

# Promoting Resilience for TANF Families:

Understanding Mental Health, Recognizing Warning Signs and Building Cultural Safety



# Land Acknowledgement

## UNM Indigenous People's Land and Territory Acknowledgement

Founded in 1889, the University of New Mexico sits on the traditional homelands of the Pueblo of Sandia. The original peoples of New Mexico - Pueblo, Navajo, and Apache - since time immemorial, have deep connections to the land and have made significant contributions to the broader community statewide. We honor the land itself and those who remain stewards of this land throughout the generations and also acknowledge our committed relationship to Indigenous peoples. We gratefully recognize our history.

Developed by the Special Assistant for American Indian Affairs to the UNM President in consultation with the Native American Faculty Council.  
Approved and adopted by President Garnett S. Stokes, February 2020

Art by Jennifer Ober

We would like to honor and acknowledge the Indigenous tribes, and tribes who were forcibly removed, including the Ni-u-kon-ska (Osage), Kitikiti'sh (Wichita), Kadohadacho (Caddo), Mvskoke (Muscogee [Creek]), and Tsálāgī (Cherokee) Tribal Nations as the original inhabitants and keepers of the land and water that we now call Tulsa, Oklahoma.

I come to you today and acknowledge that where we sit, where we work, the places we travel, where we share space; you are on Indigenous land.

Traditional home lands were taken with a settler and colonialism perspective.

I acknowledge this land, this Earth, our Mother, Nahasdzáán; the caretaker and provider for all living creatures.

I challenge you to be a good relative, a good steward of this homeland in exchange for all the blessings you receive.

# OBJECTIVES

By the end of this presentation, learners will be able to:

1. Describe what mental health is and why it is important to promote strength based approaches,
2. Identify warning signs that might indicate that individuals or families are struggling and need mental/behavioral health support.
3. Identify components for an individual self-care plan.
4. Describe how to best support individuals and families from a trauma informed and culturally safe perspective.

# Stress vs Burnout vs Compassion Fatigue

Mental Health: A person's condition with regard to their psychological well-being.

Mental Health is part of everyone, something to look after, real, complex, important, and something you can change.

Mental Health is not a sign of weakness, not all in your head, something you can snap out of or switch on/off, always negative, something to be ashamed of.



# Stressors and Mental Health

News, Cancelled, The Week, Quarantine, Results, Track Summer's Holiday, My Distancing, My Face Trace, Rates, NHS, Exam Housing, Adrenaline, Demonstrations, Epidemic, This Bullying, Masks, The Job, Social Sanitiser, Loans, Pandemic, Government, Insurance, Emergency, Deaths, Economy, Rent, Covid-19,

- Stressors are anything that can impact our overall wellbeing; our physical health, mental and emotional health, our social health, and our spiritual health.
- Stress: The body's response to pressures from a situation or life event, "stressors"
  - The "Health Epidemic of the 21<sup>st</sup> Century"
  - Associated with increased rates of heart attacks, hypertension, obesity, addiction, anxiety, depression and other disorders.



# Stress vs Burnout vs Compassion Fatigue

## Stress

- Characterized by over engagement
- Results in a loss of energy
- Primarily takes a physical toll
- You can have stress without burnout

## Burnout

- Characterized by disengagement
- Results in loss of motivation
- Primarily takes an emotional toll
- Burnout is the accumulation of unchecked stress
- You cannot have burnout without stress

## Compassion Fatigue

- Characterized by inability to detach from caregiving
- Results in the overuse of compassion skills and loss of sense of satisfaction for work
- Prolonged exposure coupled with one's own trauma experiences and competing life demands can add to fatigue.
- Impact cognitively, emotionally, behaviorally, spiritually, interpersonally and physically
- Recovery time varies, faster recovery if recognized and managed early.

# Risk Factors

- Historical Trauma: Past individual, familial or intergenerational trauma history
- Difficult living situation or unstable housing
- Pre-existing economic instability
- Medical conditions
- Presence of substance abuse
- Poor peer relationships, family relationship, romantic relationships
- Poor or limited access to healthcare
- Staff shortages
- High or increased workload
- Stresses in work place infrastructure
- Stresses in children's school infrastructures
- Exposure to student/peer traumas
- Lack of support
- Lack of systemic or structural issues
- What are some other risk factors you can think of?

# Compassion Fatigue in Tribal Work

- “Tribal communities in rural and remote settings are characterized by community members being closely related and sharing historical and social connections. These environments present unique challenges for service providers for managing Secondary Traumatic Stress/Compassion Fatigue.
  - For example, an individual whose simultaneous roles include friend, parent, teacher, social worker, and tribal member may be affected by trauma in the community on multiple levels.”



