



Welcome to

Supervisor and Member Q&A: Mental Health, Stress, and Resilience

To join the audio portion by phone, please dial: **800.593.7178**

Passcode: **9415396**

***While you wait, share in the chat box:
Have you participated in a VISTA webinar
before? What was the topic?***

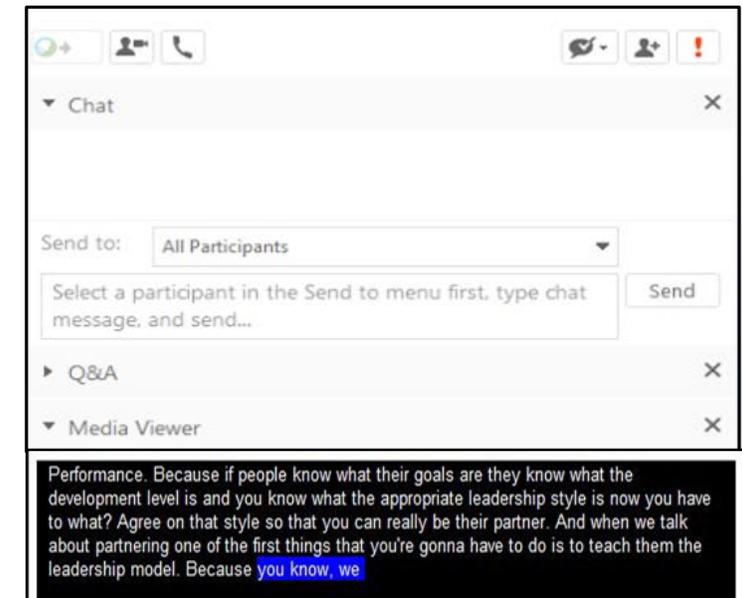
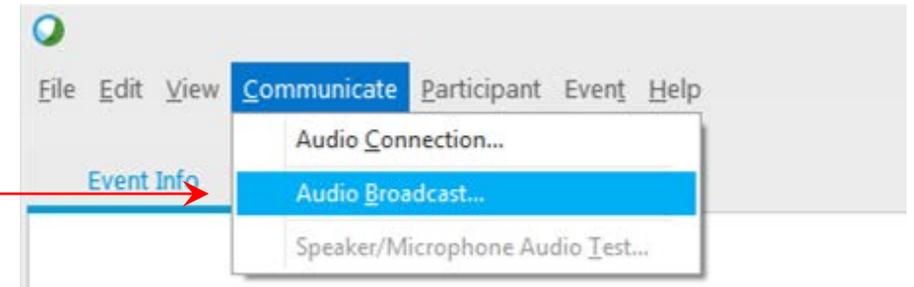


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Connecting to Audio

- Audio broadcast
- Call in via phone (number and passcode listed on each slide)
- View Closed Captions in the Media Viewer panel

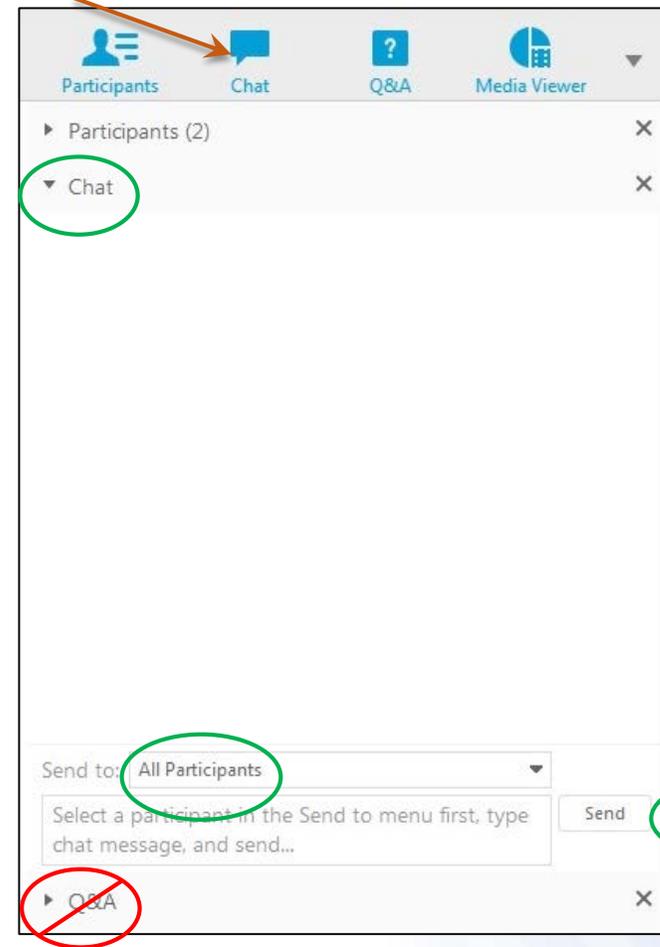


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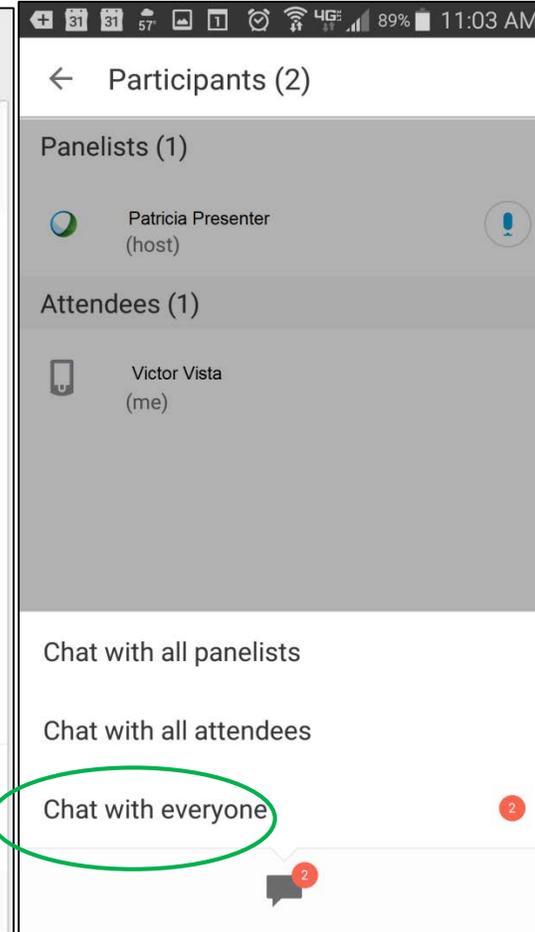
Tips for Participating

