Agenda

Housekeeping	Lisa Hong, NICHQ
Welcome	Olivia Giordano, NICHQ
Supporting Mental Health During and Beyond COVID-19	Wendy Davis, Postpartum Support International Jana Glass, Supportive Solutions Inc.
Q&A	All
Closing	Nikki Maffei, NICHQ

Meeting Logistics

Please note the following:

- This session is being recorded, and will be archived for future viewing.

- All participants are muted upon entry. We ask that you remain muted to limit background noise.
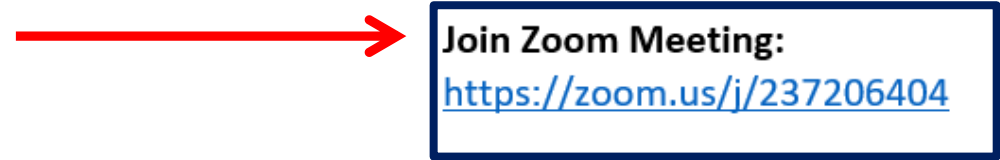
- Members are encouraged to participate in the discussion by typing your comment/asking questions using the chat box.
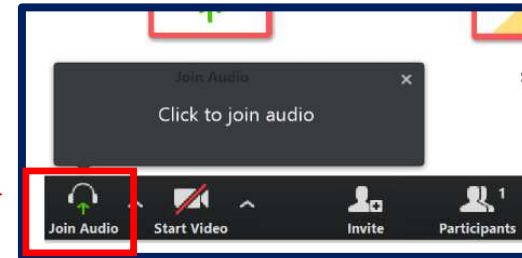
Connecting to the Audio Conference

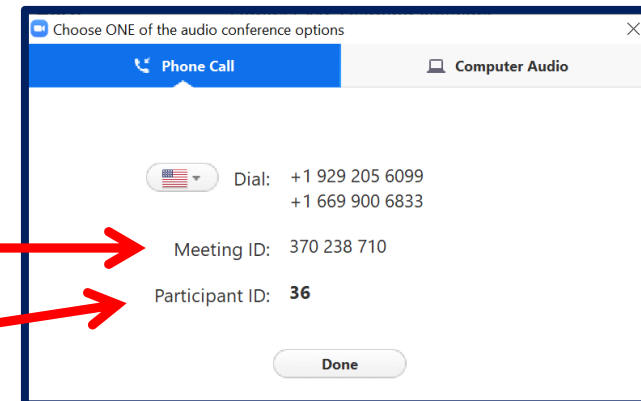- Join Zoom Meeting by **clicking Zoom Meeting link** & launching the Zoom application

- An audio conference box will appear
  - If you do not see the box click the **'Join Audio' button**

- From the audio conference box: Select to **"Phone Call"** or **"Computer Audio"**

- If using the phone:
  - dial the number next to "Dial"
  - You will be prompted to enter the **"Meeting ID"**
  - Then you will be prompted to enter the **"Participant ID"**

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Choose ONE of the audio conference options

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Dial: +1 929 205 6099
        +1 669 900 6833

Meeting ID: 370 238 710

Participant ID: 36

Done

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National Institute for
Children's Health Quality

Ways to Participate: Chat

Zoom Participant ID: 49   Meeting ID: 617-788-369

Talking:

Meeting Topic: Healthy Start Webinar
Host: HS TA & Support Center
Invitation URL: https://zoom.us/j/617788369
Copy URL
Participant ID: 49

Share

Invite Others

Zoom Group Chat

To: Everyone ⌄   File
Type message here...

After you click the 'Chat' button, a sidebar will appear where you can chat to all participants

Chat here to everyone!

At the bottom of the Zoom window, you will see a 'Chat' button

Join Audio   Start Video   Invite   Participants   Share   Chat   Record   Leave Meeting

Welcome

Olivia Giordano

Healthy Start
TA & Support Center

Goal

- The goal of this webinar series is to **strengthen and enhance grantees' capacity to meet their clients' needs** (and consequently, the Healthy Start benchmarks) via virtual platforms in the midst of the COVID-19 pandemic

NICHQ
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Children's Health Quality

Webinar Series Schedule

Introduction to the Beyond COVID-19 Webinar Series	October 7, 2020
A Deep Dive into Providing Teleservices for Healthy Start	November 4, 2020
Supporting Mental Health During and Beyond COIVD-19	December 2, 2020
Quick Tests of Change for Healthy Start	January 6, 2021
Reconnecting & Reengaging Healthy Start Clients	February 3, 2021

We are
#HealthyStartStrong

Do you have a success story about staying connected with existing clients
or building relationships with new clients virtually during the COVID-19 pandemic?

