

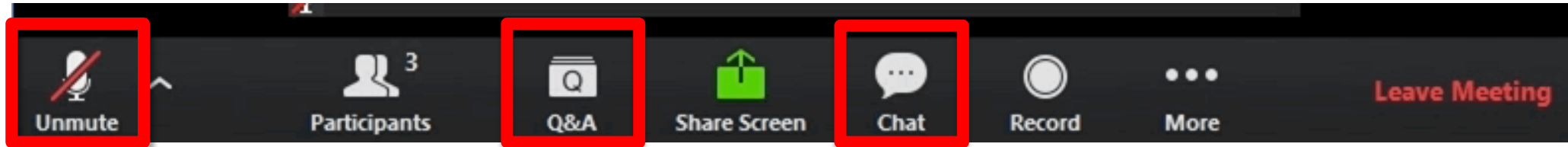
Supporting Your Clients with Co-Occurring Conditions During COVID-19 Pandemic

December 3rd, 2020



**American Mental Health
Counselors Association**

How to Ask a Question



All functions are located at the bottom of your screen

- Type in the chat box or use the Q&A function
 - You can choose who to send a chat or question to

Today's Presenters



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Pronouns: She, Her, Hers
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Moment to arrive



Learning Objectives



Greater understanding of the impact of COVID-19 on those living with co-occurring anxiety and substance use disorders.



Ways to serve your clients during the COVID-19 pandemic using mindfulness and cognitive-based interventions incorporating specific skills and techniques to promote resilience.



Identification of at least three activities to help those living with co-occurring anxiety and substance use disorders increase calm, lessen anxiety and prevent relapse during COVID-19 and the holidays

Impact of COVID-19 on those living with anxiety and co-occurring substance use





Cost Of Racism: U.S. Economy Lost \$16 Trillion Because Of Discrimination, Bank Says [npr.org]

JENNA QUINN (ACES CONNECTION STAFF) 6 HOURS AGO

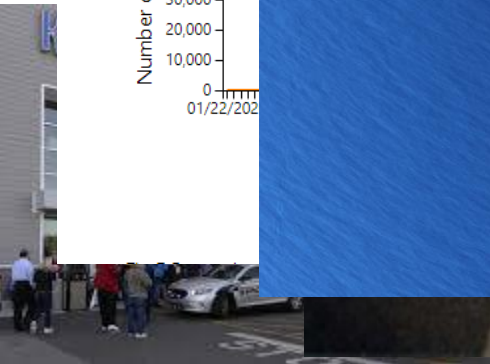
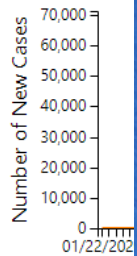


By Adedayo Akala, September 23, 2020, on NPR



New Case

The following outbreak. Ho



Stressors of Today

Not feeling safe at work due to real danger and high acuity of disease

Worries about job and employment

Anticipation about the future and unsure how long this will continue??

Constant doom and gloom (i.e. social media, news, etc.)

Working All the time

Everyone's in a different boat

Merged rolls and constant multitasking (employee, parent, spouse, managing families, schooling)

Social Unrest/
Systemic Racism

Lack of control over the situation

Ways people cope with these symptoms

- Isolation
- Sleeping
- Dangerous behaviors
- Disconnection
- Alcohol
- Substance use



Substance Use Concerns during COVID-19

- Outpatient treatment is limited
- Toxicology is limited
- Liquor stores open
- Illicit substance sales still open
- Immediate supports may not understand
- Unable to attend self help meetings
- Lack of accountability