- Share comments and ideas in the Chat panel (send to “All Participants”)
- Ask questions in the Q&A panel (send to “All Panelists”)
- Some WebEx features are not available on mobile devices
- Links and recording will be available after the session

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Welcome to

Supervisor and Member Q&A: Mental Health, Stress, and Resilience



Today's Speakers



Jessica Burch
Training Coordinator
AmeriCorps VISTA
VISTA Alum – '11-'12

Today's Speakers



Ericc Powell
Training Coordinator
AmeriCorps VISTA
VISTA Alum – '06-'07
VISTA Leader Alum – '08-'09



Jessica Burch
Training Coordinator
AmeriCorps VISTA
VISTA Alum – '11-'12

Today's Speakers



Kari Stevens
Social Worker
Veterans Administration
VISTA Alum – '09-'10
State & National Alum – '08-'09



Ericc Powell
Training Coordinator
AmeriCorps VISTA
VISTA Alum – '06-'07
VISTA Leader Alum – '08-'09



Jessica Burch
Training Coordinator
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VISTA Alum – '11-'12

Today's Discussion Topics

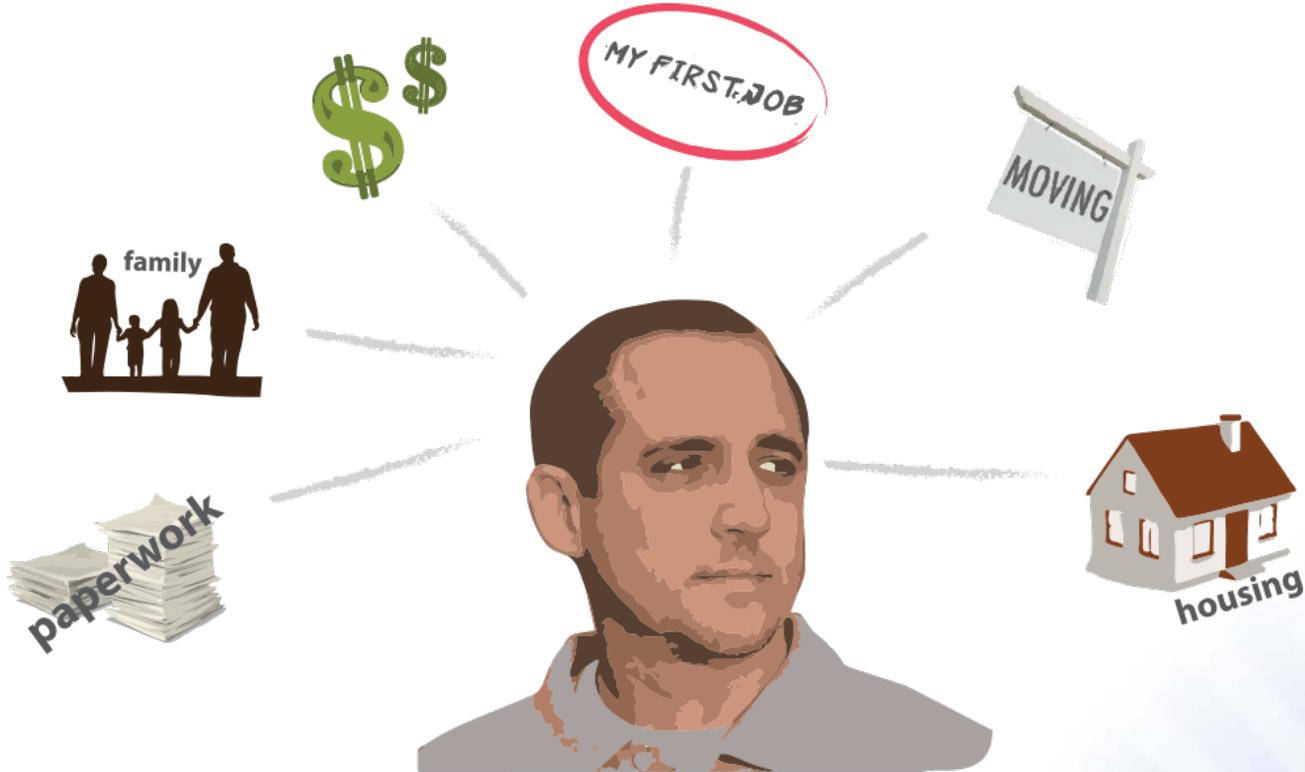
- Stress & Anxiety
- Trauma
- Communication
- Relationship Building

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**National Alliance on
Mental Illness
(NAMI) Helpline
1-800-950-NAMI (6264)**

Stress



What does a self-care plan look like?

Professional

- Meet weekly with VISTA colleague
- Set up peer support group
- Attend professional development opportunities

Physical

- Get regular sleep
- Aim for healthy diet
- Take a walk during breaks
- Use your sick leave

Emotional

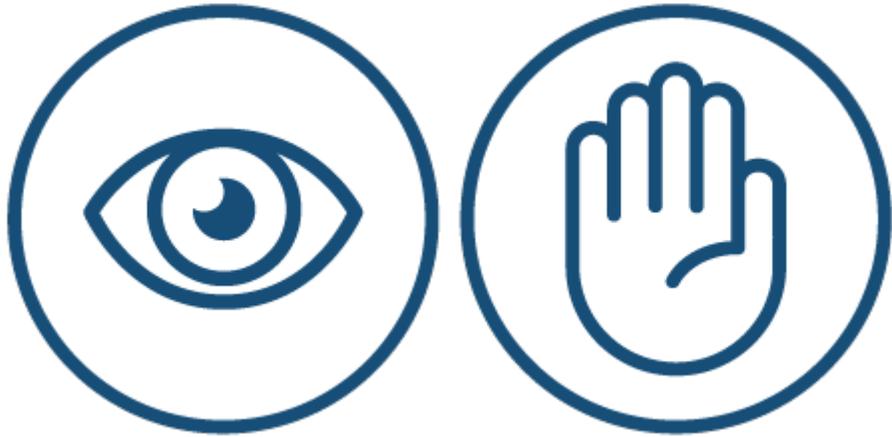
- Write three good things that you did each day
- Taking a break from social media
- Engage with family and friends