# Warning Signs

Identifying Symptoms



# Warning Signs-Symptoms to be Aware of:

- Eating or sleeping too much or too little
- Increased aggression or violent behaviors
- Mood swings that cause problems in relationships
- Feeling numb or like nothing matters
- Having thoughts of harming someone
- Engaging in self harm behaviors
- Having suicidal thoughts



# What are symptoms?

## Compassion Fatigue

- Sadness and grief
- Nightmares
- Avoidance
- Addiction
- Somatic complaints
- Increased psychological arousal
- Changes in beliefs, expectations and assumptions,
- Survival guilt/witness guilt
- Detachment
- Decreased intimacy

## Secondary Traumatic Stress

- Anxiety , sadness, confusion, apathy
- Intrusive imagery
- Somatic complaints
- Loss of control, trust and independence
- Decreased capacity for intimacy
- Relational disturbances that cross over into personal life

Bummed out, Wore out, Checked out

# Symptoms that mirror PTSD

- Physical
- Psychological distress
- Cognitive Shifts
- Relational disturbances
- Permanent alteration in an individual's cognitive schema

# Key Triggers

- Personal characteristics
- Previous exposure to trauma
- Empathy & emotional energy
- Prolonged exposure to trauma material of clients
- Response to stressor
- Work environment
- Work related attitudes
- Type of therapy
- Organizational context
- Healthcare structure
- Resources
- Re-enactment

# Making Referrals

# Interventions & Resources to Help Manage Compassion Fatigue

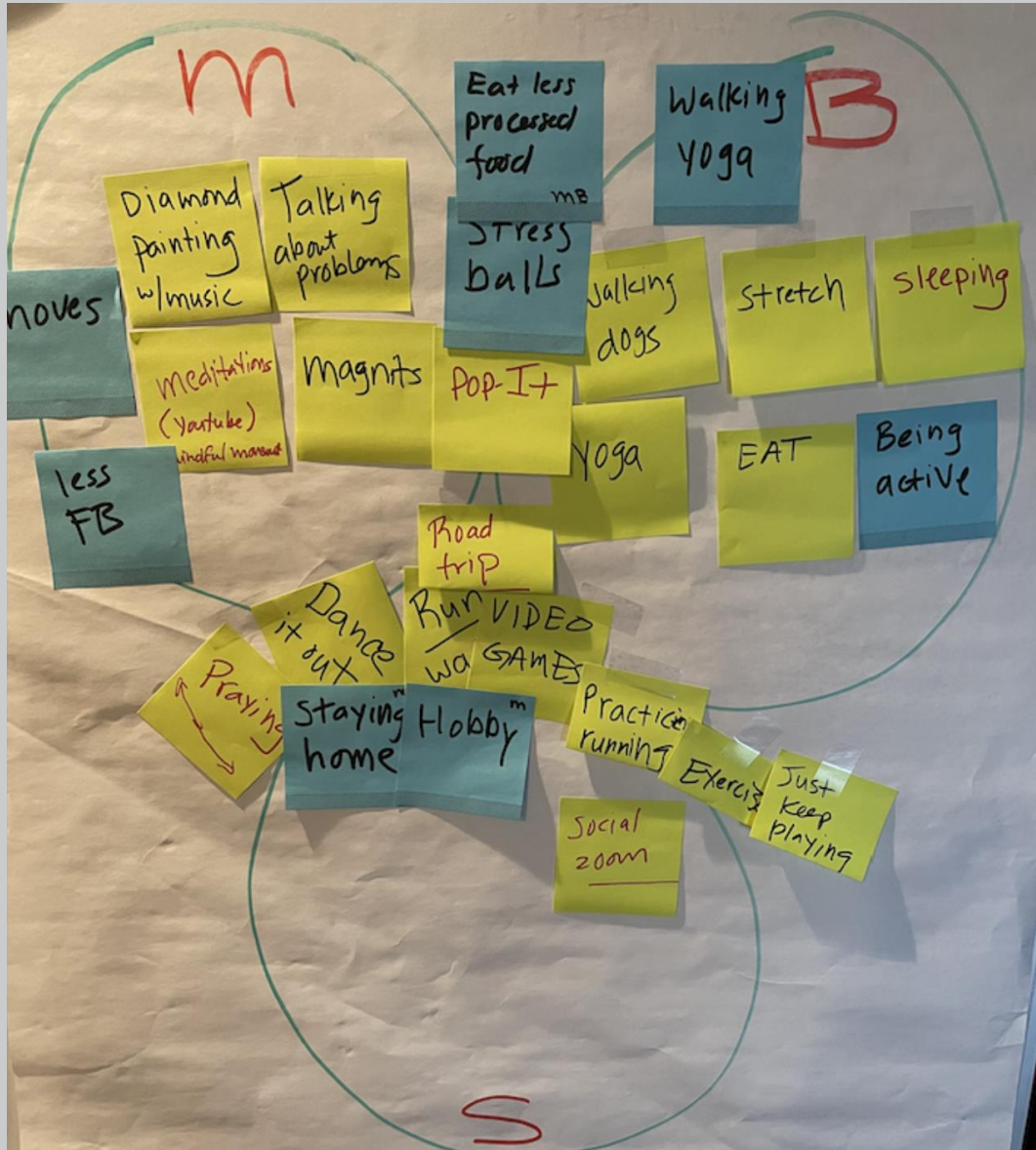
Honoring your life through self care...