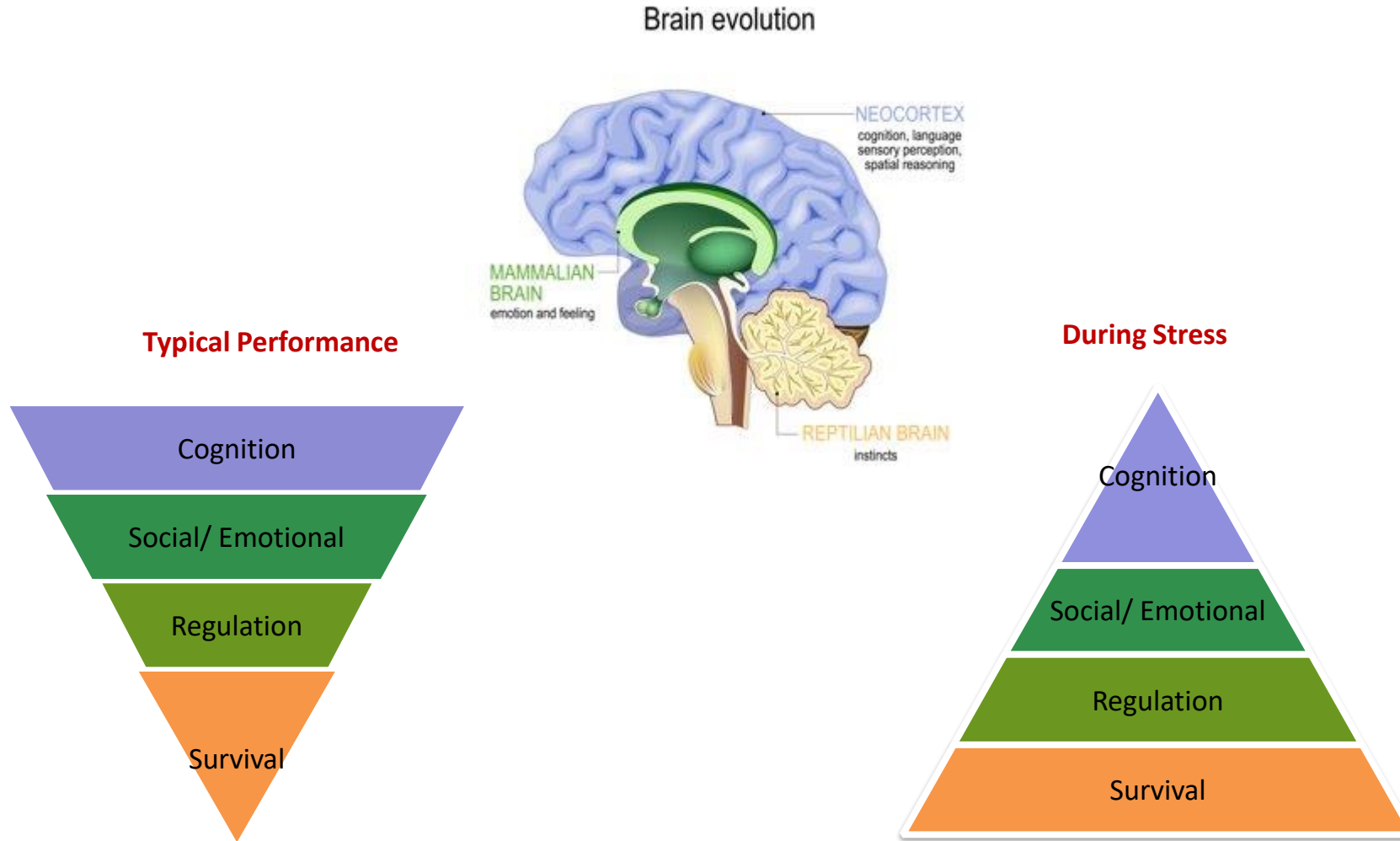
COVID-19 and Co-Occurring Disorders

- Outpatient treatment centers may be closed.
- Self help groups may be closed.
- Disruptions in treatment.
- Difficulties in online groups.
- Lack of connection contributes to resumed substance use.
- Disruption in medication adherence.
- Resuming connection with unhelpful people, places, and things.