Five Senses Exercise

Five Senses Exercise



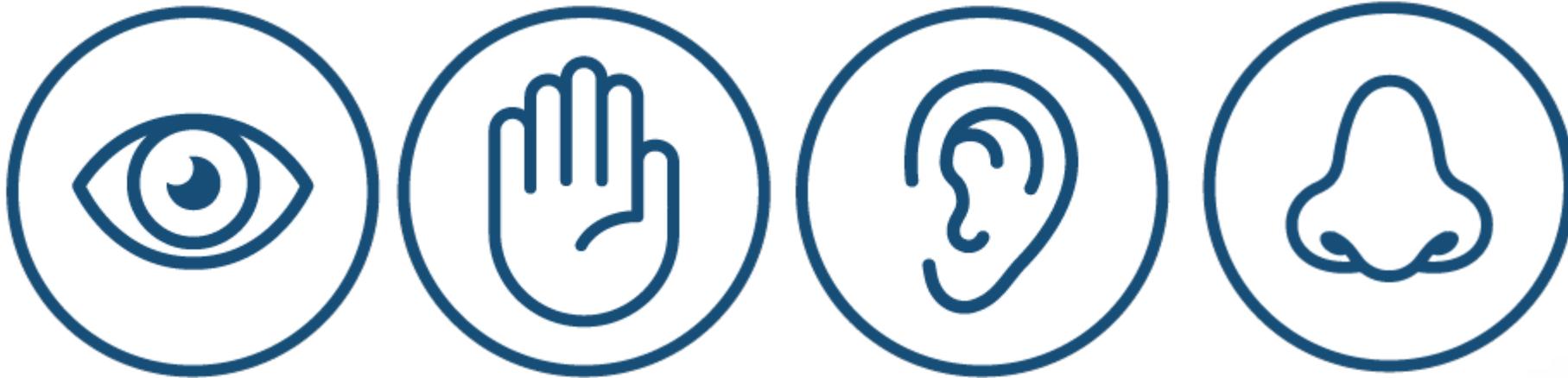
Five Senses Exercise



Five Senses Exercise



Five Senses Exercise



Five Senses Exercise

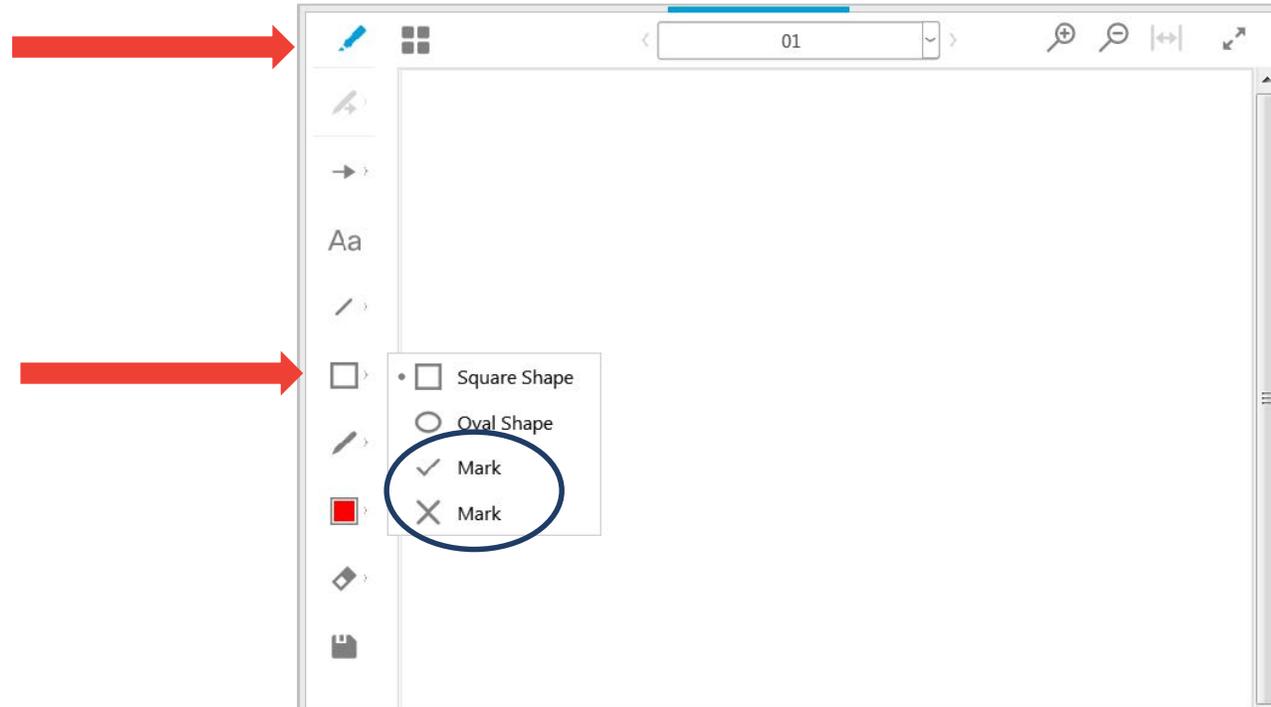


How much time can you devote to mindfulness and stress reduction techniques throughout your work day?

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STEP 1: Click on the pen in the upper right corner of the screen

STEP 2: Click next to the square and select either the checkmark or X



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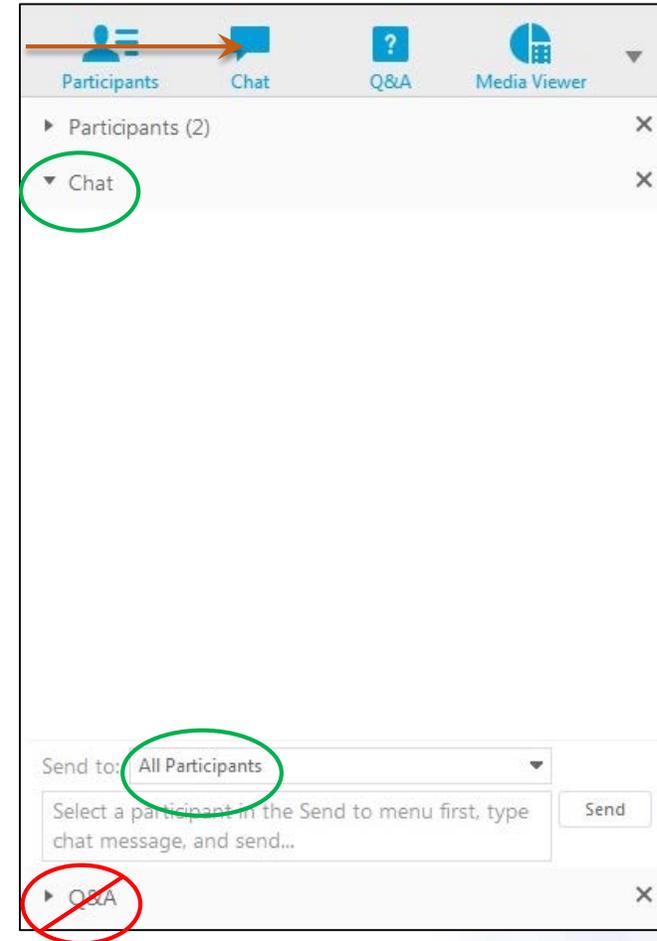