Email your story to healthystart@nichq.org!

Wendy Davis, PhD, PMH-C
Postpartum Support International (PSI)

Jana Glass, LPC, MAC, PMH-C, BC-TMH
Supportive Solutions Inc.

HEALTHY
start
TA & SUPPORT CENTER

Supporting Mental Health During and Beyond COVID-19

Wendy Davis, PhD, PMH-C

Postpartum Support International

Jana Glass, LPC, MAC, PMH-C

Supportive Solutions Inc

Webinar 3: Supporting Mental Health During and Beyond COVID-19

December 2, 2020

Wendy Davis,Ph.D., PMH-C
www.postpartum.net

Jana Glass, LPC, MAC, PMH-C, BC-TMH
www.supportivesolutionsga.com

December Webinar

- Managing depression and anxiety during pandemic
- Self-Care Strategies
- Supporting clients
- Supporting staff
- Resources

Resourcing Exercise

Assessing and Addressing Mental Health

Mood or Mood Disorder?

- Severity
- Timing
- Duration
- History
- Functionality

Signs and Symptoms

- Listen for cues and clues
- Sadness, crying
- Apathy, flatness
- Anger, irritability
- Anxiety, obsessive thoughts
- Mood cycles -- signs of bipolar mood disorder

Assessment Tool : MAPS

- **M**oods: Intensity, Duration, Volatility
- **A**ppetite
- **P**hysical (Pain)
- **S**leep
- **S**upport System
- **S**afety

Reducing Shame and Increasing Empowerment

- How do we reassure the person suffering when they are afraid to disclose that they need help?
- How can we help them when they don't know what's wrong?
- Our challenge is to reduce shame and normalize the need for support
- Addressing shame and fear is key to recovery