# Interventions

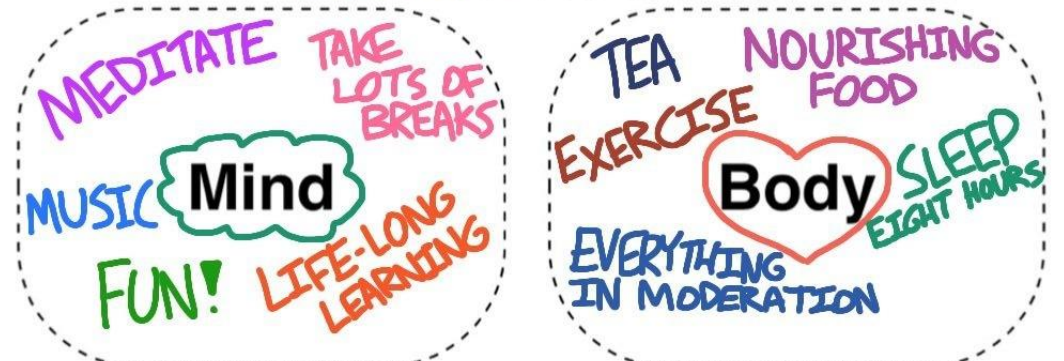
- Self Care Plan
- Maintenance Self-Care Worksheets
- Gratitude Prompts
- Behavioral Activation
- Grounding
- Circles of Care Plan
- Circles of Support
- Professional Support



# Relievers



## IGNACIO 's Self Care Plan!



### Supportive People In My Life:

GRETCHEN  
MOM  
MI VIEJO  
ALBERTO  
LYNNE  
CAROLINE  
REED  
DEBORAH

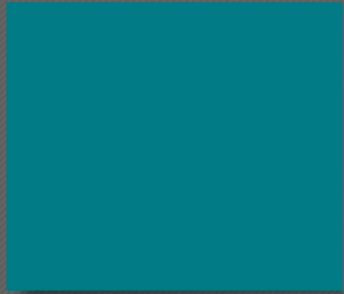


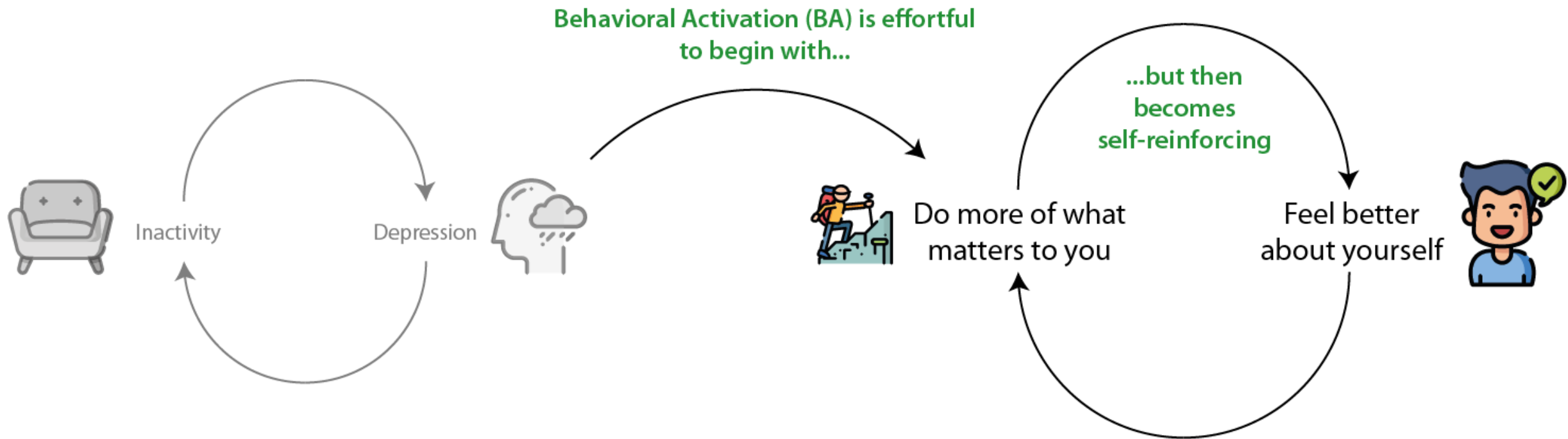
### I want to accomplish:

