



Hosted by Lydia Missaelides

July 07, 2021

10:30 am - 12:00 pm

How Are You, Really?

**Effective Ways to Support Mental Health
and Healing for Our Teams and Participants**



Made possible by a grant from
Archstone Foundation



Webinar Tips



The meeting is being recorded



"Listen only" mode is on



Handouts are accessible using the Handouts Tab



Submit all questions using Q&A feature



"Chat" and "Hand Raise" features are off



Please complete survey at the end of webinar

June 16, 2021 Webtalk “CA Has Reopened!”

460 Registered Evaluation: 4.5

1. Great presentation, but more information about other day services would be helpful, not just for ADCH.
2. Very informative and relevant, I think that from the submitted questions there is still some uncertainty r/t documentation
3. Thank you for holding this webinar! Cleared up a lot of our questions :)
4. Such great guidelines for some of us who are lost or having difficulty with the transition.
5. Consider having separate presentations for ADPS and ADHCs. This presentation had no useful information for ADPs and it wasn't advertised to only be for ADHCs.
6. I was hoping for more info on ADPs specifically and not just that a PIN would be forthcoming soon. This was great for ADHCs and some of what was discussed I can apply to my ADP, but as they are such different types of programs, I cannot apply everything.
7. Very informative, thanks.
8. Thank you very much for the good info.
9. Evaluation part was very interesting, and something to consider as we move forward in the reintegration process.
10. I think all speakers were excellent, clear and shared good information
11. Loved the Thought of the Week, loved the sample evaluation provided, just...thank you for sharing insight. Glad we are not alone in "starting where we are, working with what we have, and moving forward with doing what we can!
12. Thank-you for sharing your experiences.
13. Once again, another great discussion and helpful Hybrid congregate service planning ideas by the CBAS Vision Team.
14. Thank you to panelists! Great variety of input and solid focus on member well being
15. We appreciate the tone of warmth and positivity in your presentations. It reflects the support and encouragement we feel from you in general as we fully depend on your guidance.
16. Information is very good, just somewhat repetitive from webinar to webinar.

Guidance Update + State Budget

Guidance

There is no new guidance from CDSS or CDPH specifically for Adult Day Programs or Adult Day Health Care

- We continue to ask!
- As we wait, follow rules for distancing, masking, COVID screening, Cal OSHA
- Webinar will be scheduled when guidance released

State Budget

SB 129 – Record-breaking Budget Bill signed (\$196 billion)

- More related bills to come
- CAADS is tracking & will provide more info and analysis
- Positive investments for our Home and Community Based (HCBS) communities

Continue Your Work on Vaccination Access

- **Vaccines are FREE** and widely available – continue to educate participants and staff
 - (CA COVID [toolkit](#) is a great education resources in multiple languages)
- You can help participants **arrange for mobile vaccinations**, if needed
 - See this [link](#) for mobile vaccinations or to request a pop-up clinic at your center)
- Pfizer, Moderna, J&J vaccines are **highly protective against the more transmissible Delta variant**, which has become the dominant variant in CA
- **Unvaccinated people** account for the recent uptick in **hospitalizations** (↑ 2%)



Presenter:
Suzie Gruber, MA

**NARM
Practitioner**

How Are You Really?

Effective Ways to Support Mental Health & Healing
for Our Teams & Participants

With Suzie Gruber MA



How Are You Really?

Conversation Overview



**Impact of the
Pandemic**



**How To Come
Back Into
Balance**



**How To
Support Elders
& Teams**

Arriving here together....

- Feel the weight of your feet on the floor
- Feel the weight of your body on your chair, sofa, floor
- Place a hand at the back of your neck
- Place a hand on each knee
- Place a hand on each hip
- Place a hand on each elbow

Hold each for 30 seconds to 1 minute;
only as long as is comfortable.