Chat Question

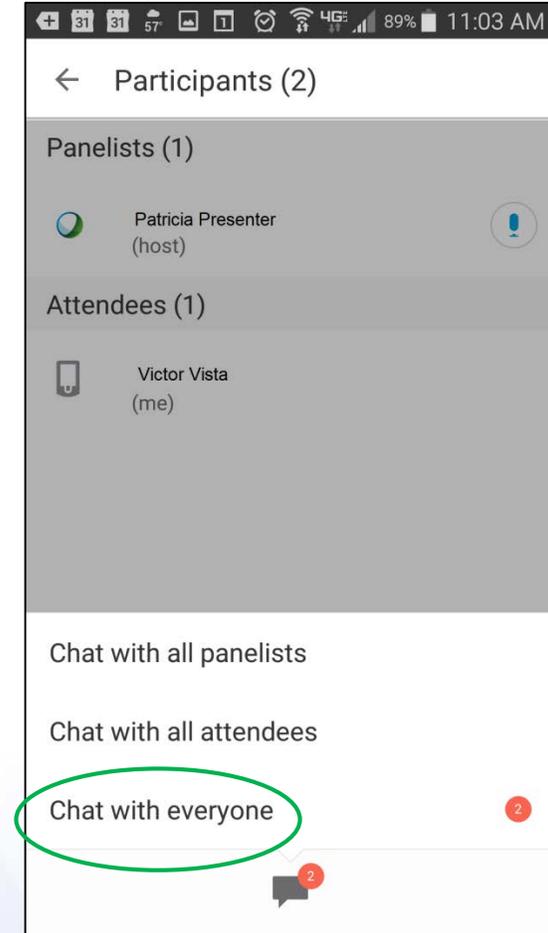
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What stresses are related to your job?

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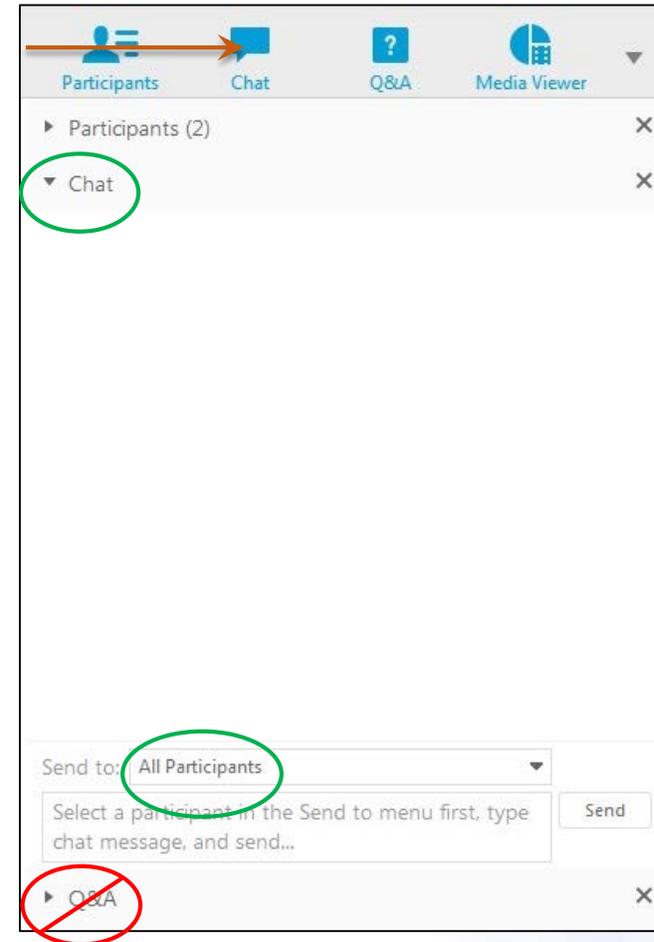
Chat Question

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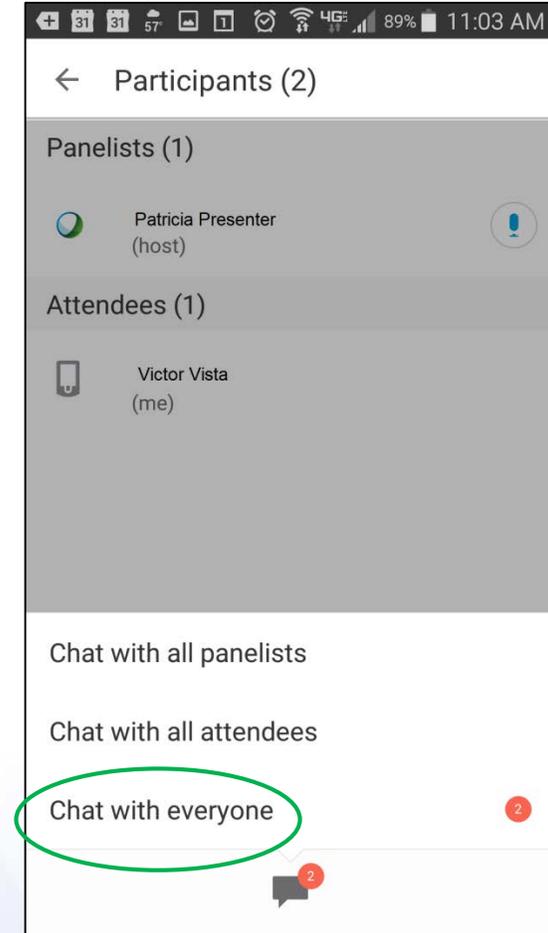
What stresses are related to your job?