PEACE  
SERENITY  
CONTROL  
HAPPINESS  
GOOD WORK  
BE A GOOD PERSON

# My Maintenance Self-Care Worksheet

<u>WORK</u>	<u>RELATIONSHIPS</u>
<p data-bbox="96 289 351 325"><b>Current practice</b></p> <p data-bbox="96 461 305 496"><b>New practice</b></p>	<p data-bbox="1065 289 1319 325"><b>Current practice</b></p> <p data-bbox="1065 504 1274 539"><b>New practice</b></p>
<u>OTHER:_____.</u>	<u>OTHER:_____.</u>
<p data-bbox="96 853 351 889"><b>Current practice</b></p> <p data-bbox="96 1068 305 1103"><b>New practice</b></p>	<p data-bbox="1065 853 1319 889"><b>Current practice</b></p> <p data-bbox="1065 1068 1274 1103"><b>New practice</b></p>





### Gratitude Prompts:

Who or what are you grateful for today/past week? Why?

### Self-Efficacy Prompt:

What is something you did well today/past week?

What qualities/characteristics about me made this possible?

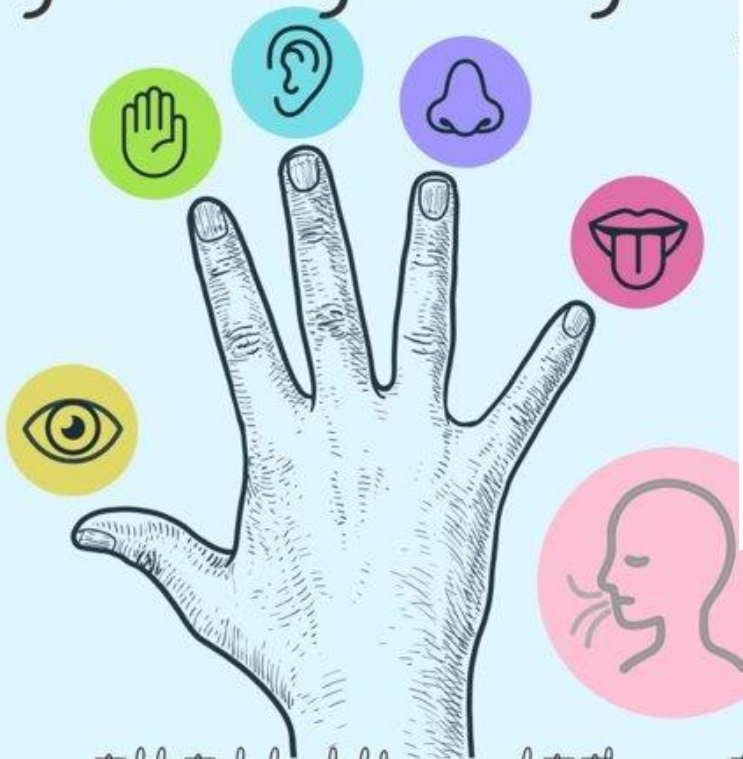
## What is Gratitude?

**1. Gratitude allows us to recognize good in our lives.** Focusing on and appreciating the good in our lives constantly reminds us about great things all around us.

**2. Gratitude allows us to see that the sources of that good are usually close by.** Practicing gratitude allows us to recognize those who bring goodness into our lives and humbles us in order to give credit to those we are grateful for.