When It's Too Much

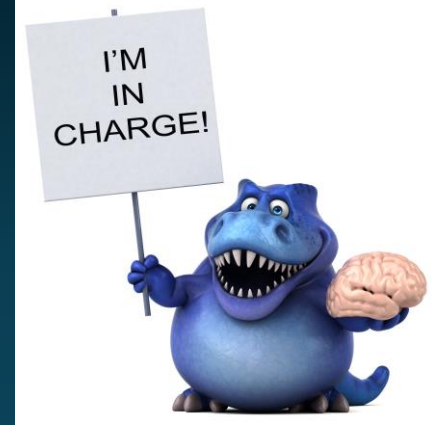
We Feel:

- Anxious
- Reactive
- Helpless
- Trapped/Stuck
- Panic
- Hopeless
- Shut down



How We Instinctively Respond

To Life Threat



ORIENT



ENGAGE



I CAN
SURVIVE



FIGHT/
FLEE



FREEZE



MAYBE
I CAN
SURVIVE



FOLD

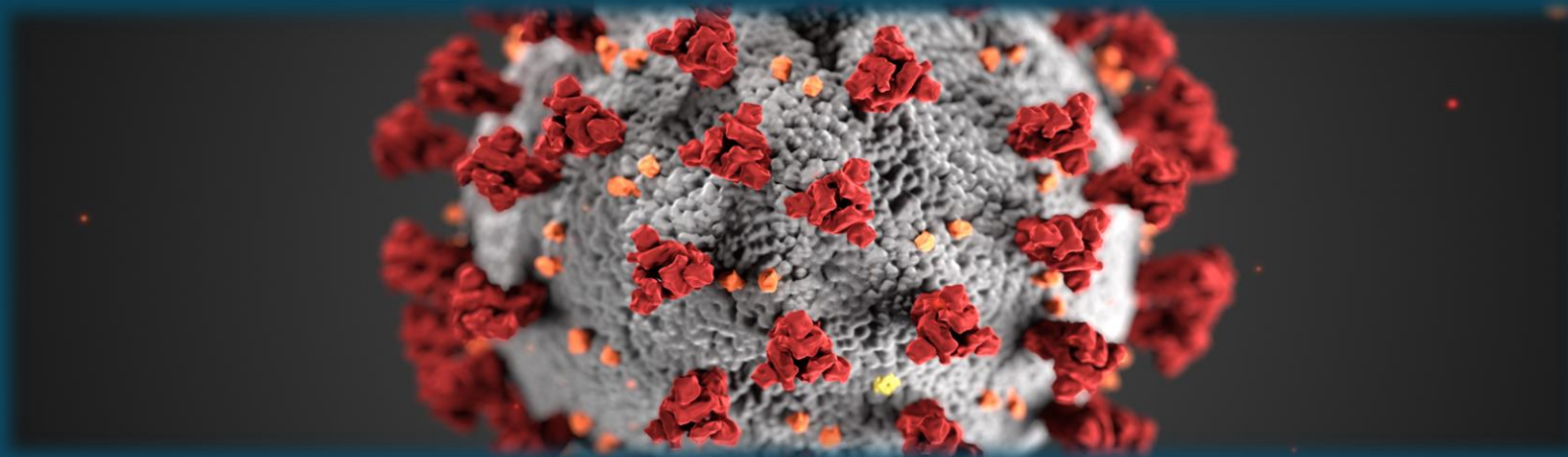


I CAN'T
SURVIVE



What Makes This Event Different?

- Sudden, unprecedented, long-term change
- Uncertain duration/ resolution
- New virus; truly mortal threat
- Economic disruption → greater need
- Medical & social services systems taxed
- Everyone is impacted in some way