What stress reduction techniques do you use?

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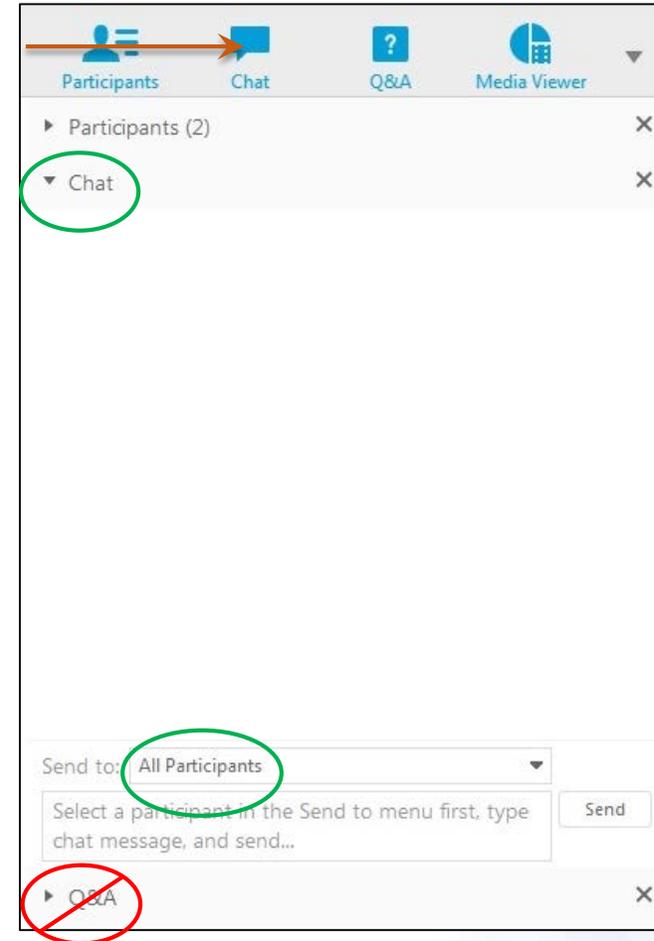


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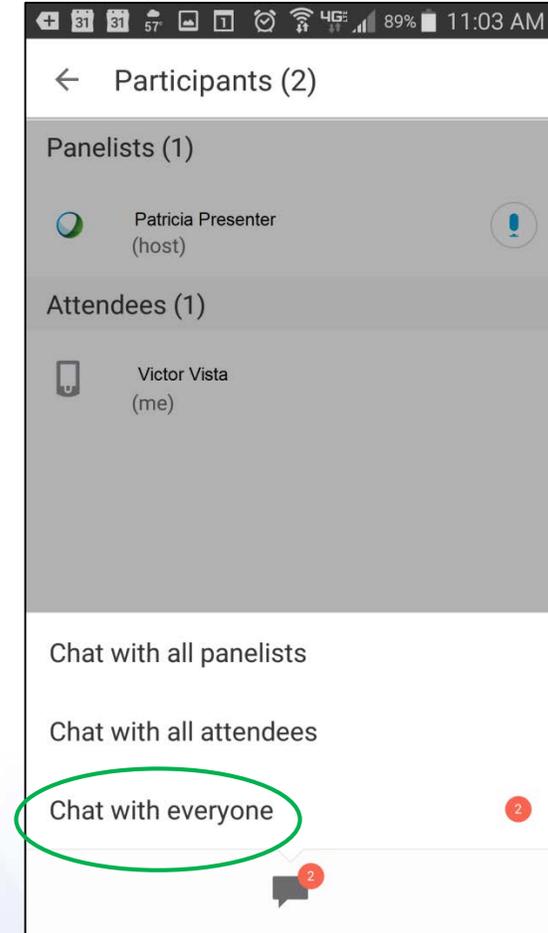
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What types of self-care activities may support you in dealing with anxiety in the workplace?

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Stress and Anxiety Resources

- National Alliance for Mental Illness
- Substance Abuse and Mental Health Services Administration
- Psychology Today
- National Institute of Health
- Positive Psychology Program Mindfulness Exercises
- Mindfulness/Meditation Apps

Trauma and Trauma Informed Care



What is trauma?

An emotional response to a terrible event like an accident, rape or natural disaster. Immediately after the event, shock and denial are typical.

What is trauma informed care?

Aims to engage people with histories of trauma, recognize the presence of trauma symptoms, and acknowledge the role that trauma has played in their lives.

Examples of trauma informed care

- Ensuring the physical and emotional safety
- Maintaining appropriate boundaries
- Having regular discussions with your supervisor/member

