness?

Mental illnesses are health conditions involving changes in emotion, thinking or behavior (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities.

Mental illness is common. In a given year:

- nearly one in five (19 percent) U.S. adults experience some form of mental illness
- one in 24 (4.1 percent) has a serious mental illness*
- one in 12 (8.5 percent) has a diagnosable substance use disorder

Mental illness is treatable. The vast majority of individuals with mental illness continue to function in their daily lives.

psych.org
Mental Illness and Children and Teens

- Just over 20% – or 1 in 5 – children, have had a seriously debilitating mental disorder.\textsuperscript{7}
- Half of all chronic mental illness begins by age 14 and three-quarters begin by age 24.\textsuperscript{8}

Treatment

- Number of visits to physician offices with mental disorders as the primary diagnosis: 65.9 million.\textsuperscript{9}
- In 2015, 75% of children aged 4 to 17 received treatment for their mental disorders within the past year.\textsuperscript{10}

cdc.gov
NO CLOSE ENCOUNTERS
OF ANY KIND
OF COURSE IT MATTERS, ALL LIFE MATTERS!
BUT MY POINT IS WHEN ALL IS SAID AND DONE,
PEOPLE OF COLOR HAVE BEEN THE MOST IMPACTED BY COVID-19!
JUST LOOK AT THE NUMBERS! IT’S SAD BUT TRUE!

http://socialstudiesproject.org/
Week of September 14, 2020

Behavioral Health Impact Situation Report

This situation report presents the potential behavioral health impacts of the COVID-19 pandemic for Washington to inform planning efforts. The intended audience for this report includes response planners and any organization that is responding to or helping to mitigate the behavioral health impacts of the COVID-19 pandemic.

Purpose

This report summarizes data analyses conducted by the COVID-19 Behavioral Health Group’s Impact & Capacity Assessment Task Force. These analyses assess the likely current and future impacts of the COVID-19 pandemic on mental health and potential for substance use issues among Washingtonians.
Graph 1: Count of emergency department visits for psychological distress in Washington, by week: 2020 vs. 2019 (Source: CDC ESSENCE)
Graph 3: Count of emergency department visits for suicidal ideation in Washington, by week: 2020 vs. 2019 (Source: CDC ESSENCE)
Graph 4: Count of emergency department visits for suicide attempts in Washington, by week: 2020 vs. 2019 (Source: CDC ESSENCE)
Graph 5: Count of emergency department visits for all-drug related visits in Washington, by week: 2020 vs. 2019 (Source: CDC ESSENCE)
Graph 6: Estimated Washington adults with feelings of anxiety and depression at least most days, by week: April 23–August 22 (Source: U.S. Census Bureau)

Note: For the period of 7/21–8/19, census data was not available and thus, any trends during this point are an artifact of analysis.
Further analysis of the depression measure for August 19–31 survey data indicate marked disparities across demographics. As with the anxiety measure, there is an inverse relationship between age and frequency of depression symptoms. As age increases, frequency of depression symptoms decreases. **Nearly one in three (31%) 18–29 year-olds reported feeling down, depressed, or hopeless at least most days, compared to less than one in five (14%) adults age 50+.**

A similar inverse relationship can be seen between household income and frequency of depression symptoms. Individuals in a household that experienced a loss of employment income were more than twice as likely to report feeling depressed on at least most days, compared to those who have not experienced such a loss (27% and 13%, respectively). Additionally, **nearly 1 in 4 (23%) identifying as multiracial (non-Hispanic) reported feeling depressed at least most days, compared to 17% of the rest of adults surveyed.** The frequency of depression symptoms wasn’t significantly greater among men or women as it was with anxiety, for which women reported more frequent symptoms.
Crime – Domestic Violence

While this recorded period (8/24–8/30) has kept the trend of the previous period in terms of decreased domestic violence offenses being reported, year-over-year reports continue to stay at a double-digit increase (11%), according to survey data from the Washington Association of Sheriffs and Police Chiefs (WASPC).

This survey has also detected a double-digit decrease (10%) in other offenses, which in the previous measured week was down by 28% from last year during the 8/24–8/30 period. Notably, destruction of property offenses (647 from 577 in 2019) and animal cruelty offenses (5 from 1 in 2019) are both significantly higher compared to last year, with all other crimes lessened.