Stages of the Pandemic

It's Really
Happening



Just Survive

~ Disoriented

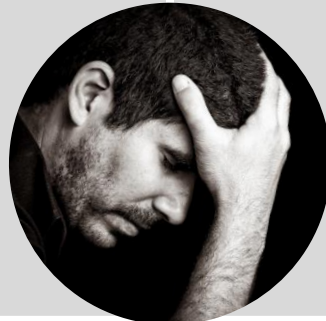
The Long Haul
of the Pandemic



**Endure Changing
Reality**

~ New Normal

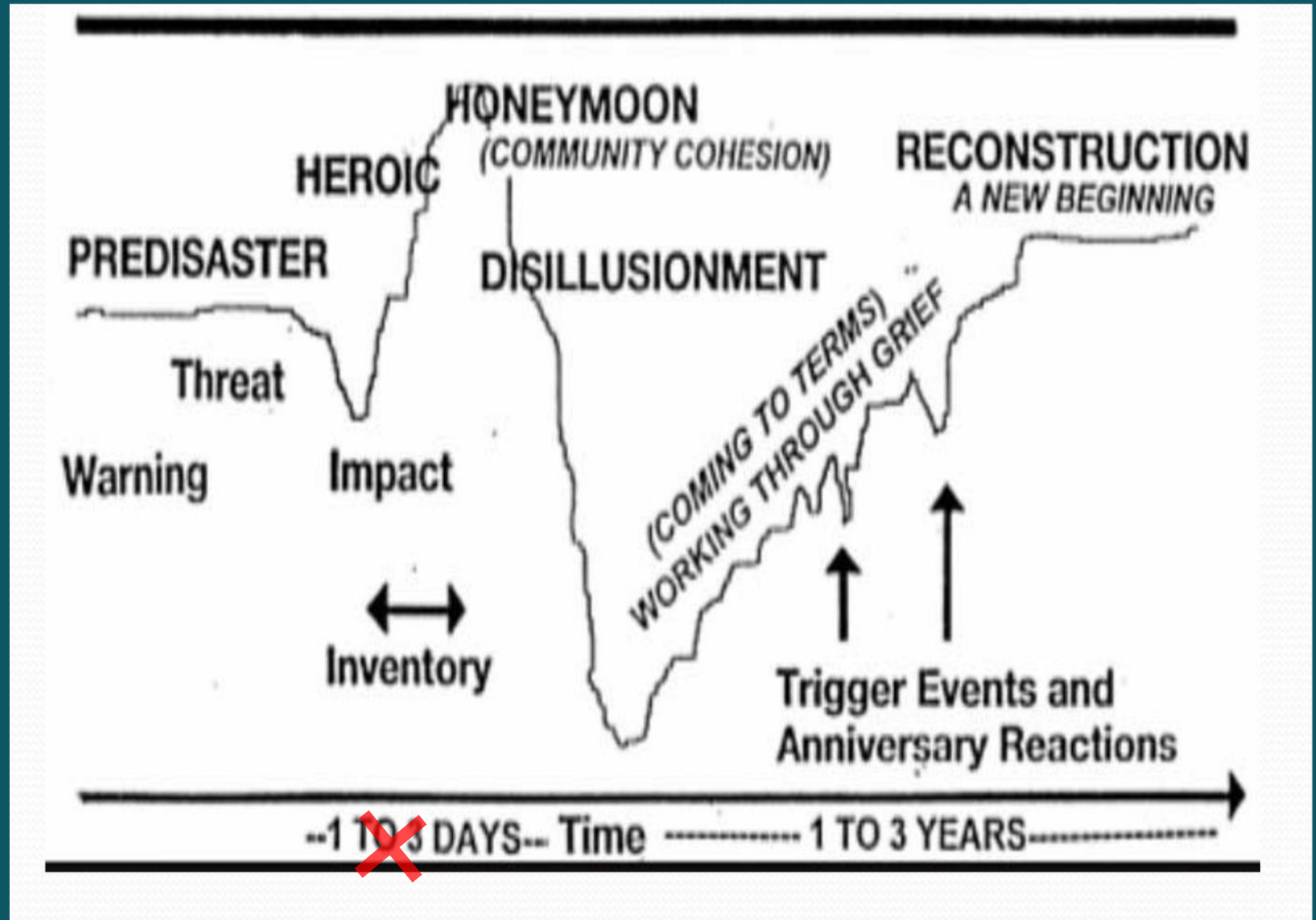
Reconstruction

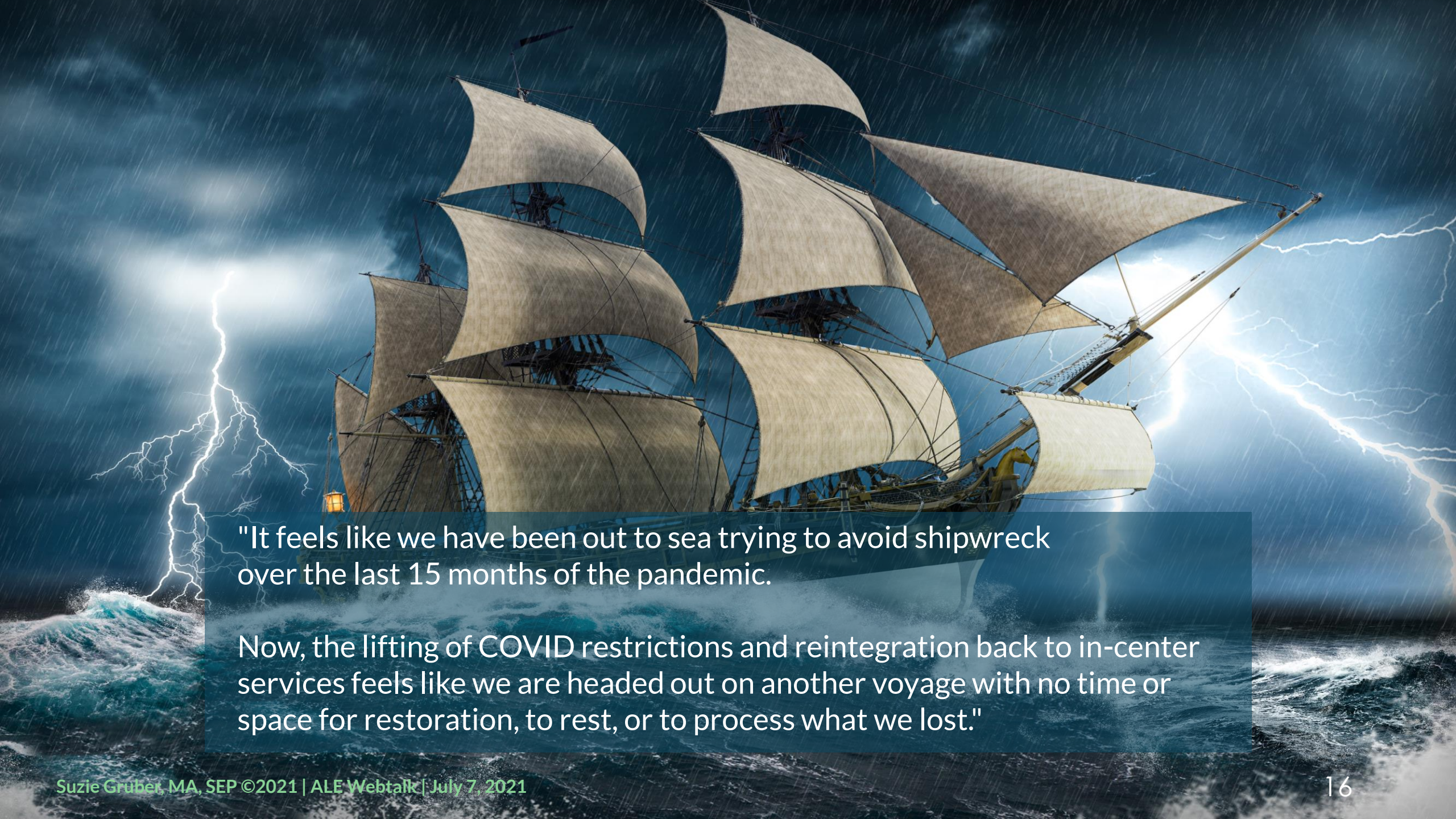


**Increase Capacity
to Tolerate Change**

~ Emotions Emerge

FEMA DISASTER RECOVERY MODEL





"It feels like we have been out to sea trying to avoid shipwreck over the last 15 months of the pandemic.

Now, the lifting of COVID restrictions and reintegration back to in-center services feels like we are headed out on another voyage with no time or space for restoration, to rest, or to process what we lost."

