



The  
**COMMUNITY  
FOUNDATION**  
of the New River Valley



**Nonprofit  
Listening  
Sessions**  
*Via Zoom*

May 21, 2020

# Our Agenda

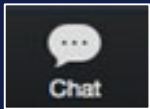


- **Welcome**
- **Rebecca Moore**, Integrative Health Liaison & Trauma Informed Trainer, NRV Community Services
- **Going Forward**

# Format & Tips



Please mute your mic when you're not speaking!



Use the chat if you have a question for the speaker, which we will ask at the end of his/her remarks



# Supporting our children and ourselves through a Pandemic:

## Impacts of COVID-19 & strategies to help heal

Rebecca Moore, MA, QMHP-C/A  
New River Valley Community Services  
Integrative Health Liaison & Trauma Informed Trainer



This is a  
universally  
traumatic time  
for everyone

## What is trauma?

- Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has lasting adverse **effects** on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

(SAMHSA, 2014)

## Trauma is also the loss of any of the following:

- boundaries
- power and control
- attachment
- safety
- protection
- innocence
- trust
- possession
- consistency/predictability
- sense of self/body image

# How are children responding?

## Things to consider

- Age of child
- Natural supports of the family
- Economic supports of the family
- Coping style prior to pandemic
- Resiliency Skills
- Predisposition/Previously diagnosed MH issues
- Access to resources



## COMMON TRENDS

\*not much  
different from  
adult  
counterparts

- Increased anxiety
- Increased fear=irritability, anger, tantrums
- Increase in behavioral problems
- Confusion
- Difficulty with transitions
- Trouble learning and retaining new information
- Changes in typical behavior (difficulty sleeping, sleeping excessively, difficulty eating, eating more than usual, increase in energy, desire for more comfort, or increase in isolation)

# Things to Consider for Adults....



## Feeling Stressed?

- Taking on multiple roles (teacher, employee, spouse, parent, caretaker, etc.)
- Ongoing changes to policies, information, practices
- Less access to resources we once had at our disposal (schools, day care, support systems)
- Financial concerns
- Health & Safety concerns