Graph 7: Domestic violence offenses reported, by week for April 6–August 30: 2020 vs. 2019 (Source: WASPC)
Graph 8: Year-over-year change in select product sales indicators, by month: 2020 vs. 2019
(Sources: LCB, Federal Bureau of Investigation)
Graph 9: 7-day moving averages of deviations in select expression measures\textsuperscript{11,12} relative to January 2020 baseline: March 7, 2020–September 12, 2020
(Source: Penn Center for Digital Health)
AUGUST UPDATE

Statewide High-Level Analysis of Forecasted Behavioral Health Impacts from COVID-19

Purpose

This document provides a brief overview of the potential statewide behavioral health impacts from the COVID-19 pandemic. The intent of this document is to communicate potential behavioral health impacts to response planners and organizations or individuals who are responding to or helping to mitigate the behavioral health impacts of the COVID-19 pandemic.
Reactions and Behavioral Health Symptoms in Disasters

Figure 1: Phases of reactions and behavioral health symptoms in disasters. Adapted from the Substance Abuse and Mental Health Services Administration (SAMHSA)⁷
Forecasted Behavioral Health Symptoms

Severity of Symptoms, Concerns, Emotional Issues, Problem Behaviors

- Acting “out” or “in”: increased aggression, law-breaking, violence, substance use or hopelessness and withdrawal and depression; child abuse and intimate partner violence rates increase.

- Depression, grief and loss (of identity, status, job, money, connections) become significant clinical issues.

- Prevention of and resources for suicidal people, and victims of intimate partner violence and child abuse are major focus/concern.

- Holiday season, weather changes, and separation from (or loss of) family and friends, compound with financial problems to inform higher rates of depression.*

- In the general population, Major Depressive Disorder (30-60%) and PTSD (5-30%) are common.

* Second wave of illness and social and economic disruption is biggest predictor of symptoms.

The experience of symptoms on this chart is strongly predicted by the baseline level of functioning prior to the pandemic.

Outbreak

3

6

9

12

15

Months Post-Outbreak in Washington State

Resilience associated with adaptability to “new normal” is predictive of return to baseline level of functioning.
WHAT SHOULD WE DO?
DON’T WORRY,
WE’LL HOLD HANDS AGAIN.

KEEP CALM
WE’RE ALL IN THIS TOGETHER!
What To Expect: Typical Reactions

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. People may feel:

Anxiety, worry, or fear related to:
- Your own health status
- The health status of others whom you may have exposed to the disease
- The resentment that your friends and family may feel if they need to go into quarantine as a result of contact with you
- The experience of monitoring yourself, or being monitored by others for signs and symptoms of the disease
- Time taken off from work and the potential loss of income and job security
- The challenges of securing things you need, such as groceries and personal care items
- Concern about being able to effectively care for children or others in your care
- Uncertainty or frustration about how long you will need to remain in this situation, and uncertainty about the future
- Loneliness associated with feeling cut off from the world and from loved ones
- Anger if you think you were exposed to the disease because of others’ negligence
- Boredom and frustration because you may not be able to work or engage in regular day-to-day activities
- Uncertainty or ambivalence about the situation
- A desire to use alcohol or drugs to cope
- Symptoms of depression, such as feelings of hopelessness, changes in appetite, or sleeping too little or too much
COVID-19 (Coronavirus)

The Ingredients of Resilience

Resilience is the ability to bounce back from difficult experiences. You can practice self-care through the four ingredients of resilience.

Flexibility & adaptability
View changes as opportunities for growth.

Purpose
Stay true to your core values. Identify what motivates you and let go of trying to meet other’s expectations of you. Do more things that bring you a sense of peace or calm.

Connection
Hold on to healthy relationships in your life. This could be friends, family, social groups, pets, or a higher power.

Hope
Positivity is a powerful tool. It is okay to think about negative possibilities, but give equal attention to positive possibilities.

If you are feeling stressed because of COVID-19, call Washington Listens at 1-833-681-0211.

Spread the Facts

coronavirus.wa.gov
AMA president: 7 ways to keep peace of mind amid coronavirus fears and worries

Feelings of fear, worry and anxiety are normal. Here are practical tips from a psychiatrist for restoring what disruption threatens to take away.