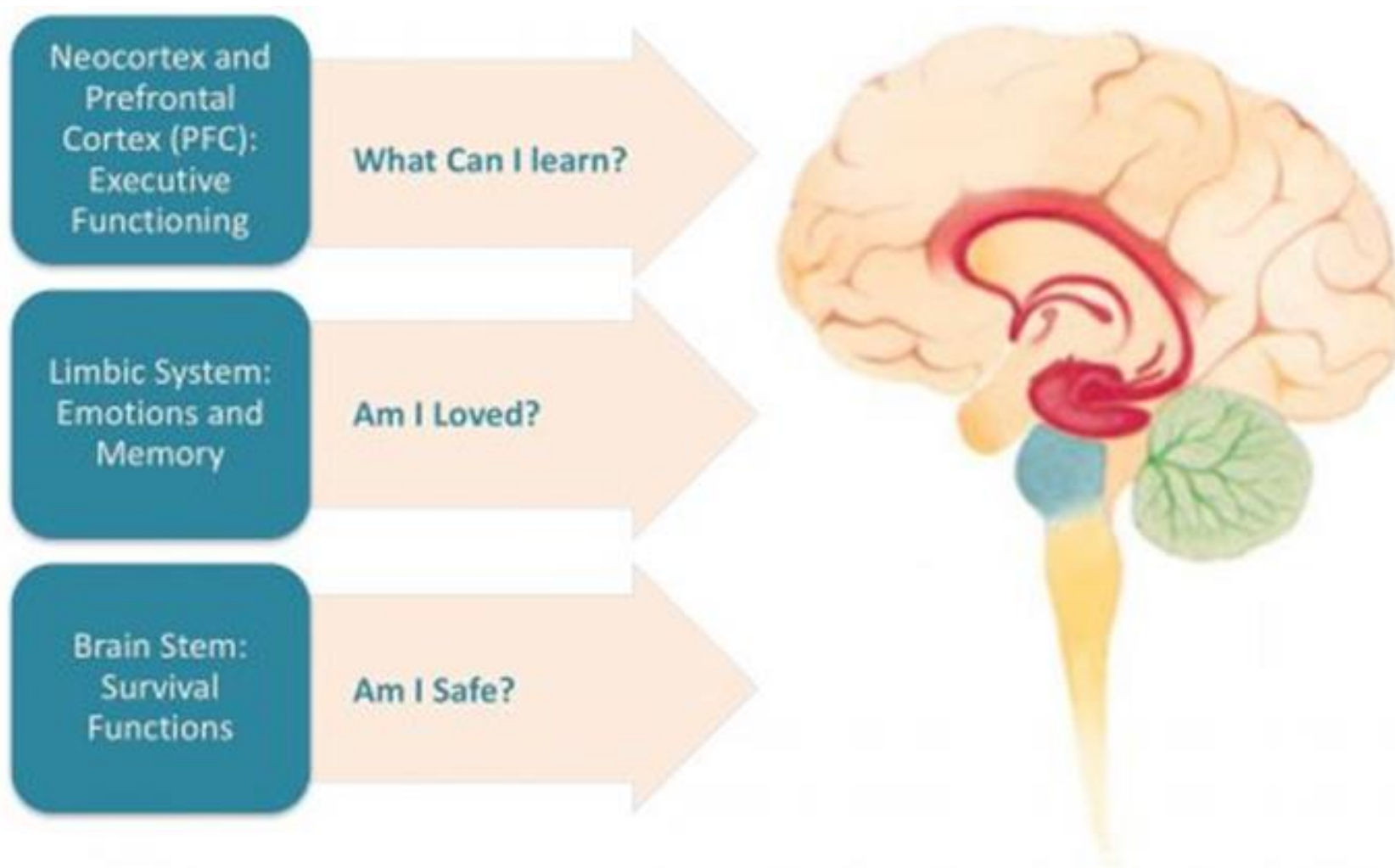
Survival Mode Response



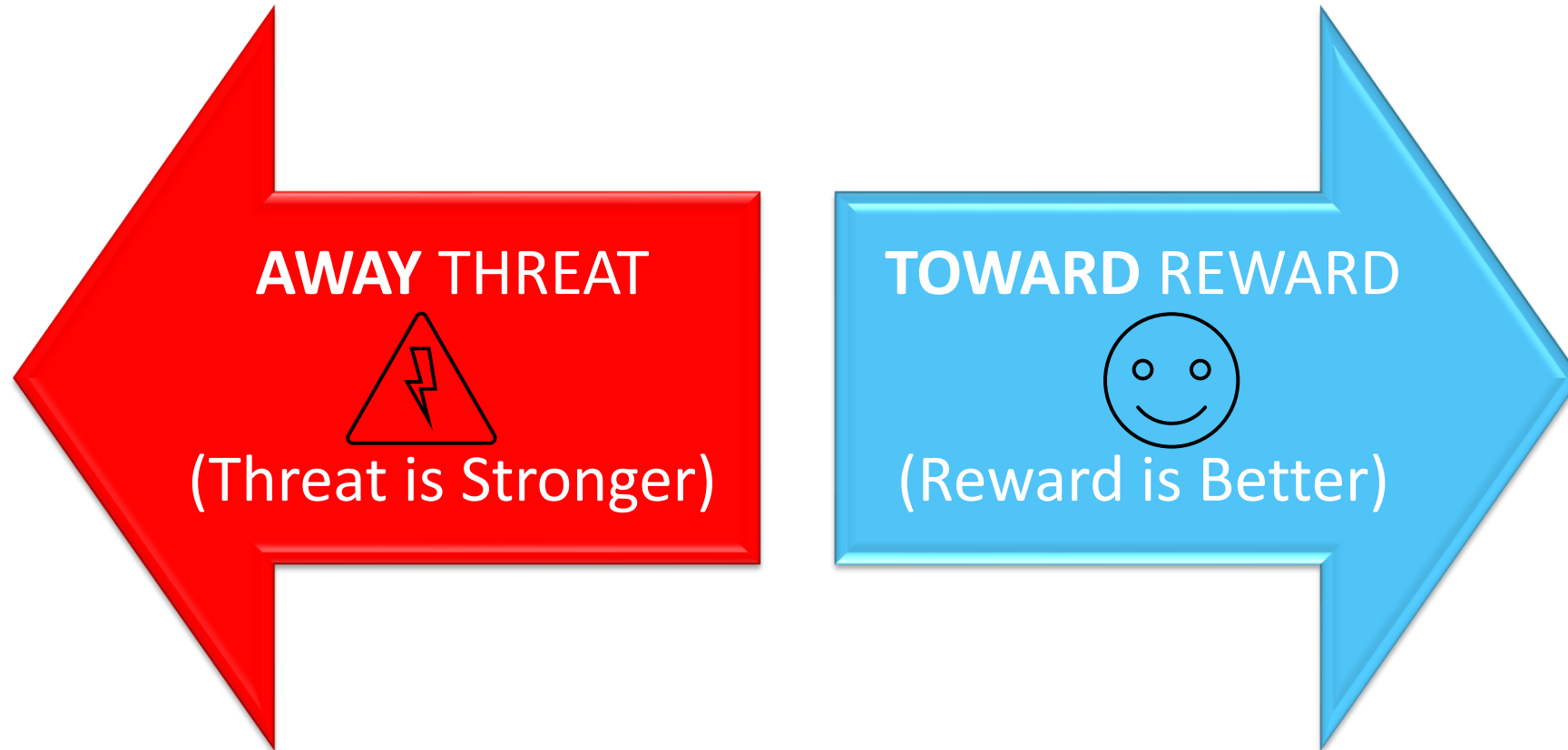
Impact of Stress on Brain Energy



McLean's Brain



The Brain's Threat Network



Source: NeuroLeadership Institute 2018

So what can we do? Ways to promote resilience...



Mindfulness

- Being in the present.
- Nonjudgmental.
- Experience each moment.
- Exercise for the brain.