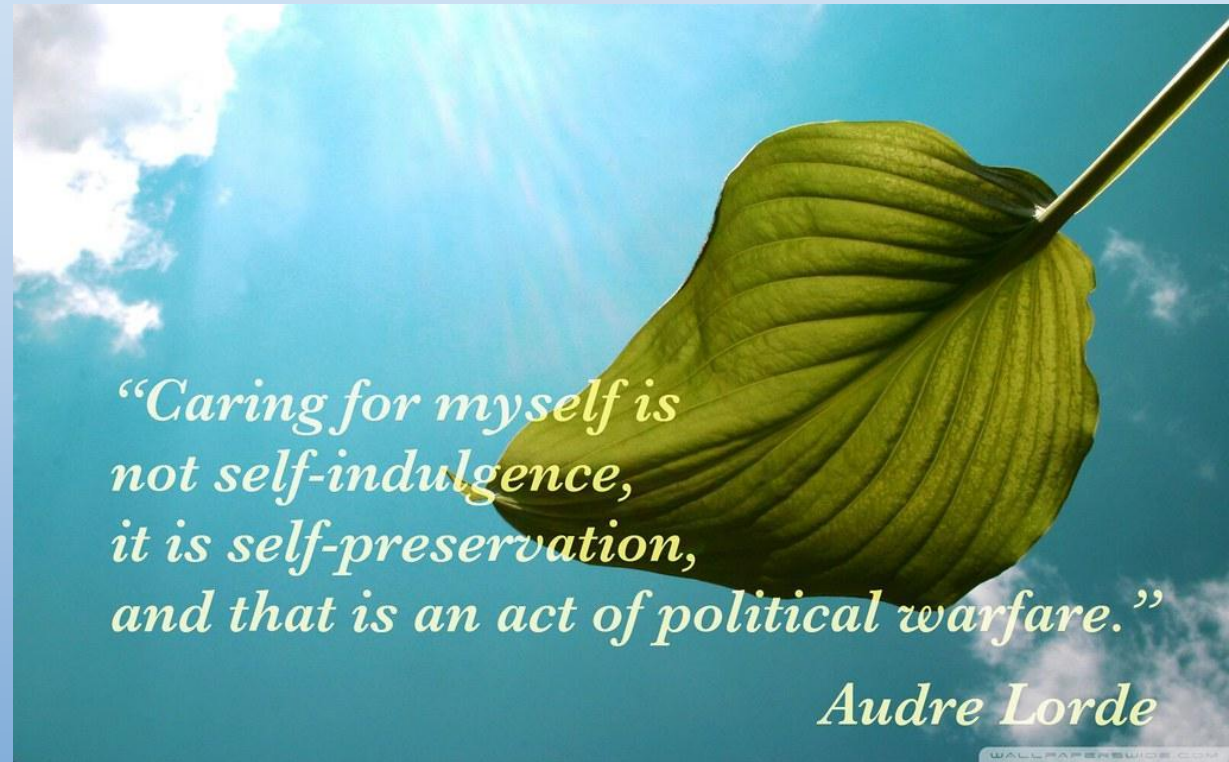# Self-Care + Wellness Strategies

- Supportive relationships
- Connection
- Healthy nutrition
- Physical activity
- Sleep/rest

- Take breaks
- Positive coping strategies
- Stress-reduction techniques
- Reach out for help (practical and supportive)

SUPPORTIVE SOLUTIONS

PSI
POSTPARTUM SUPPORT INTERNATIONAL
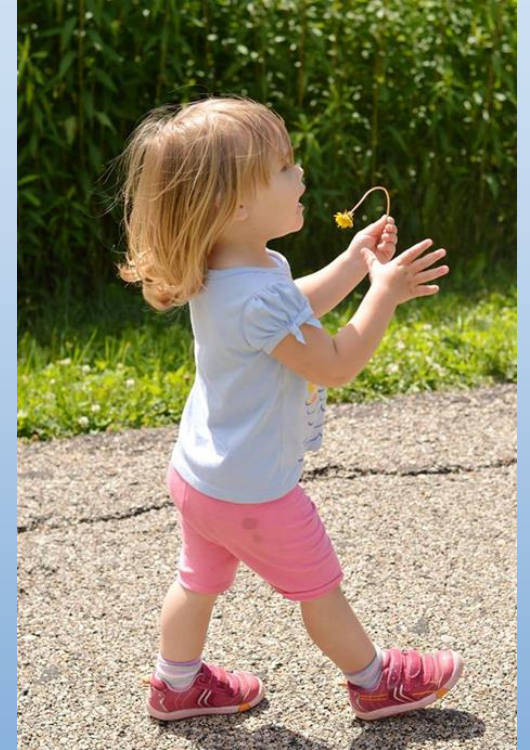
What about Care Providers?

- **When our job is to provide care to others -- *do we forget our own needs?***

"Caring for myself is
not self-indulgence,
it is self-preservation,
and that is an act of political warfare."

Audre Lorde

Caring for Yourself

- Self-Awareness
- Stressors/Traumas/Triggers

- What is *my role now* vs. What do they need?
- Who else can provide help?

- Where is your support?
- Where can you access information?
- Using supervision
- Seeking help

New Support Groups: Dec - May

- Online Groups start December 12
  - **Staff:** Wednesdays at 3pm Eastern
  - **Managers:** Mondays at 2pm Eastern

- Led by PSI group facilitators:
  - Jabina Coleman and Birdie Meyer
  - Randiesa Spires and Jana Glass

Discussion: Supporting Staff Mental Health

- West Central Indiana Healthy Start
- Healthy Birth Initiatives in Portland
- Baltimore Healthy Start

- Other sites?
  - What's working at your site?
  - What are the challenges?

Self Care for Providers

- Be Mindful of your capacity and do not exceed it
- Make sleep a top priority
- Continuously replenish what you are using
- Incorporate Ritual
- Take breaks, it does not have to all be done at once
- Move to release stress held in the body
- Go slowly with intention
- Balance action with self care
- Your own therapy with a culturally competent therapist

SUPPORTIVE SOLUTIONS

*Self Care for Tough Times content from Seerut K Chawla

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Self Care for Providers

- What helps you feel more calm, balanced, and re-energized to continue to do this supportive work?

- When do you create time to do these activities?

- How do you remain consistent with this practice?

Q & A

Discussion

Closing

Nikki Maffei
Healthy Start TA & Support
Center

Next Webinar

- **Quick Tests of Change for Healthy Start –** Wednesday, January 6 from 12-1:30 p.m. EST
- In the meantime, post questions and share your experiences providing virtual services on the Healthy Start CoLab

Thank You!