Dr. Patrice A. Harris  Opinion contributor
Published 12:01 p.m. ET Mar. 25, 2020  |  Updated 1:46 p.m. ET Mar. 26, 2020
► **Feel your feelings.** It’s natural to worry and be afraid during a major health emergency such as the COVID-19 outbreak. It’s important to remember there are public health officials at the federal, state and local levels, as well as experts in the private sector, all working tirelessly to limit the spread of this outbreak and its impact.
Channel your worry into action. Create a safety action plan for you and your family. Follow the Centers for Disease Control and Prevention guidelines that we’ve all become familiar with: Cancel or postpone in-person events that consist of 10 people or more; avoid close contact with people (6 more feet apart); be diligent about washing your hands — warm, soapy water for at least 20 seconds; avoid touching your eyes, nose and mouth; and avoid others who are sick.
**Get your body moving.** For those of us who suddenly find ourselves working from home, you can relieve stress and anxiety by carving out time in your day — everyday — to get in motion. Dance to your favorite song. Take a walk in a safe area. And when you’re done, pause and take deep breaths before you return to your scheduled activities.
Take breaks from the news and social media. All of us are inundated with a constant stream of information and “breaking news” about the outbreak, and our current media and social media environment add layers of stress on top of everything else we’re experiencing. Step away from the computer and smartphone from time to time, and make it a regular habit. When you return to the screen, make sure the information you’re getting is from reputable sources such as the CDC, National Institutes of Health and the American Medical Association, not just sources in your social media feed.
Stay connected. The benefit of social media is that it gives us a common connection point in times of isolation. But there’s much more to staying connected with the friends, family and the people in your community. Reach out to those you haven’t heard from in a while. It’s OK to socialize from a distance. Pick up the phone and call someone, particularly older friends and family who may not be as comfortable with new technology.
Create new routines. There is comfort in familiarity in times of disruption. Establish new routines you can stick with within the ever-changing environment we find ourselves in.
**Lead by example.** Show those around you — your family, neighbors and community — how to follow the guidelines while still maintaining your health and well-being. Be kind to others, try to understand people who are different and their unique situation, and practice patience when you are frustrated. Heading to the store or pharmacy? Ask others, particularly the elderly or those with underlying health conditions, whether they need you to pick anything up for them. Be an example for others to follow.

It’s important to remember that individual actions lead to collective impact. We’re in this together; no one carries this burden alone.

*A leader leads by example, regardless of whether he intends to or not.*

*Author Unknown*
Planning for the future makes us more optimistic.
—Robert L. Trestman, M.D.

Rate your personal reactions to COVID-19 — and use them to inspire change

- **IF you feel panicked**, plan something for the future, which increases optimism, says psychiatrist Robert L. Trestman of Virginia Tech Carilion School of Medicine.
- **IF you get sucked into a daily spiral of bad news**, then seek out and share the good that happened in your day, Elizabeth Lombardo says. Positivity is contagious.
- **IF you frantically hoard food and disinfectant wipes**, then flip your thinking to an altruistic mindset, focusing on doing something for someone else, Trestman says.
- **IF you have started snapping at loved ones**, then stop yourself when you reach a level 6 out of 10 on your own personal stress scale, disengage and take a breather.
- **IF you feel uncomfortable slowing down**, then consider that you might come out of this with a new appreciation for the simpler pleasures of life, Froma Walsh says.

Mr. Rogers was one of the greatest teachers of all time. And he did it all virtually.
What is normal behavior for children and teens right now?

With schools suddenly closed, many students feel cut off from social networks and are experiencing confusion, stress, worry, and disappointment. The following reactions are common, but if they continue for 2 weeks or more, or are very significant changes from their normal behavior, it may indicate that your child or teen could use your help to manage what they are feeling.