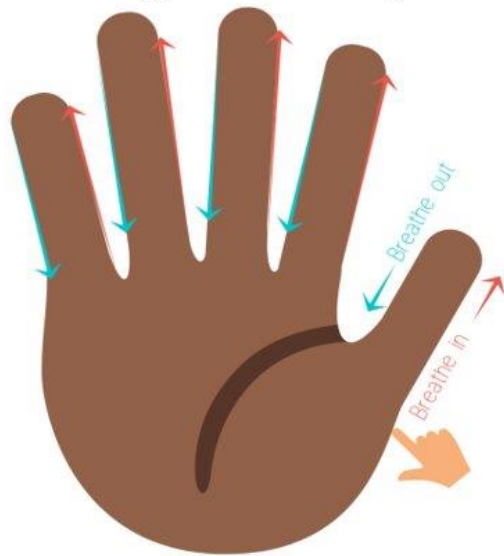


Stay Calm ♥ Stay Safe ♥ Stay Present



Free printable to help children regulate their emotions.

5 Finger Breathing



**Hungry**

When did I last eat?

Is my hunger emotional or does my body need food?

If your body is asking for food, find something nutritious to snack on.

**Angry**

What's are you dealing with right now that is stressful? Is the stress what's making you angry?

Find out way you're angry and find ways to diffuse that anger.

**Lonely**

When is the last time you socialized?

Was it a positive or negative experience?

Reach out to your support system. Let them to help you.

**Tired**

Have I been getting enough rest and giving my body the breaks it needs?

How can you energize yourself? Take some time to yourself and relax.



STOPP

Take a breath

Observe

Pull back

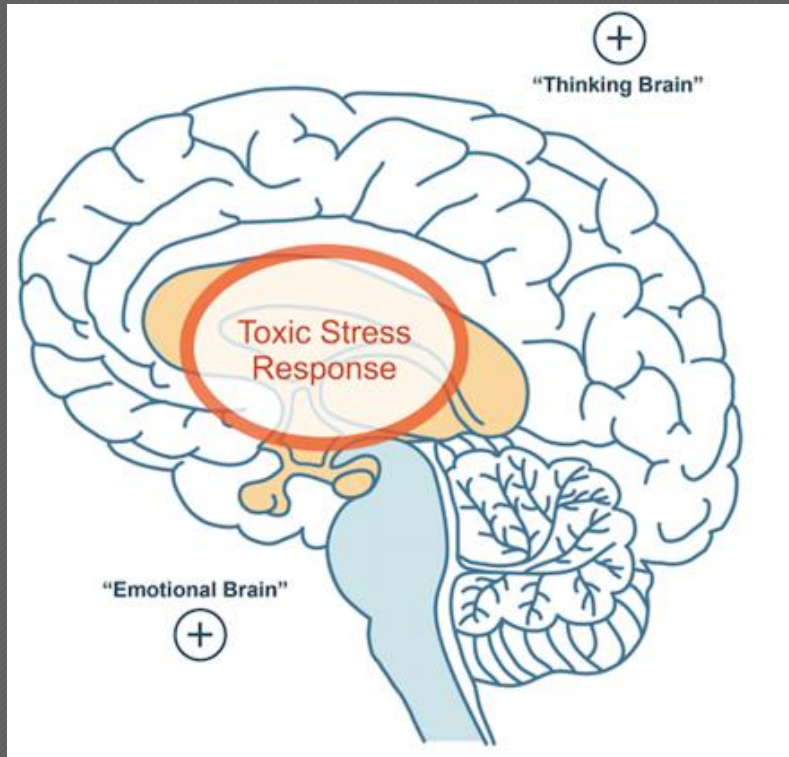
Practice what works

# Circle Of Support

- It is okay to reach out:
  - Think about how you can cultivate a circle of support.
  - These can be friends, family, professionals, neighbors, and peer-to-peer warmlines for added support.
- Language matters:
  - Move towards that validates feelings and invites healing:
    - It's ok to feel this way. How can I help?



# The Trauma Brain



Under constant threat:

- Emotional brain is over-reactive, constantly in survival mode.
- Thinking brain is underdeveloped.

# Wise Mind

- Emotionally driven minds are in reactive, impulsive.
- Reasonable minds are logical, cautious.
- Wise Minds honor the emotions we experience AND help us problem solve.



# Providing Services from a Trauma Informed Care Perspective

Creating Cultural Safety



# Trauma Informed Approaches

- Safety
  - Trustworthiness & Transparency
  - Peer Support
  - Collaboration & Mutuality
  - Empowerment, Voice & Choice
  - Cultural, Historical & Gender Issues
- What is cultural safety?
  - How do we honor Historical Trauma?

# Questions

Thank you.