Vicarious Trauma

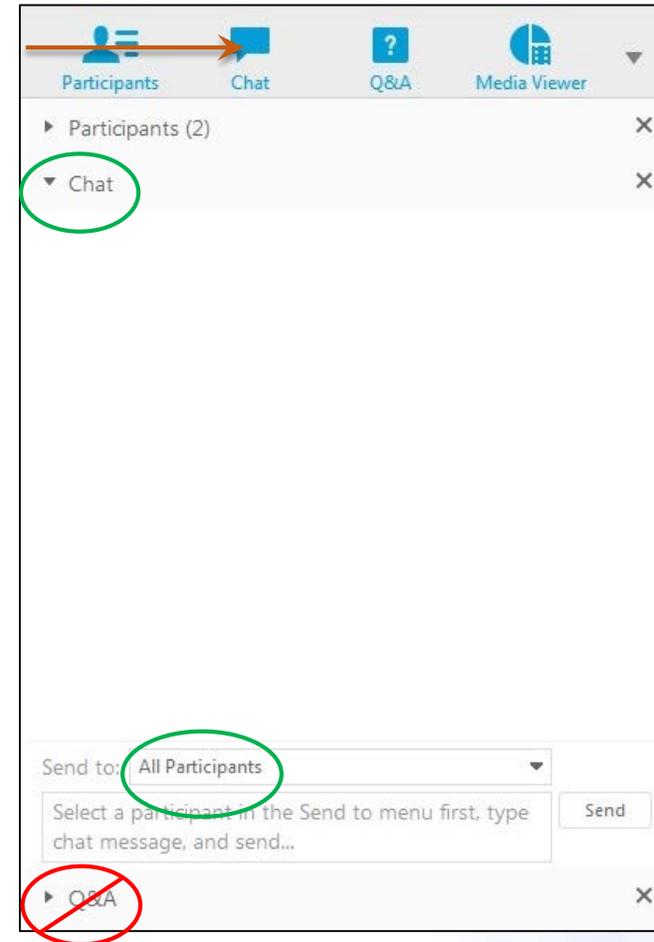


Chat Question

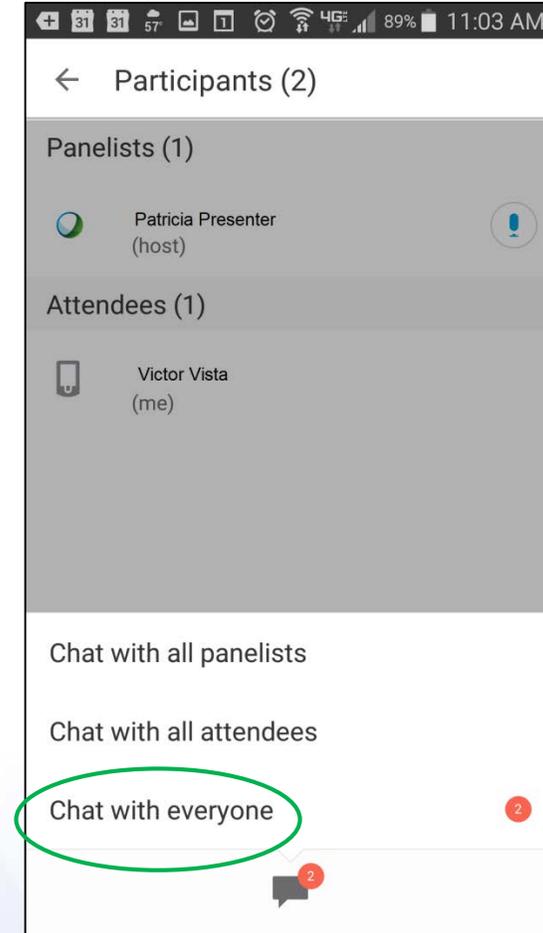
Click this button if you don't see the chat panel.

Have you seen trauma informed care practices utilized at your organization?
If so, what do these practices look like?

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Communication



Poll Question

How comfortable are you asking for personal/emotional help?

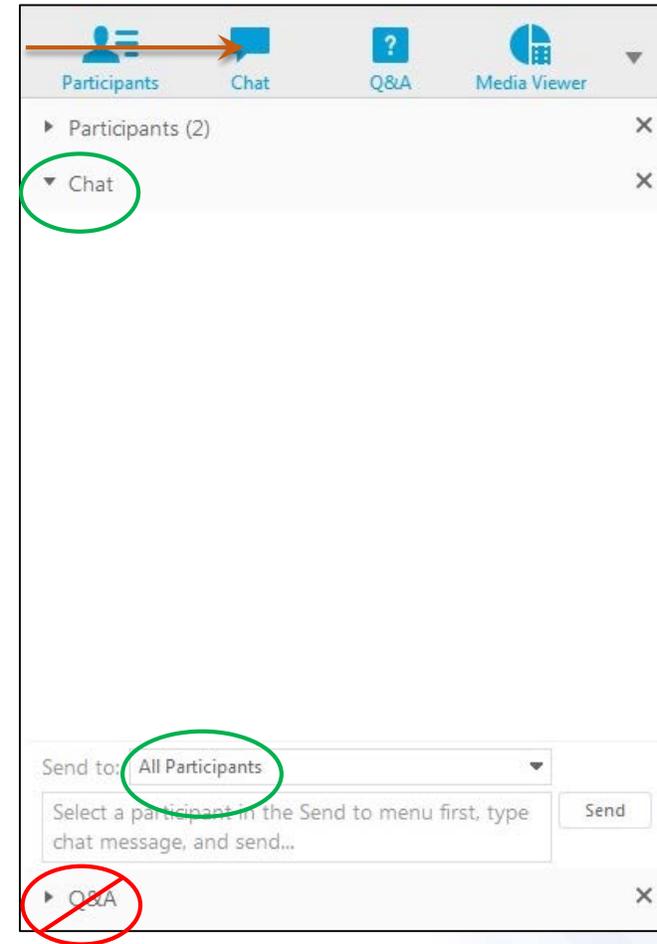
- a. Not comfortable
- b. Somewhat comfortable
- c. Very comfortable
- d. I don't ask for help

Chat Question

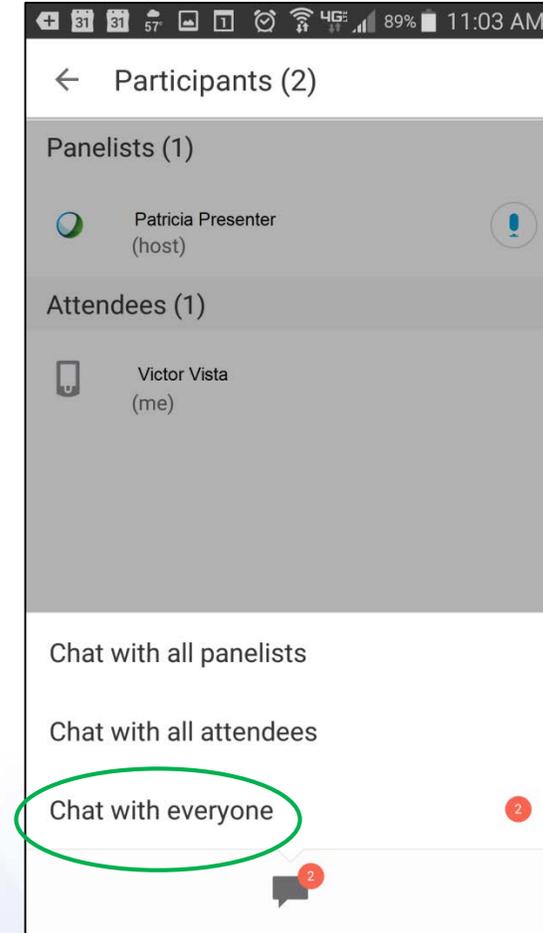
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Do these poll results surprise you? Are they consistent with your experience?

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Find Your Words

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3. “I think I should see a therapist, but I’m scared. Can you help me find one and make sure I keep the appointment?”

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3. “I think I should see a therapist, but I’m scared. Can you help me find one and make sure I keep the appointment?”
4. “I want to let you know that I’m living with depression. I may need extra support while I’m dealing with this.”