<table>
<thead>
<tr>
<th>Grades Pre K - 2</th>
<th>Grades 3 - 6</th>
<th>Grades 7 - 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excessive energy / Hyperactivity</td>
<td>Excessive energy / Hyperactivity</td>
<td>Excessive worry / Repeated questions</td>
</tr>
<tr>
<td>Frequent crying / Tearfulness</td>
<td>Excessive worry / Repeated questions</td>
<td>Poor concentration</td>
</tr>
<tr>
<td>Separation anxiety</td>
<td>Frequent crying / Tearfulness</td>
<td>Irritability / Anger</td>
</tr>
<tr>
<td>Increased whining</td>
<td>Separation anxiety</td>
<td>Difficulty sleeping</td>
</tr>
<tr>
<td>Developmental regression (for example, toileting accidents)</td>
<td>Increased whining</td>
<td>Fatigue</td>
</tr>
<tr>
<td></td>
<td>Boredom</td>
<td>Boredom</td>
</tr>
</tbody>
</table>

TRAILstoWellness.org
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Last edited: 03/22/2020
Routine

• Getting back to “routine” is one of the pillars of trauma recovery
  • Keep goals modest and flexible – do what you can!

• As a child, knowing what to expect is incredibly comforting
  • Something they depend on adults to provide
  • Imagine how helpful this is when the world feels out of control from an infectious pandemic and systemic injustices
Masks and Face Coverings

The spread of COVID-19 is causing many changes and disruptions to daily life. Children and families are navigating complex issues with school, childcare, emotion regulation, and behavior. Another significant change is the statewide mask mandate, requiring everyone age 2 years and older wear a mask or face covering when in a public space.\(^{24}\) While some children won’t have any trouble with it, other children may struggle with wearing a face covering. It’s a new sensation, it can slip around, and it impacts their natural tendency to put things in their mouth.

Some ways to help a child adjust to mask wearing are to:

- Model the behavior yourself
- Engage children with making or decorating their own masks
- Have them wear the mask for brief periods of time to get used to them (i.e., while dancing to a favorite song)
COVID-19 (Coronavirus)

Helping kids to wear cloth face coverings

Here are ways that you can help your child adjust to wearing a cloth face covering.

Start small.
Have your child “help” you by holding their face covering. Over the next few days, gradually move to wearing it hooked around their ears and worn below their chin, then on their face. Have them wear it for longer stretches, during activities they enjoy.

Offer praise
Give high-fives, hugs, treats, or an extra book at bedtime as a reward.

Model the behavior
Wear your mask while doing simple tasks so that it becomes normal.

Making face coverings at home? Let kids help!
Have them pick the fabric or use non-toxic markers to decorate it.

Explain why it is important.
Share the good things that face coverings can do, rather than the bad things a virus can do.

Spread the Facts
coronavirus.wa.gov
FIND WAYS TO MAINTAIN SOCIAL CONNECTION:

Social support is critical for getting through difficult experiences. **School-aged children should have opportunities to connect with classmates, friends, or relatives every day, if possible.** Find ways to help your child make a phone or video call, write letters or emails, send text messages, and leave the house when possible to see that other community members are also outside (while following [CDC recommendations for social distancing](https://www.cdc.gov)). If it is not possible to help your child or teen connect with peers, one strategy that may be helpful is to talk with them about the connection they now share with millions of kids around the world. They truly are all in this together, and this moment will be in the history books from this day forward. That sense of connection may be helpful.
HELP YOUR CHILD BUILD A TOOLBOX OF SAFE, EFFECTIVE COPING SKILLS:

Coping skill 1: Stay physically active

Staying active is one of the most effective ways to stay mentally healthy and to cope with worry, sadness, and isolation. During this uncertain time, physical activity is especially important for all children and teens, but making it possible may require creativity right now. Help your child brainstorm ways to stay active that work for your family setting. Some ideas might include:

- Going outside for a walk, jog, or bike ride
- Trying an online fitness workout or workout with a friend over the phone
- Playing hopscotch
- 30 minutes of family fitness (jumping jacks, push-ups, sit-ups)
- Dancing to a favorite playlist
- Walking up and down staircases
Coping skill 2: Make time for mental rest

Everyone around the world is experiencing increased worry right now, including children and teens. You can help your child take mental breaks by practicing a few minutes of relaxation or mindfulness together or teaching them how to do this on their own. Research shows that even 5 minutes a day of relaxation practice can help reduce stress, decrease inappropriate behavior, boost concentration, and improve sleep. Here are a few strategies you can try at home:

