



Managing Mental Health during COVID-19:

For the Helping Professionals

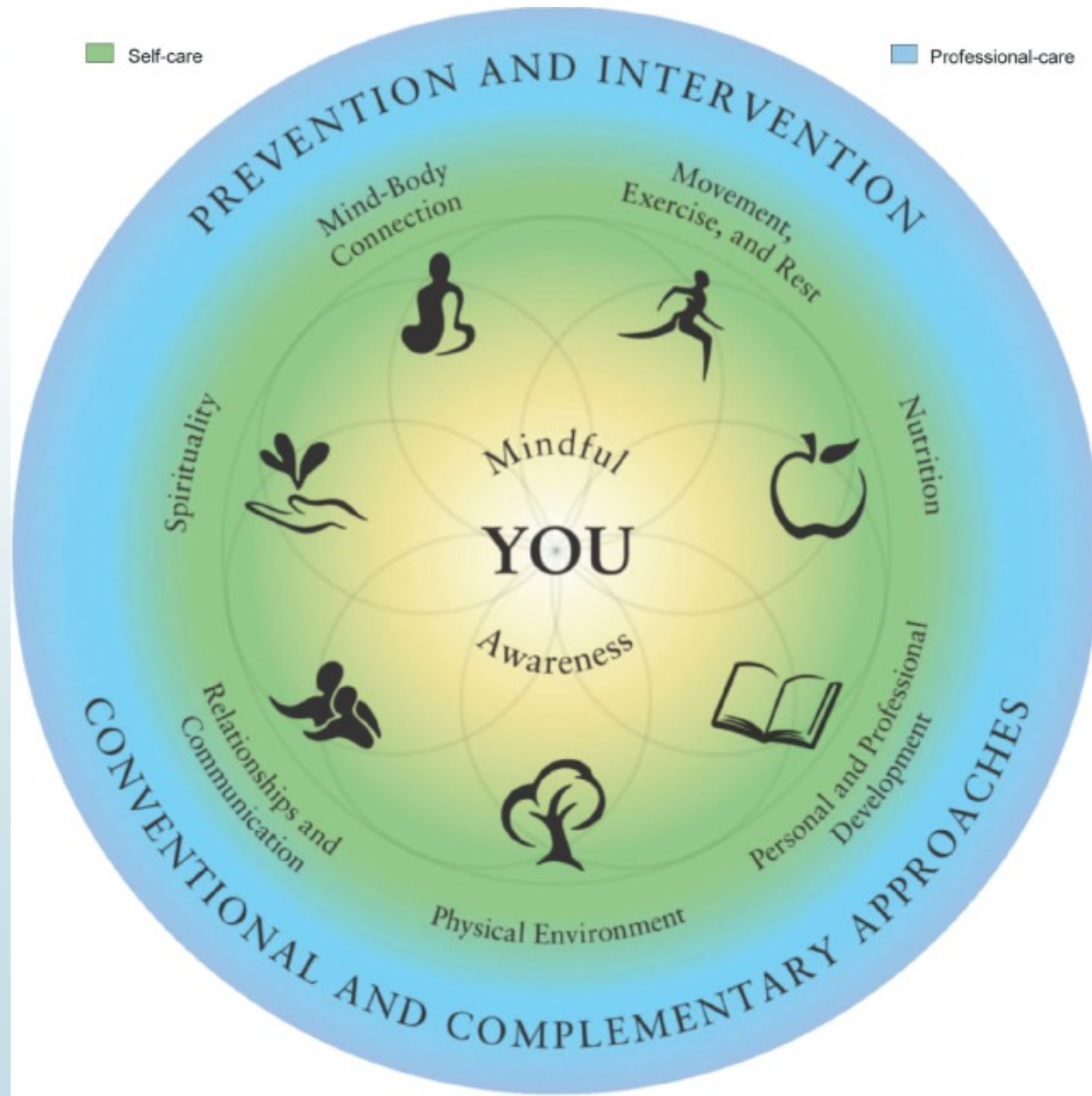
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Self-care

Professional-care



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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



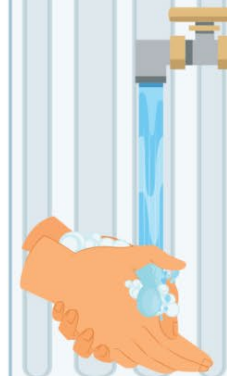
5

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

Lee, J. & Miller, J.E. (2013). A self-care framework for social workers: Building a strong foundation for practice. *Families in Society: The Journal of Contemporary Social Services*, 94(7), 96-103.

Local Resources and Services



- 401-331-1244
- 830a - 430p
- The Counseling Center
- Keshet
- Case Management
- Louis and Goldie Chester Full Plate Kosher Food Pantry
- Meals on Wheels



- Resources about Schools



- 401-222-8022



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



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



- 401-278-9100
- Resource for small to medium business in RI