# Trauma = Loss

## The Grief Process (Kubler-Ross)

5 STAGES

DENIAL

ANGER

BARGAINING

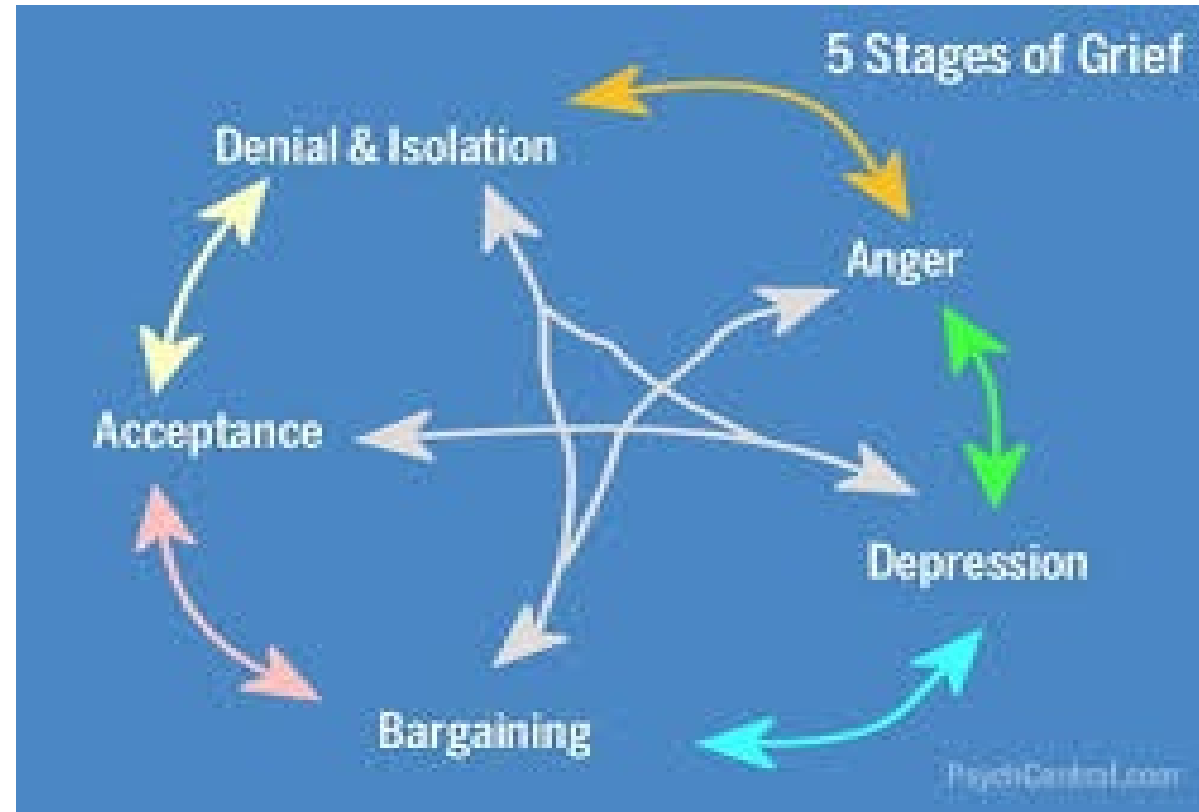
DEPRESSION

ACCEPTANCE

NOT A LINEAR PROCESS

Can fluctuate between cycles and no prescribed timeline to navigate the process

We are collectively grieving the loss of "normal"



# Types of Stress



**POSITIVE**

Brief increases in heart rate, mild elevations in stress hormone levels.

**TOLERABLE**

Serious, temporary stress responses, buffered by supportive relationships.