<table>
<thead>
<tr>
<th>Grades Pre K - 2</th>
<th>Grades 3 - 6</th>
<th>Grades 7 - 12</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Animal yoga:</strong> Pretend to be different animals, and shape your body into curled up and stretched out positions. Imagine being that animal feeling cozy in places of safety, or relaxing in nature.</td>
<td><strong>5 Senses:</strong> Spend 30 seconds focusing on each sense (sight, smell, sound, etc.) and observe what you notice. <strong>Imaginary vacation:</strong> Close your eyes and pretend you are in a favorite place — a beach, your room, a hot air balloon — and imagine, tell, or write about what it is like there. <strong>Mindful eating:</strong> Hold a piece of food in your hand (raisin, M&amp;M, etc.) and look at, feel, and smell it. Then put it on your tongue and notice its smell, taste, and texture before chewing and swallowing.</td>
<td><strong>Body Scan:</strong> Mentally observe your whole body, one part at a time. Note where you feel tension, pressure, pain, or calm. Try to spread the calm throughout your body. <strong>Loving Kindness:</strong> Create a statement of forgiveness, kindness, wellness, or love and send it to yourself. Then in your mind send that message to loved ones, friends, family, neighbors, your community, and finally, the whole world. <strong>Tolerating Emotional Waves:</strong> Focus on the image of difficult emotions being like waves that come and go. You can ride the wave of each emotion, just tolerating it when it's present, and trusting it will eventually roll on and give way to a moment of calm afterwards.</td>
</tr>
</tbody>
</table>
Coping skill 3: Coping with big thoughts

When faced with stress or uncertainty, our brains are designed to focus on warning signs of danger. This “fight or flight” response increases our heart rate and makes us feel uneasy and tense. One way to feel better is to identify the source of our anxiety, and use careful thinking skills to calm back down. You can help your child or teen learn to recognize worried thoughts and focus on more helpful thoughts instead.

Step 1: Help your child identify their thoughts
(Ask: If you were a cartoon, what would your thought bubble say right now?)

Step 2: Help your child figure out if this thought is fully true, somewhat true, or not really reasonable
(Ask: How do you know this is true? Let’s find out more about this. How likely is this?)

Step 3: After discussion, help your child come up with a believable, but less worried thought
(Ask: What could you tell yourself instead that would help you feel less worried? What would you tell a friend who was having the same thought, to help them realize it wasn’t fully true?)
<table>
<thead>
<tr>
<th>Example worried thoughts about COVID-19</th>
<th>More helpful coping thought</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;I am going to get very sick.&quot;</td>
<td>&quot;I am taking steps to stay healthy.&quot;</td>
</tr>
<tr>
<td></td>
<td>&quot;Even if I do get sick, this virus does not usually make children and teens very sick.&quot;</td>
</tr>
<tr>
<td></td>
<td>&quot;This virus is still very rare, much more rare than flu.&quot;</td>
</tr>
<tr>
<td>&quot;My family is not safe.&quot;</td>
<td>&quot;My family is doing a lot to keep us safe right now.&quot;</td>
</tr>
<tr>
<td></td>
<td>&quot;My family is following advice from very smart people who know what is best to keep us healthy.&quot;</td>
</tr>
<tr>
<td>“We are going to lose our housing because we won’t have enough money to pay for it.”</td>
<td></td>
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<tr>
<td>“All the people in charge of our community are working hard to make sure families have what they need.”</td>
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</tr>
<tr>
<td>“There are a lot of services working right now to help families pay bills, find food to eat, and keep their homes.”</td>
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<tr>
<td>“It is unlikely, but if we did lose our house, my family would still be with me and would help keep me safe. It would be very hard but we would get through it together.”</td>
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<tr>
<td>Concern</td>
<td>Response</td>
</tr>
<tr>
<td>------------------------------------------------------------------------</td>
<td>---------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>&quot;I won't be able to deal with being so scared or isolated from my friends or relatives.&quot;</td>
<td>&quot;I have experienced difficulty in the past. I am strong and can get through even really hard situations.&quot;</td>
</tr>
<tr>
<td></td>
<td>&quot;This situation might be scary or upsetting, but it's okay if I need help to get through it. Lots of people are asking for help right now, too.&quot;</td>
</tr>
<tr>
<td></td>
<td>&quot;I can still communicate with my friends or relatives by phone, video calls, texts, emails, and even sending letters or packages.&quot;</td>
</tr>
<tr>
<td></td>
<td>&quot;I'm not alone – kids all over the world are going through exactly what I'm going through right now.&quot;</td>
</tr>
<tr>
<td>&quot;I can't leave my house without risking illness.&quot;</td>
<td>&quot;The best health information right now advises people to leave their houses but just not come in close contact with others or create groups of more than a few people.&quot;</td>
</tr>
<tr>
<td></td>
<td>&quot;I can leave my house to go for a walk, go for a drive, ride my bike, sit on my front steps, and lots of other activities.&quot;</td>
</tr>
<tr>
<td></td>
<td>&quot;When I go out, I can take precautions and follow guidelines about how to be safe.&quot;</td>
</tr>
</tbody>
</table>
TEACH CHILDREN AND TEENS TO RECOGNIZE HEALTHY AND UNHEALTHY COPING:

