Managing Mental Health during COVID-19:
For the Helping Professionals

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Agenda

- Self care wheel
- But first...STS, Burnout, and VC?
- Guidelines for effective self-care
But first….

- Understanding Secondary Trauma
- Understanding Burn Out
- Understanding Vicarious Traumatization

.....and what to do about it
Guidelines for practices effective self care

- Self awareness
  - Clinician pick up on a client’s trauma without even knowing it’s happening
  - Manifest as irregular sleep patterns, irritability, avoidance, thoughts about the client’s experiences...think PTSD, without having the threat to self.
- Divide Self care into manageable categories (7 Pillars)
- Create a detailed self-care plan
  - Take one Pillar and share one thing you might want to add
- Stay accountable
  - Announce on social media
  - Supervision
  - Engage collegial support
  - Engage “Professional Structures of Support” (Lee & Miller, 2013, p. 100)
International Self-care Foundation

SEVEN PILLARS OF SELF-CARE

1. Knowledge & Health Literacy
2. Mental wellbeing
3. Physical Activity
4. Healthy Eating
5. Risk avoidance
6. Good hygiene
7. Rational use of products & services
Professional Structures of Support

- Workload and time management
- Attention to Professional Role
- Attention to reactions to work
- Professional social support and self-advocacy
- Professional Development
- Revitalization and generation of energy

Local Resources and Services

- **JCS (Jewish Collaborative Services)**
  - 401-331-1244
  - 830a - 430p
  - The Counseling Center
  - Kesher
  - Case Management
  - Louis and Goldie Chester Full Plate Kosher Food Pantry
  - Meals on Wheels

- **BHLink**
  - 401-414-5465
  - 24/7 crisis assessment
  - Substance use disorder assessment
  - Crisis/suicide hotline
  - Housing and basic needs

- **United Way**
  - In Rhode Island call **211**
  - Financial assistance may be available

- **RIDE (Rhode Island Department of Education)**
  - Resources about Schools

- **State of Rhode Island Department of Health**
  - 401-222-8022

- **RHODE ISLAND COMMERCE**
  - 401-278-9100
  - Resource for small to medium business in RI