Self Care: Orienting Exercise

- Feel your feet on the ground & your body on the chair
- Literally look around the space you are in; move your head
- Let your eyes go where they want to
- Let them land on something pleasing
- Really look at it & describe it to yourself
- Notice what happens on the inside as you do that



Survival Strategies

Unconscious Behaviors/Reactions
To Stress & Overwhelm



We use these when
we feel:

- Anxious
- Reactive
- Helpless
- Trapped/Stuck
- Threatened
- Hopeless
- Shut down

Loner



Don't worry about me
Your needs come first
Caretaker
Whatever works for you
I'm indispensable

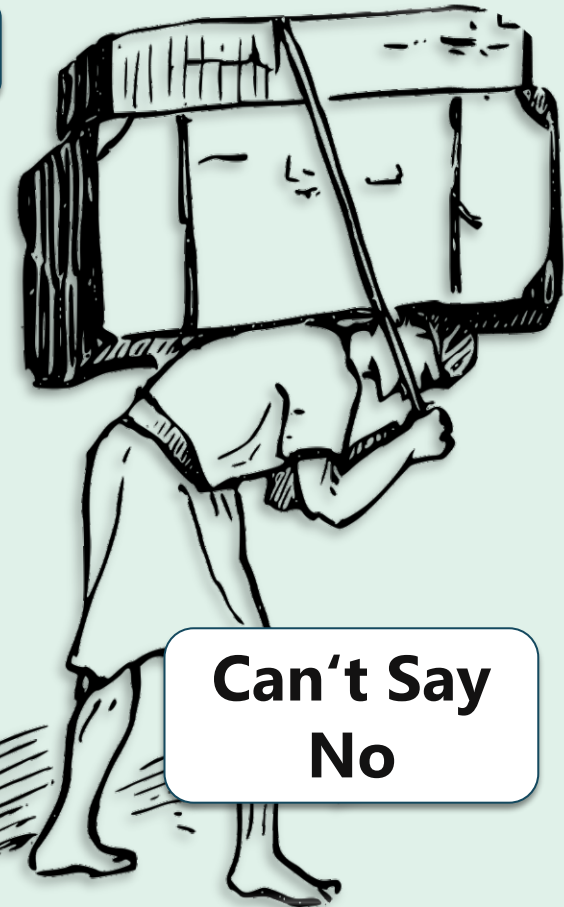
**Everything's
Fine**



Perfection

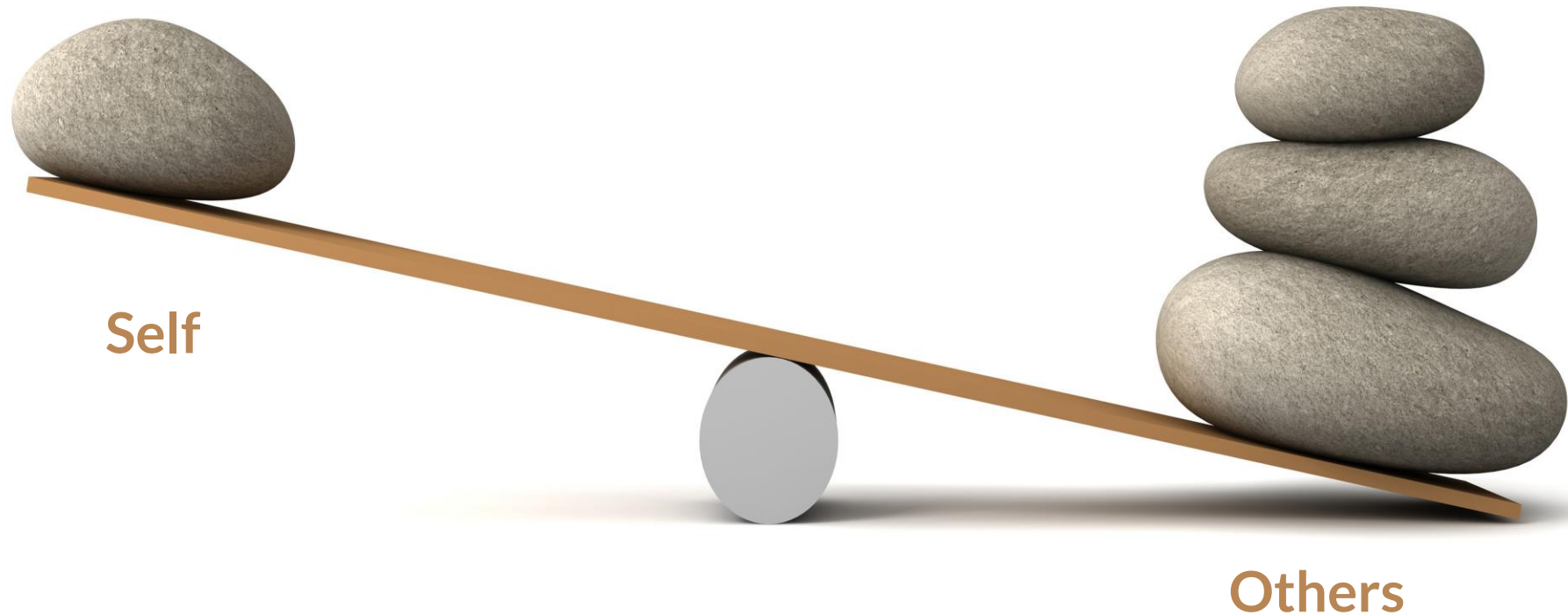


Trust nobody
Hyperplanner
Micromanager
No surprises
Everything in its place
Always in control
Do it yourself