It is normal to reach for coping strategies that provide immediate relief. However, some things that make us feel better quickly are unsafe or make us feel worse later. These can include sleeping more than 10-12 hours per day; spending more than a few hours per day watching TV or videos, going on social media, or playing video games; substance use or abuse; or self harm (such as cutting). **Help your child or teen recognize the ways they are coping and explore whether the strategies are truly helpful or not.** Good questions to help evaluate a coping skill include:

- Does this calm me down if I am worried, or help me feel better if I am sad?
- Are there any negative side effects – either right away or later?
- Does this hurt anyone or put anyone in danger, including myself?
- Does this help connect me to friends or family members that I trust?
- Is this something that my teacher or doctor would want me to do?
- How is this like or unlike ways that my family encourages me to cope?
Child Abuse

Child abuse and domestic violence increase significantly in post-disaster settings, such as the COVID-19 pandemic.22,23 Traumatic brain injuries (TBIs) are the most common form of injury due to child abuse after a disaster. In a virtual learning setting, an abuser may be present during all interactions between the child and educator. This may change and limit opportunities to ask directly about abuse and neglect and to make inquiries into whether or not a child feels safe in the home. Typical cues that teachers may use to spot signs of abuse or neglect are often unavailable in a virtual environment.

Signs of child abuse that may be visible in a virtual setting may include the following:

- Abnormal levels of participation in online classes (e.g., being unusually vocal and disruptive, having difficulty paying attention, or being very withdrawn)
- Extremely flat or blunted emotional expression (e.g., not laughing or interacting appropriately to social cues with peers)
- Unusual degree of physical disarray (e.g., clothing is noticeably dirty, not properly fitted, or inappropriate for weather or age; hair or skin is noticeably dirty or unwashed)
- Observable bruising on face, head, neck, hands, wrists, shoulders, or arms
- Excessive sleepiness or lethargy (e.g., putting their head down, excessive yawning, difficulty concentrating, falling asleep during instruction)
What should I do if I am worried about domestic violence or abuse?

ESTABLISH A SAFETY PLAN WITH YOUR FAMILY:

When families are under a lot of stress, the risk of abuse and violence can increase. All families can benefit from talking about safety planning, but especially families with a history of violence or abuse. The following advice is from the National Domestic Violence Hotline:

- **Teach children when and how to call 911** — this includes any time they are afraid anyone in their home is in physical danger.
- **Instruct children to leave the home if things become unsafe at home, and make sure they know where to go.**
- **Come up with a code word that you can say when they need to leave the home** in case of an emergency — make sure children know not to tell others what the secret word means.
- **In the house:** Identify a room they can go to when they’re afraid. If possible, help them come up with something they can think about when they’re scared.
- **Instruct them that if someone is behaving violently, they should stay out of the kitchen, bathroom and other areas where there are items that could be used as weapons.**
- **Teach them that although they may want to protect a parent, children and teens should never intervene when an adult is physically aggressive.** Tell them it will never be their fault if an adult hurts someone and they did not stop it.
- **Help them to make a list of people that they can go to for help.**

In an emergency, always call 911 first. Other resources for families experiencing violence:

Remember, the best way to take care of those you love, is to take care of yourself, too. During this stressful time, it is important that you do your best to treat yourself with kindness and compassion. As much as you can, try to: get adequate sleep, eat nutritious meals, build in both physical activity and moments of relaxation during the day, stay connected to sources of support, and reach out for help when you need it.
Coping during COVID-19 is hard.