- Active participation.



Reconnecting to the Body

- Mindfulness of the Body: Connected to the five senses makes us aware of our body experience.
- Helps us to pay attention to ourselves and our experiences.

Mindlessness activities:

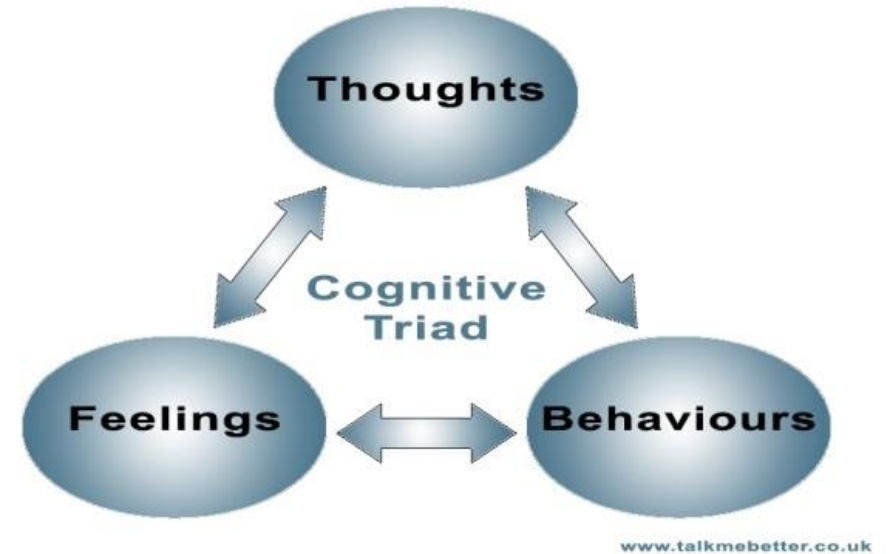
- Obsessive thinking
- Judgmental thinking or behaving
- Distracting/numbing
- Speeding/Rushing