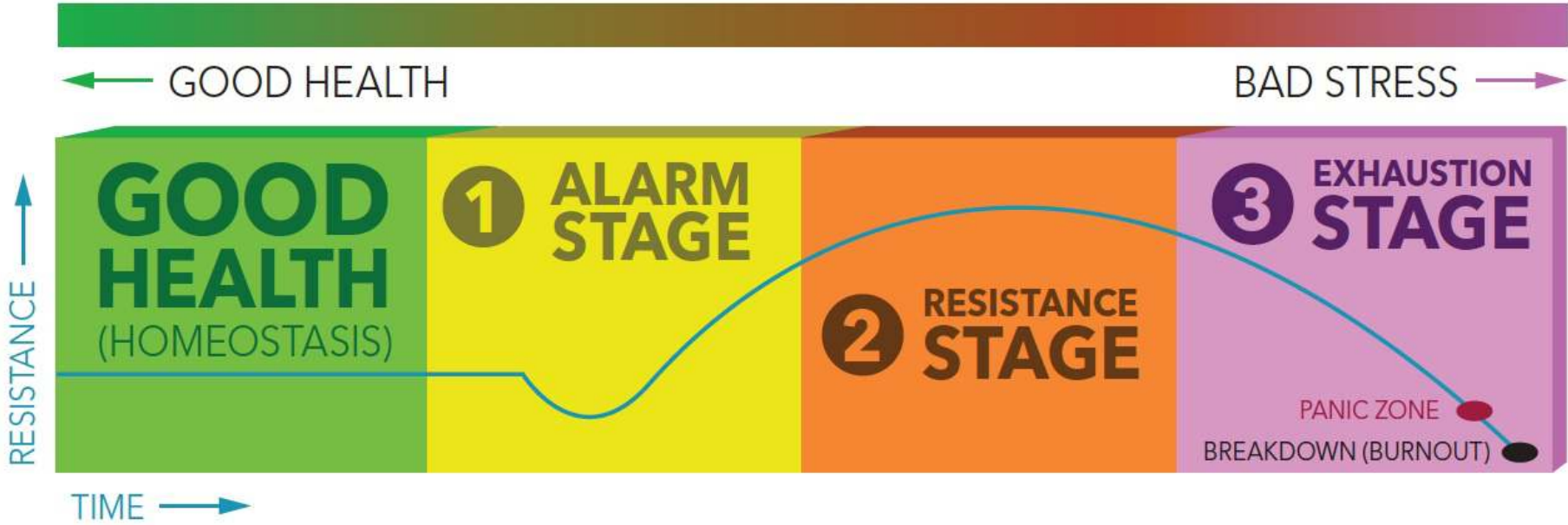
***TOXIC***

Prolonged activation of stress response systems in the absence of protective relationships.

# General Adaptation Syndrome (The Body's Response to Stress)

Hans Selye

## STRESS CURVE & PHASES (GENERAL ADAPTATION SYNDROME)



# The Body's Response to Stress

## Impacts:

Memory & learning

Immune response (elevated risk of stroke & heart attack)

Difficulty concentrating

Executive function (problem-solving)

Stress hormones (too much or prolonged) can damage the brain's natural defenses and wreak havoc



YOU GOTTA  
NOURISH  
TO FLOURISH

# How can we help children...

- Transparency
- Resiliency Skill Building
- Self-Care

# Transparency



- Important to have AGE APPROPRIATE conversations with children
- Allow for questions
- Create space to listen to their fears and concerns
  - (you don't know where they are getting information from and often times they overhear adults in the household discussing their own fears which creates anxiety and fear for them)
- It's okay to not have all of the answers and to be honest about that
- Identify ways that as a household you are working to stay safe and take care of one another.

# Resiliency Skill Building

- Create Routines/predictability
- Have as much consistency as possible in the household
- Identify things that you can control vs. can't control
  - productive vs. unproductive worry
- Model behaviors for your children
- Teach and communicate emotions
  - Lets kids know its okay to have tough days and the importance of reaching out for support when that is occurring
- Create support systems and utilize them when needed
- Identify roles and responsibilities in the home to help each other



# Self-Care

- Awareness
- Balance
- Connection
- Creating “self-care centers”
- Encouraging time for play as well as work
- Model good self-care
- Take breaks
- Keep expectations reasonable
- Monitor media exposure