It’s ok to ask for help.
Supporting your Mental Health While Navigating Change

18 Mar 2020 – 4 min read
BY DOREEN MARSHALL, PH.D., AFSP VICE PRESIDENT OF MISSION ENGAGEMENT

The most valuable thing I’ve ever learned about how to navigate change came from a white-water rafting instructor when I was 15 years old. I couldn’t tell you what he looked like, or even who else was in the 6-person raft with me, but I never forgot the lesson, which has helped me at times when I have struggled with my own mental wellness. It went something like this:

If you are thrown out of the raft when the rapids are rough, your first instinct is going to be to stand up, try to resist the rapids, and do your best to climb back into the raft, which is moving. Don’t. Trying to stand up in rapids increases the likelihood your legs will get stuck on rocks and that you could be seriously injured. The raft is moving and slippery, and you won’t likely get back into it easily, no matter how hard you try. Better to wrap your arms around your life vest (which you are wearing) as if you are hugging it, pull your feet up in front of you, and let the rapids carry you down the river until you are in calmer waters. There you can assess the best way to get to land or to where your raft is, since it may or may not be floating down the river with you. If another rafting group is there and you are both in calmer waters, you can get in their raft. The trained guides (in kayaks) will also be looking for you.

1. **Reach out to who and what you know helps.** Turn to the people in your life who are supportive and can listen. Talk about your anxiety, if it helps you, or talk about other things that help you regain a sense of calm. If you feel you have no one to turn to right now, know that there are people who are trained to listen and help, such as a mental health provider. Reach out to them - you don’t need to manage difficult times alone. Supportive people and those trained to help are our life vests.
2. **Do the things that you know help take care of you.** Exercise, drink water, take your medication on time and as prescribed, and seek comfort in music, books, journaling, meditation, your pets, or other healthy distractions when things feel too much.

**Reminder:**

*Take Care of Myself*
3. **Challenge negative beliefs about change.** One thing you can control is your response in the situation. Challenge your negative beliefs about how you cope with change, especially if those beliefs are rooted in the past. It’s okay to feel overwhelmed, but that doesn’t mean you won’t move forward in a positive way. One way to do this is to engage in small actions that help you gain a sense of control and calm. One thing you can control right now is your breath. Deep breathing will help you regain calm, and costs nothing. There are lots of phone apps, YouTube videos and other resources to help us all practice breathing a little more deeply right now.
5. **It’s okay if you end up in a different raft.** While you may not know what’s ahead, you can trust that there are many others (an entire world of people, in fact) who are navigating this change with you. You are not alone and there will be others to greet you as things change. Things may be different, but that doesn’t mean you won’t be well or be able to weather new challenges.
6. **The guides are available and looking to help you.** Please know that there are support services out there if you are struggling with your mental health and alone. You don’t need to navigate any of this by yourself. Text TALK to 741741 at the Crisis Text Line or call the National Suicide Prevention Lifeline at 1800 273-TALK (8255). Many counselors and other helping professionals are also looking to provide telehealth services right now. Take some time to learn about resources in your community, including those that may be online.
Seek Help Early and Often

• Crisis Line: 866-4-CRISIS

• Crisis Text Line https://www.crisistextline.org/

• Washington Department of Health Resources https://www.doh.wa.gov/Emergencies/COVID19/HealthcareProviders/BehavioralHealthResources

• Washington Mental Health Referral Service for Children and Teens https://www.seattlechildrens.org/healthcare-professionals/access-services/partnership-access-line/washingtons-mental-health-referral-service-children-teens/

• How Right Now Initiative https://howrightnow.org/


• American Psychiatric Association COVID Resources https://www.psychiatry.org/psychiatrists/covid-19-coronavirus

• Eating Recovery Center and Pathlight Mood & Anxiety Center https://www.eatingrecoverycenter.com/ and https://www.pathlightbh.com/
My Best Advice

• Give yourself and everyone else grace
  o Whatever you’re doing, it’s great
  o Nobody knows how to do this correctly!

• There is no shame in needing support or help!
THANK YOU!

I LOVE QUESTIONS
QUESTIONS ARE MY FAVORITE