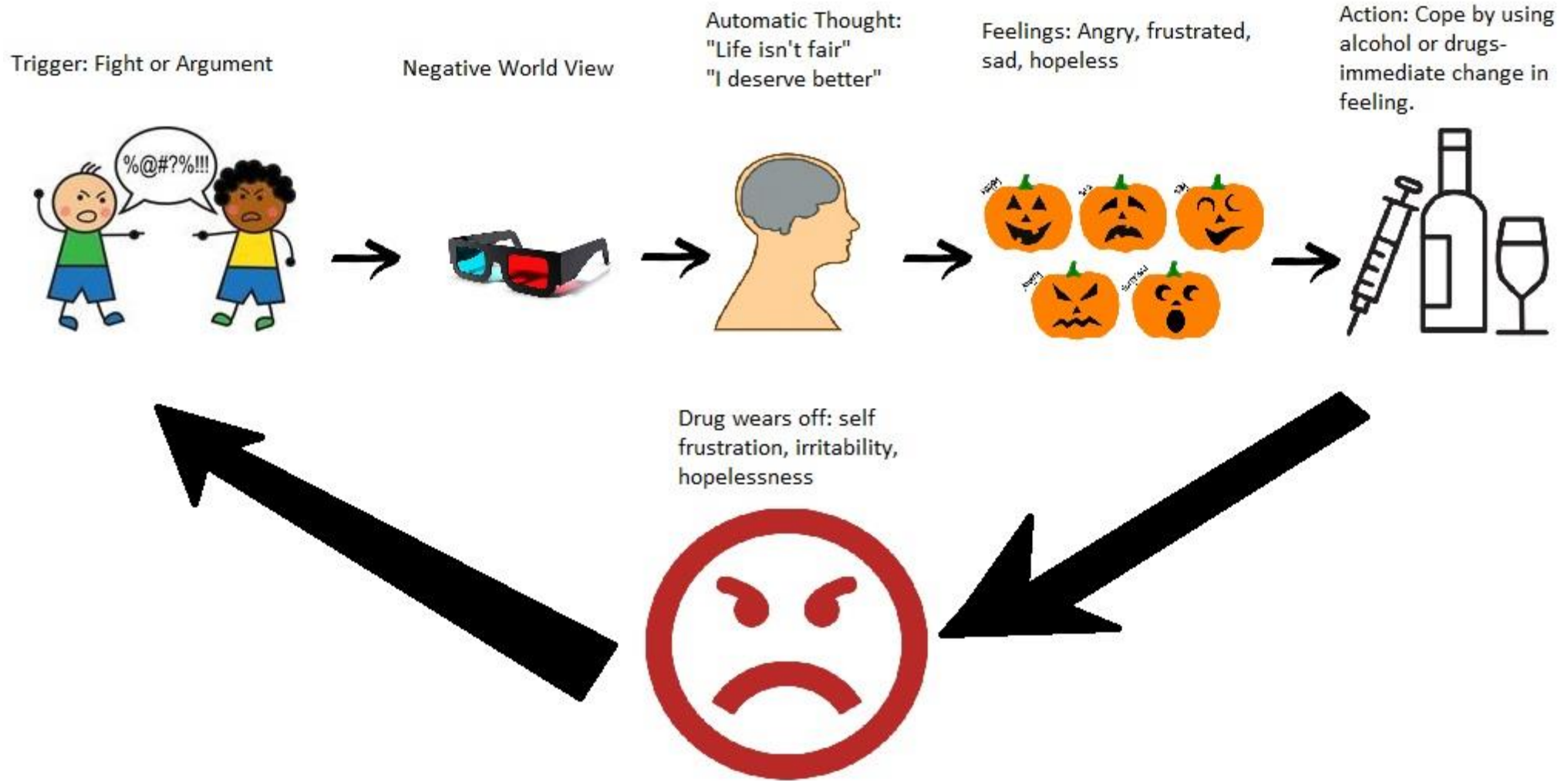
Brief Intro to CBT

- We react without paying attention to internal process.
- Core beliefs will generate automatic thoughts.
- We notice our feelings before our thoughts.
- Our feeling will then dictate our behavior.
- Ineffective responses worsen the problem.
- Reaction to the response strengthens core beliefs.

