Behavioral Health Toolbox for Families

- July 2020 Release
- WA State Department of Health
- Behavioral Health Toolbox for Families
- Supporting Children and Teens During the COVID-19 Pandemic
- Age specific strategies and resources
- Link - HERE
Human & Universal Needs

Maslow’s Hierarchy of Needs

5. Self-actualisation: The need to accomplish things that one puts their mind into, to become the best possible self.

4. Esteem: The need for independence, mastery, dignity, achievement, to be acknowledged and respected.


2. Safety and Security: The need to protect themselves, to experience predictability, and to have control in their lives.

1. Physiological Needs: Needs that are essential to survival: food, air, water, shelter, clothing, warmth.
Understanding Impact

- COVID-19 Presents a Complex / Challenging and Prolonged Experience
  - Job losses
  - Financial impact
  - Basis needs (what is basic has changed)
  - Housing
  - Food
  - Health insurance
  - Isolation / loss of contact with family / friends
  - School closures
  - Impacts are not experienced equally across all communities
  - Expose / inequities and injustices in systems / laid bare to see
  - Exacerbate mental health / substance use
Understanding Impact

• Trauma
  – Real or perceived life or safety at risk
  – Real or perceived loved one life or safety at risk
  – Every child is different
  – Developmental stage (milestones)
  – Brain development (concrete vs. abstract)

• Grief & Loss
  – Death of loved ones
  – Losing normal
  – Loss of structure & routine
Common Responses

• Physical Symptoms
• Changes in Mood
• Changes in Thinking
• Changes in Behavior
• Changes in Social Relationships
Ways to Support Children

• Increasing Protective Factors & Resiliency
  – MODELING
    • How to manage hard times
    • Problem solving
    • Coping skills (breathing / relaxation)
    • Sense of humor
    • Optimism / positive emotions
    • Exercise
    • Religion / spirituality
    • Build relationships (1-1 time)
    • Structure / Predictability / Consistency
    • Emotional validation / open dialogue
Social & Emotional Learning (SEL)

- Self-Management: Managing emotions and behaviors to achieve one's goals
- Self-Awareness: Recognizing one's emotions and values as well as one's strengths and challenges
- Social Awareness: Showing understanding and empathy for others
- Relationship Skills: Forming positive relationships, working in teams, dealing effectively with conflict
- Responsible Decision-Making: Making ethical, constructive choices about personal and social behavior
Self-Care for Caregivers

- Oxygen mask on first (MODELING)
- Practice self-care (easy to say – hard to do)
- Diet
- Sleep
- Exercise
- Self-talk
- Grace and Space
- No one has ever done this before (no play book)
- Talk to others / journal
- Pay attention to unhealthy coping
- Seek support
As Business Owners / Managers

- Our workforce is human
- All going through this differently
- Work with your teams on an individual level
- How can I both support you and meet the goals / needs of our organization?
- Expect and accept lower productivity
- Parents / Caregivers especially
- Maslow’s Hierarchy
Resources

• Mental Wellness Campaign
  – Mental Health First Aid
• Kids Mental Health Pierce County
  – Website – HERE
  – Webinars
• Help Me Grow Pierce County
  – Prenatal to 5
• United Way South Sound: 2-1-1
  – Help Me Grow Navigators
  – Behavioral Health Navigators
Resources

• Life Threatening Emergency: 9-1-1
• Pierce County Crisis Line: 800-576-7764
  — Crisis Line Brochure - [HERE]
• WA Listens: 833-681-0211
• Suicide Prevention Lifeline: 800-273-8255
• WA Recovery Line: 866-789-1511
• The Trevor Project LGBTQ Youth: 866-488-7386