

**HOWARD COUNTY
BEHAVIORAL HEALTH PROVIDER
COVID-19 RESOURCE &
RESPONSE CALL #7**

COVID-19 and Stages of Trauma and Recovery **May 6, 2020**



Howard County LHC
Local Health Improvement Coalition

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HOUSEKEEPING

Participants will be muted upon entry.

Using the icons on your screen, you can:

- Mute/Unmute your microphone; Mute/Unmute button on phone
 - Please mute yourself during discussion/questions if not speaking



Use the "chat" feature to ask questions during the presentation.

- View Participant list on computer— opens a pop-out screen that includes a "Chat" icon that you may use to submit questions
- Question/ comment can also be added to the chat box throughout the meeting

This meeting will be recorded...presenters may have cameras on.

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WELCOME & OPENING REMARKS

Roe Rodgers-Bonaccorsy

Director, Bureau of Behavioral Health
Howard County Health Department

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PURPOSE

GOAL:
Stages of Trauma and Recovery (STAR) identifies and explains the effects of trauma and teaches accessible, affordable and sustainable trauma-responsive techniques.
Learn how to actively assert and own your healing process in support of recovery and healthy living.

OBJECTIVES:

1. Welcome & Opening Remarks
2. Stages of Trauma and Recovery (STAR)
3. Q&A
4. Closing Remarks

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STAGES OF TRAUMA AND RECOVERY

Lizette Ubides
 LCSW-C, Chief Executive Officer,
 Responsive Recovery, LLC.

Kate Oliver
 LCSW-C, Chief Innovations Officer,
 Responsive Recovery, LLC.

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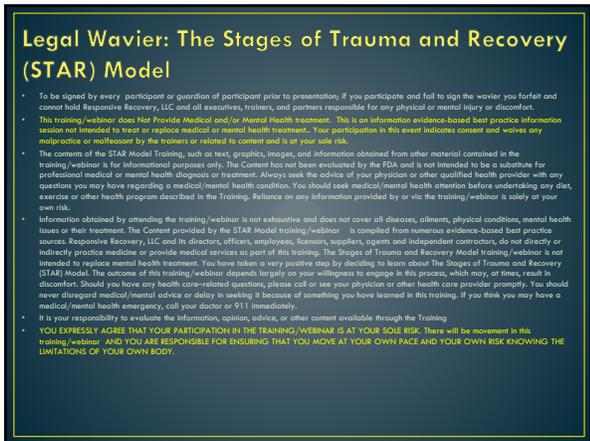
COVID-19
 &
THE STAGES OF TRAUMA & RECOVERY

Lizette Ubides, LCSW-C Kate Oliver, LCSW-C

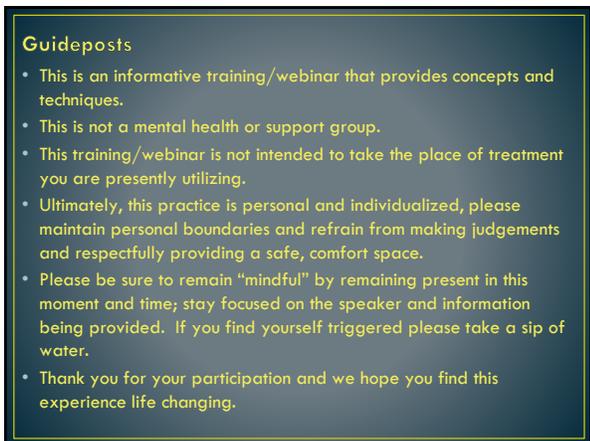
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STAR Pre-test

- Approximately how many traumatic events have you experienced?
 - (none)
 - (1-3)
 - (4-7)
 - (8-10+)
- I believe I continue to be impacted by traumatic experiences in my life.
 - (not at all)
 - (a little bit)
 - (somewhat)
 - (often)
 - (all the time)
- Do you believe you have helpful resources to recover from traumatic experiences?
 - Yes
 - No

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COVID-19 TIMELINE

- December 31 first case reported in Wuhan, China.
- January 21, first case reported in Washington State.
- January 30, first report of person to person infection.
- January 31, WHO a "public health emergency of international concern."
- February 26, CDC reports air borne infection; unknown source of infection.
- March 11, WHO declares pandemic
- March 26, the USA is identified as having the most COVID-19 cases than any other country.
- April 21, USA cases 810,561; deaths 43,630

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SOCIAL DISTANCING

- March 16, social distancing introduced; remain 6ft apart
- March 23, suggested to shelter in place.
- March 30, an order to shelter in place is issued. All non-essential workers are expected to remain at home.
- All of our lives have changed.