Cognitive Behavioural Therapy



Occurrences for Substance Users



Introduce to Cognitive Distortions

- Inaccurate assumptions of situation.
- Can be driven by feelings.
- May leave out important aspects.
- Limited response to a trigger.
- Exacerbates negative moods.
- Source of conflict with others.



Cognitive Distortions

- Perfectionism: all or nothing thinking.
- Should statements: arbitrarily setting standards.
- Overpersonalization: taking too much responsibility.
- Selective attention: focusing only on one aspect.
- Denial: Failing to see your own role in a problem.
- False-permanence: thinking things are more permanent than they really are.
- Overgeneralizing: a single event becomes applied to future events.
- Catastrophizing: making things out to be worse than they are.
- Magical thinking: everything would be better if...
- Emotional reasoning: acting as if emotions are reality.
- Mind reading: assuming what others are thinking.
- Double standard: being more harsh on yourself than you are to others.
- Self centeredness: only seeing your own perspective.
- Fallacy of fairness: believing life must be fair.

Ways to Challenge Thoughts

- What's the evidence for and against this thought?
- What would I tell a friend with this same situation (rather than what I tell myself)?
- What's the worst that could realistically happen? How bad would that be?
- Is it really true that I must, should, or have to...?
- Am I over-generalizing from a past occurrence?
- Are there other explanations besides blaming myself?
- Is there any conceivable way to look at this positively?
- Is this situation really in my control?
- What difference will this make next week, month, or year?
- Is thinking this way helping the situation or making it worse?
- How have I tolerated these situations in the past?
- How can my religious or spiritual beliefs help me with this?

Thought Challenging and New Actions

Triggers	Thoughts	Feelings (1 to 10)	Actions
What distortions am I experiencing?	New Thoughts	New Feelings	New Actions

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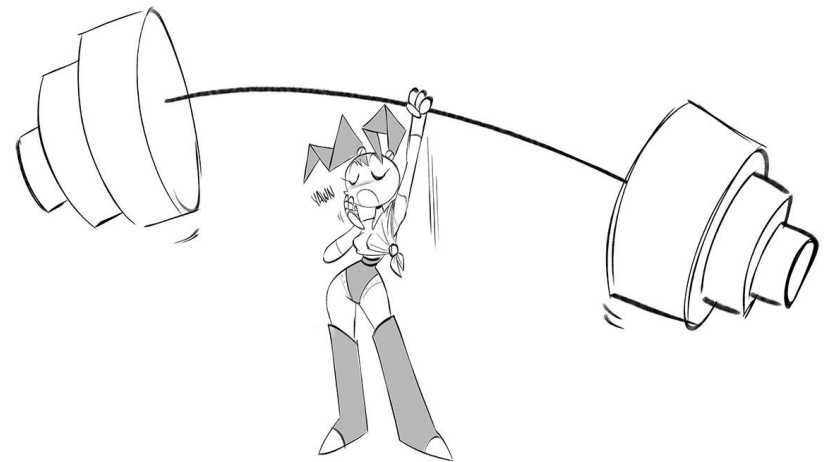
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CBT Concise

- This is a step-by-step process.
- Going out of step doesn't help.
- Challenging thoughts alone isn't CBT.
- CBT can be integrated with other techniques.
- Maintain the steps during integration.
- Does this sound too easy?



Habits to survive the holidays, increase calm and avoid relapse



Take Control of the Holidays



Practical habits to practice this year

Acknowledge
your feelings

Stop
romanticizing
the holidays

Reach out

Be realistic

Set aside
differences

Stick to a
budget

Practical habits to practice this year

Plan ahead

Cope ahead

Practice
saying no

Don't
abandon
healthy habits

Take a
breather

Promote Physical, Emotional, Spiritual and Compassionate Self-Care



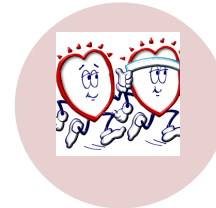
Encourage and assist with practical ways to cope



Put YOURSELF on the Calendar. Block out time for self-care on your calendar.



Eat healthy food. Forego the temptation to order pizza or reach for processed sugar filled foods.



Physical self-care: involves movement of the body - exercise, health, nutrition, sleep, rest, water intake, medication, supplements, **physical** touch, and sexual needs. Some examples of **physical self-care** include – going for a walk on the beach and having an epsom salt bath



Get enough sleep as often as you can. Sleep is usually the first thing to go when under stress.