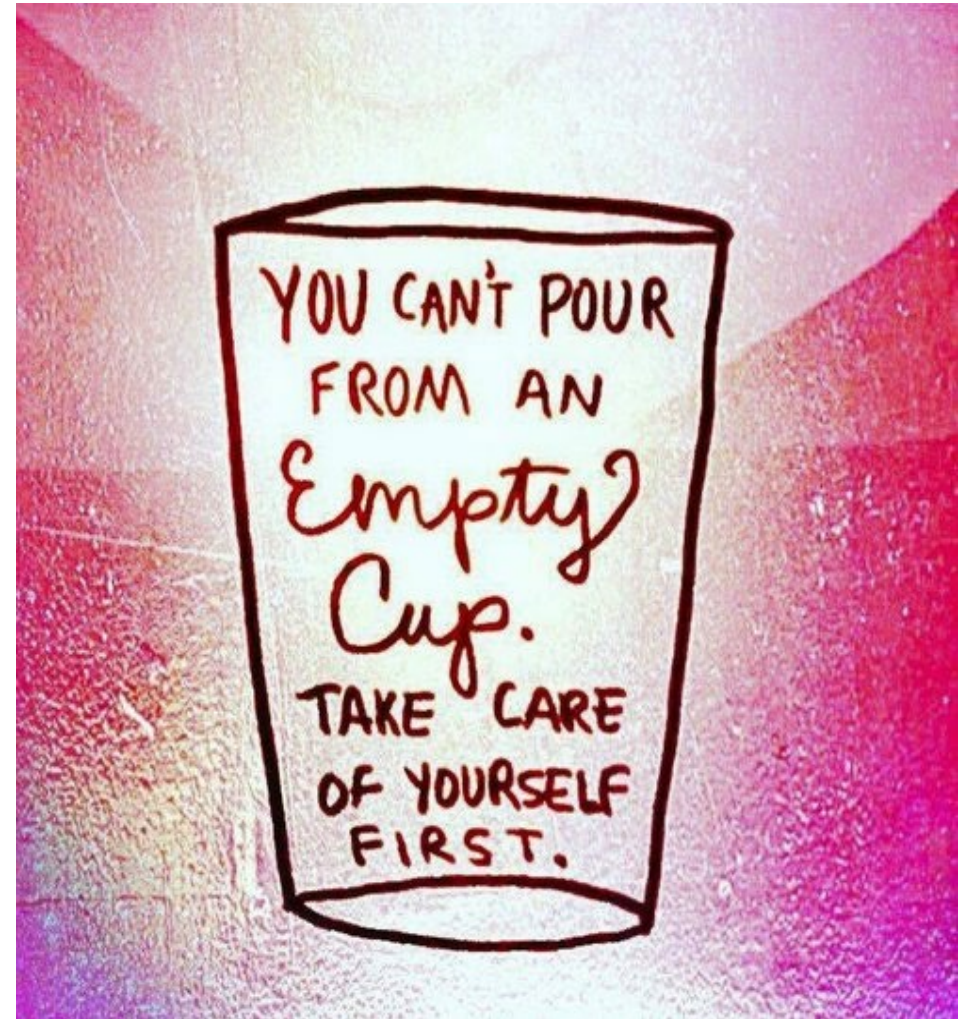


Taking care of ourselves  
as adults...

# What is Self-Care?

*Activities undertaken with the intention of enhancing energy, restoring health, and reducing stress.*

Much more than just eating well and exercising!



# CONTROL AND WORRY

- During uncertainty, it is normal to feel fear, anxiety, or worry
  - Distinguish between “Practical Worry” and “Hypothetical Worry”
    - Practical Worry -- things you can actually do something about
    - Hypothetical Worry -- things out of your control
  - Choose to invest your time or energy into the worry or acknowledge and let it go
  - <https://www.youtube.com/watch?v=88ja6KHoULg>
- Easy to project worst case scenarios and create additional stress
- Take things one day at a time

Focus on what  
you CAN  
control

### **Can't Control:**

The Virus

Work

The news

How others behave

Outcomes

### **Can Control:**

Taking precautions for myself and my family

The attitude I bring to my work

How much time I expose myself to the news

How I respond

What I contribute



**Don't stress**  
over what you can't  
**control.**

# Take Inventory of Your Resources

- **Emotional** – How are you feeling?
- **Mental** – Are your mental health needs addressed?
- **Social** – Do you feel connected to others?
- **Financial** – Do you feel financially secure?
- **Spiritual** – Do you feel connected to deeper meaning?
- **Physical** – Are you eating well, moving your body, sleeping, and managing health issues?



# Reach out for help

- Remember you are not in this alone and there are many resources available to help support family's and individuals during this time to include but not limited too:

ACCESS Phone Number: 961-8400

Pediatricians

NRV Cares

Health Department

Women's Resource Center

CHIP

Churches

Private Out-Patient Providers

# Going Forward

- **This Call:**

- Recording and powerpoint to be posted at:  
<https://cfnr.org/partnerships-initiatives/covid-19/>

- **Next Call:**

- June 18<sup>th</sup> at 8am Zoom link at [cfnr.org/events](https://cfnr.org/events)

- **Share your needs and program info:**

- Complete the survey here to share info about your agency's activities and your volunteer, supply, and financial needs so we can share this with Foundation stakeholders. <https://forms.gle/62UQ7XnsgW9w1mbc6>

- **Want to focus our session on a specific topic?**

- Complete the brief Google Form on our website before the next session at <https://cfnr.org/partnerships-initiatives/covid-19/>





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**THANK YOU!**