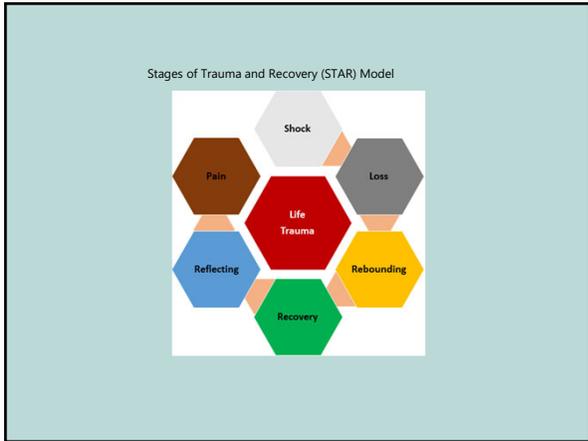
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Trauma

- Is a deeply distressing or disturbing event.
- It changes how you think of your life, or know it to be in a negative way.
- As it is happening, you can see it coming and feel paralyzed to stop it.



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STAGES OF TRAUMA & RECOVERY (STAR)

- **Shock:** The shock of learning about the fast-spreading virus from person to person and what it can do created a panic, an internal sense of chaos and confusion.

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STAGES OF TRAUMA & RECOVERY (STAR)

- **Pain:** Emotional and physical pain caused by the pandemic and the inability to stop it; being isolated and practicing "social distancing" results in uncontrollable intense emotions.

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STAGES OF TRAUMA & RECOVERY (STAR)

- **Loss:** structure, routine, predictability, identity, and connections are lost as social distancing is enforced, and businesses, schools, restaurants, beaches, and health clubs are shutdown. We've experienced shattered identities; "now who am I, what does this mean, will things ever be the same again?"

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STAGES OF TRAUMA & RECOVERY (STAR)

- **Reflecting:** Perhaps, as we share the traumatic experience, we may find a new appreciation for family, friends, and community. In time, we must reflect on what worked, what didn't work, and what could have been done differently. The trauma narrative isn't as important as writing the next chapter.

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STAGES OF TRAUMA & RECOVERY (STAR)

- **Rebounding:** One becomes aware of the need to create their own safe space. One also becomes more intuitive, more accepting and capable of developing new confidence for the future because you have become the superhero in your story.

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STAGES OF TRAUMA & RECOVERY (STAR)

- **Recovery:** One realizes they will survive but must adjust as needed requiring an understanding of the impact of trauma, its effects and learn skills how to manage the brain, body and social skills necessary for well-being. This requires integrating the concepts of the stages of trauma and recovery, and new self-care techniques into daily living.

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TRAUMA-RESPONSIVE TECHNIQUES

- Calm the brain
- Reconnect with your breath and body
- Examine emotions
- Use self-care which can be either one-time techniques and on-going structured routines for maintaining health.

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TRAUMA-RESPONSIVE TECHNIQUES

- *Breath*
- *Cascading the brain*
- Coloring books, puzzles and painting by numbers are popular because they help re-establish boundaries and a sense of structure, organizing our brain as you stay within the lines.
- While we have been asked to maintain "social distancing," isolation and withdrawal is a negative response to trauma. It is important to connect with loved ones by making phone or video calls.

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TRAUMA-RESPONSIVE TECHNIQUES

- Hydrate! Don't forget your water. Easy math on how much you need is to drink? Drink 1/2 your body weight in ounces and add a few ounces for good measure. Drinking water helps keep joints well-oiled and can comfort you in the same way as emotional eating. Swallowing exercises the jawline muscles that are connected to the brain stem and help to calm you down. While all these may seem simple things to do, they become increasingly important when dealing with trauma.

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STAR Post-test

- Has the presentation on the Stages of Trauma and Recovery (STAR) Model increased your understanding about Trauma, its impact and your ability to recover?
not at all
a little bit
maybe
yes
absolutely
- Did you find the Trauma-Responsive Techniques that included the breathing, stretching exercises, the tapping, and the cascading brain techniques helpful?
not at all
a little bit
maybe
yes
absolutely

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Q & A

Please use the Chat Box to submit questions!

Presentations and recording will be posted at www.hclhic.org

For additional information or questions contact lhic@howardcountymd.gov

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CLOSING REMARKS

- **Upcoming Webex Calls:**
 - COVID-19 & Cultural Competency: Managing Implicit Bias within the Therapeutic Process – **Friday, 5/15/20 from 9:00 – 10:00 AM** (1 CEU)
 - COVID-19 & Vulnerable Populations – Children and Families – **Wednesday, 5/20/20 from 11:30 AM – 12:30 PM**
- Presentations, recording, & additional resources will be posted at www.hclhic.org
- For additional information, contact lhic@howardcountymd.gov
- For general questions related to COVID-19, e-mail askhealth@howardcountymd.gov

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"We are going to need to depend on each other, to look out for each other, and to take care of each other, because we are all in this together."
- Governor Hogan

A photograph of a sign posted on a black metal fence at a day care facility. The sign is white with red and blue text. It reads "We care in this TOGETHER!". The sign is partially obscured by a blue canopy structure. In the background, there is a building and some trees.

A sign outside a day care facility in Forest Hill says: "We are in this together." (Elizabeth Janney/Patch File)

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