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5. “Even though I may seem fine on the outside, I feel _____ on the inside.”

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3. “I think I should see a therapist, but I’m scared. Can you help me find one and make sure I keep the appointment?”
4. “I want to let you know that I’m living with depression. I may need extra support while I’m dealing with this.”
5. “Even though I may seem fine on the outside, I feel _____ on the inside.”
6. “You can support me by _____. That would be really helpful to me.”

How to support others

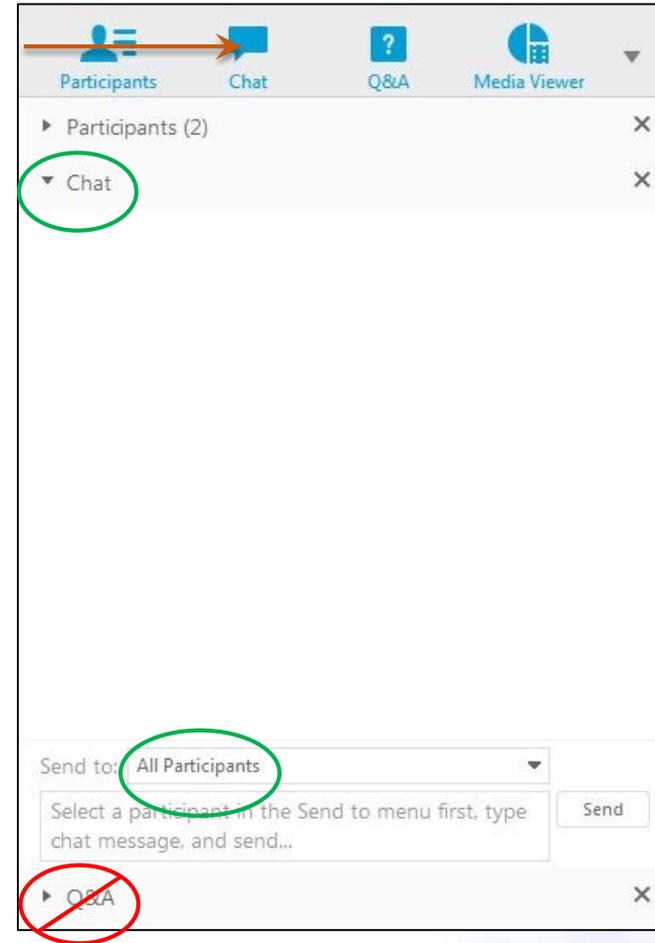
- Encourage self care
- Reaffirm it is okay to ask for help
- Reinforce that help is available
- Be non-judgmental
- Try not to give advice, but listen without judgment
- Ask open-ended questions
- Provide validation and acknowledgement

Chat Question

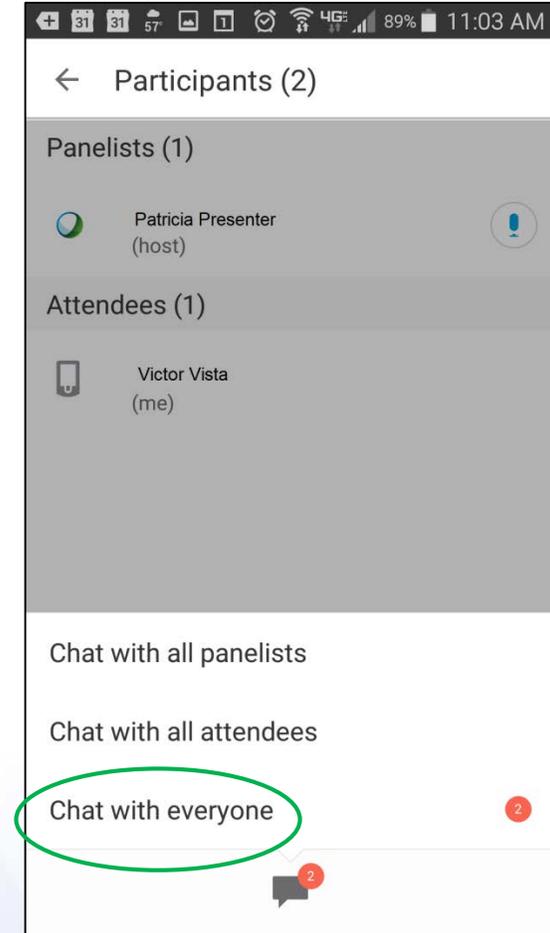
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What are some additional ways we can support others who need our help?

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Summary of Resources

The National Alliance on Mental Illness (NAMI)
1-800-950-6264 (NAMI)
<https://www.nami.org/Find-Support>

Suicide Prevention LifeLine
1-800-273- 8255 (TALK)
<https://suicidepreventionlifeline.org/>

Veterans Crisis Line 1-800-273-8255 (TALK)
Press 1
<https://www.veteranscrisisline.net/>

Substance Abuse and Mental Health
Services Administration 1-800-662-4357
(HELP)
<https://www.samhsa.gov/find-help>

U.S. Department of Health and Human
Services Mental Health
<https://www.mentalhealth.gov/get-help/health-insurance/index.html>