Resources

TRAUMA-INFORMED, RESILIENCE-ORIENTED CARE

Organizational Self-Care Training Activity Worksheet

It is tricky to explore organizational self-care. It can force us to confront the explicit organizational habits that we've created and that can often be unhealthy. Here are examples of some common organizational habits:

- Leaving dishes in the sink for someone else to clean up
- Program staff getting more "airtime" than operations staff at organizational meetings
- Last minute requests made of colleagues which include incorrect or incomplete information

There are other organizational habits which more directly sabotage an organization's ability to reflect, renew, and be resilient:

- Scheduling back-to-back meetings
- Cancelling or continuously rescheduling meetings with colleagues, including direct reports
- Saying "yes" to any and every request that comes in
- Doing more with less

Simply put, these habits are unsustainable. As writer and monk Thomas Merton said, "The frenetic activism neutralizes our work for peace. It destroys our own inner capacity for peace, because it roots of the inner wisdom which makes work fruitful."

So, how do you create an organizational self-care strategy? We encourage the following steps:

1. Reflect first on what the organization does to take care of itself. Start from a place of strength and think about what your organization does well to create a supportive environment. I would contend that you probably have a few practices already in place (for example, one-on-one coaching or peer coaching circles) that you could leverage.
2. Spend some time thinking about what your organization's cultural practices are and see whether those practices may support self-care. For example, perhaps everyone gathers together for lunch on a weekly basis or perhaps someone leads a weekly QI Gong practice (these examples illustrate that community building can be a part of organizational self-care).

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Building Organizational Resilience in the Face of COVID-19

Understanding Through a Trauma Lens

As a result of COVID-19, everyone is in a state of alert, living much of the time in a state of fear. Staff are worried about their jobs, how to care for families and our communities. The emotional impact of this experience on ourselves and our communities, and experiences, the social and economic circumstances we live through, and our individual responses may be similar to responses we have experienced through other traumas, such as combat, assault or hurricanes. Those who work in health care settings may be individuals with pre-existing mental health issues. Health care providers and first responders who are helping with the crisis are also likely to experience colleagues who react or respond in a way that is not what they expect. It is important to recognize and expect behavioral responses --

The National's Abuse and Mental Health Services Administration (SAMHSA) defines trauma as:

"Individual trauma results from an event, series of events, or exposure to threats that are physically or psychologically overwhelming. Trauma can be caused by a single incident or a series of incidents. Trauma can be caused by a single incident or a series of incidents. Trauma can be caused by a single incident or a series of incidents."

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Triggers	Thoughts
What distortions am I experiencing?	New Thoughts

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Self-Compassion Strategies for the Holidays in 2020

Purpose: This was created to assist organizations and individuals in developing strategies for self-compassion and self-care during the holidays. The 2020 holiday season will be unlike any other before. Holiday stress and spending have always been challenging, but this year brings higher than usual stress levels, barriers around gatherings and lower than usual budgets. COVID-19 along with social and political unrest has many Americans feeling. In a typical year, holidays are often the most stressful time of the year. As many of us are struggling to get through each day, it may be helpful to create a plan to implement some of these habits during this unparalleled and unpredictable time.

Habits to practice this year

- Acknowledge your feelings** - Allow yourself to grieve. Give yourself permission to acknowledge the loss of normalcy, not being able to be around others, acceptance of financial and physical ramifications of this pandemic. Many of us are holding a lifespan of changed experience. This will forever be a part of our lives.
- Stop romanticizing the holidays this year** - "It's the most wonderful time of the year". This is inaccurate for many of us. If someone close to you has recently died, or you cannot be with loved ones, realize that it is normal to feel sadness and grief. For some the holidays are reminders of social isolation or family discord even during a normal year. It is healthy to take time to cry or express your feelings. You cannot force yourself to be happy just because it is the holiday season.
- Reach Out** - If you feel lonely or isolated, seek out community, religious or other social events, many of which may be accessed virtually. They can offer support and companionship. Leaning into trusted others is the most powerful way to feel better. If you may do so safely, volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

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Resources

- <https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety#section1>
- <https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>
- <https://adaa.org/tips-manage-anxiety-and-stress>
- <http://mentalhealthchannel.tv/episode/youre-wired-for-anxiety-and-youre-wired-to-handle-it>
- <https://compassionresiliencetoolkit.org/staying-resilient-during-covid-19/>
- <https://www.neurosequential.com/covid-19-resources>



Questions & Discussion

References:

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