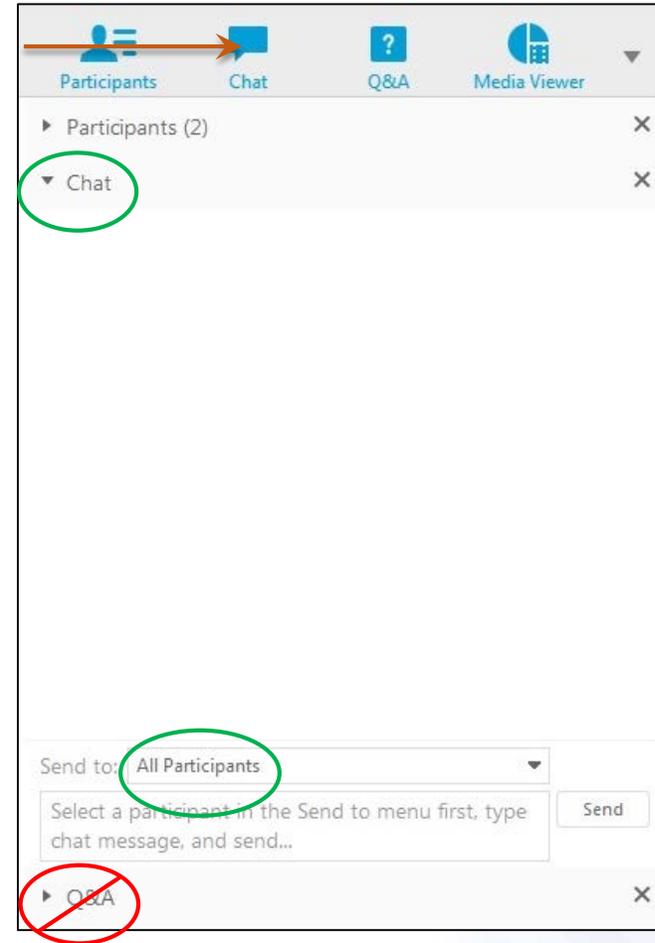
Warmlines
<http://www.warmlines.org/>

Chat Question

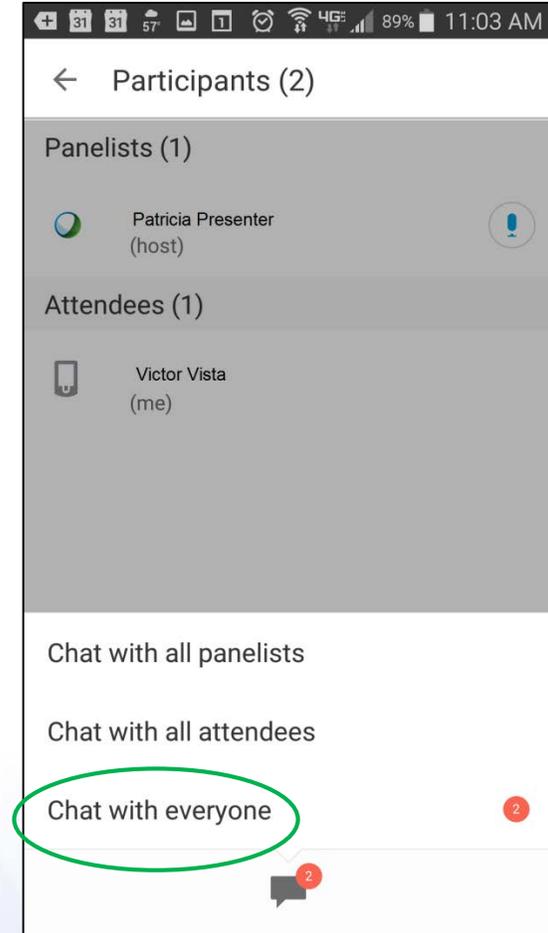
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What strategies have you included in your self-care plan?

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What you can do if you have...

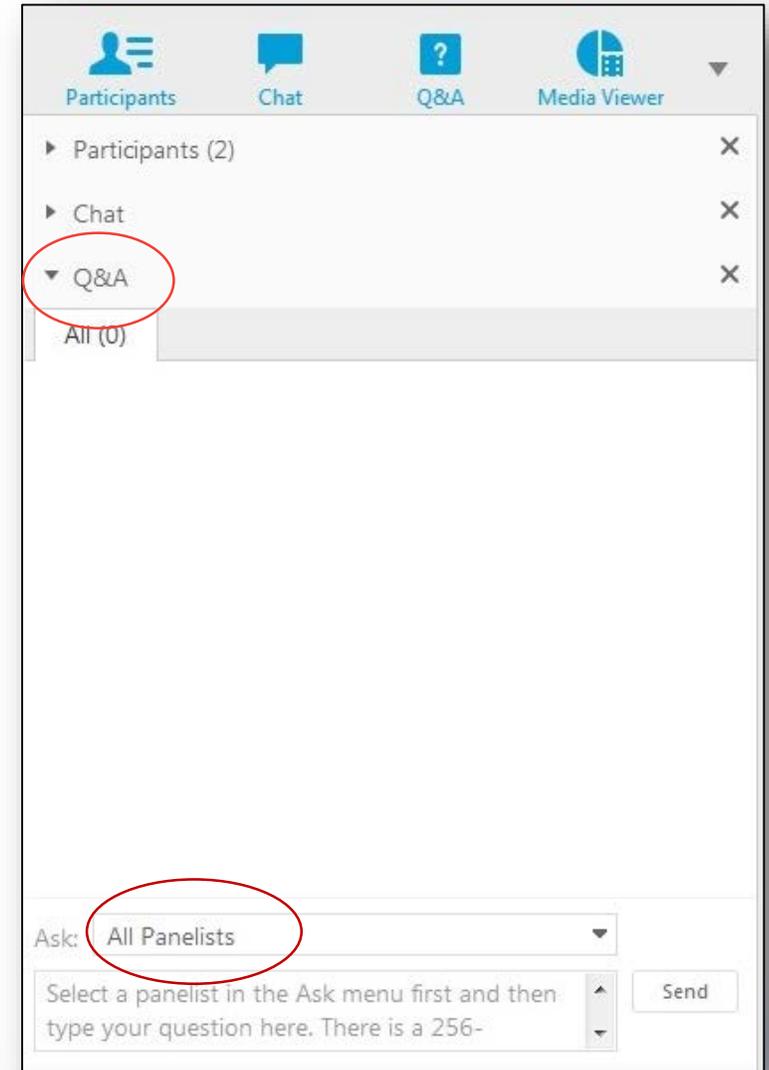
- 5 minutes – Five Senses Exercise
- 15 minutes – Write three good things that happened to you that day
- 30 minutes – Review and update your self-care plan
- 45 minutes – Take a walk/hike
- 60 minutes – Spend time with a friend or family member

Evaluation

- Please take a few moments to share your feedback through the quick poll on the right side of the screen.
- How can we improve these sessions? What topics should we include in future webinars?
- Thank you very much for your time and participation!

Questions ?

- To ask a question verbally, call in using the number on this slide and press *1
- To ask a question electronically, use the Q&A feature located in the bottom right corner of the screen. Please ask “All Panelists”



Thank You for Your Participation!

If you have further questions or for more information, contact us:
VISTAwebinars@cns.gov

Next supervisor webinar:
“Being an Effective Intermediary”
January 23, 2018
2:00pm Eastern

Upcoming VISTA member webinar:
“Conducting a Community Needs
Assessment” (title TBD)
January 23, 2018
2:00pm Eastern

*Visit the Webinars page on the VISTA Campus
for a schedule of upcoming webinars and recordings of past webinars*