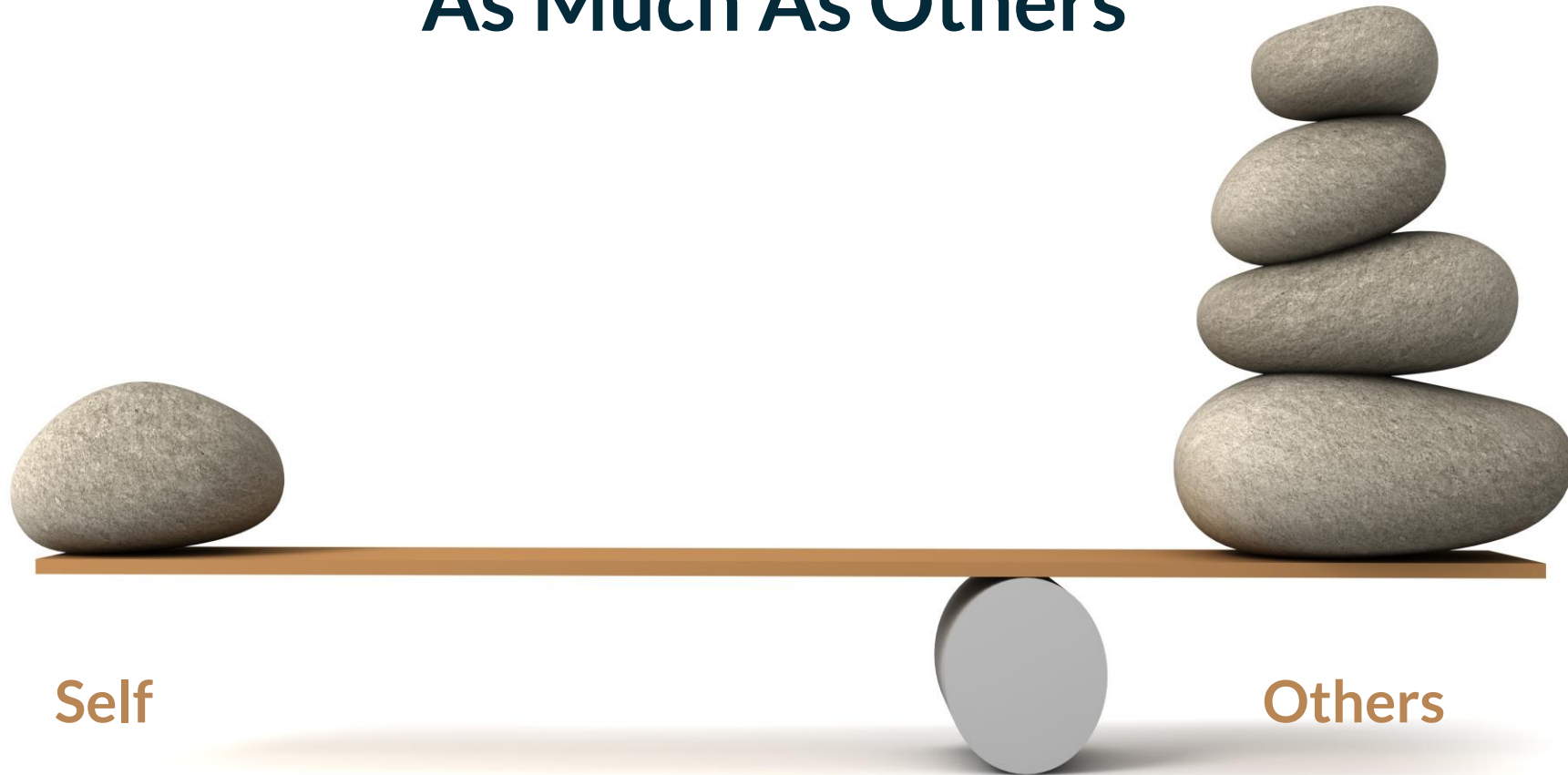
**Can't Say
No**

When Our Strategies Dominate Our Choices



We Lose Connection With Ourselves

When We Attune To Ourselves As Much As Others



We Reconnect With Ourselves & Restore 50:50 Balance

Emotional Recovery: Curiosity Is Key!

*What
emotions are
you feeling?*

*What do you
need?*

*What is your
body telling you?*

*What thoughts &
impulses do you notice?*



Self Care: Hand on the Vagus Nerve

Hand on

- Base of the Skull
- Throat
- Center of the Chest
- Belly



How Do You Manage Your Emotions?

Do you

- Stuff them
- Criticize yourself for having them
- Take them out on others
- Do something instead of feeling
- Let yourself feel them

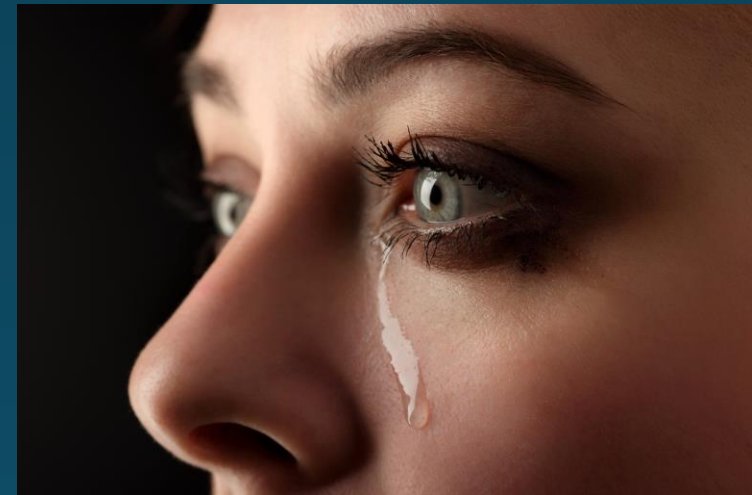


How To Work With Emotions

Anger, Fear, Sadness/Grief

- Become aware of it
- See how it is to be aware of it
- What does it want to say?
 - "I want/don't want..."
 - "I deserve..."
 - "I've lost..."
- Differentiate feeling emotion from doing

*Emotions come
in waves.*



Thy

WHY ARE YOU
CRYING?

I FELT LIKE
GROWING SO I
WATERED MY
SOUL.

- Via(The Minds Journal)

Survival Strategies Diminish As We Age



COVID & The Elderly

- Increased risk for infection/ death
- Difficulty meeting basic needs
- Cut off from seeing family → increased isolation
- Increased helplessness
- Difficulty understanding what's happening
- Financial uncertainty
- Increased reactivity & paranoia

**It May be Difficult To Reorient To
New Reality**

Attuned Elder Care

- Less is more
- Give them time to reorient
- Create reconnection activities
- Acknowledge what's changed/ who's missing
- Create familiar experiences/ schedules



- Lead conversations with curiosity
- It's okay to say "I don't know" when you don't have an answer. Some things continue to be up in the air.



Find New Resources

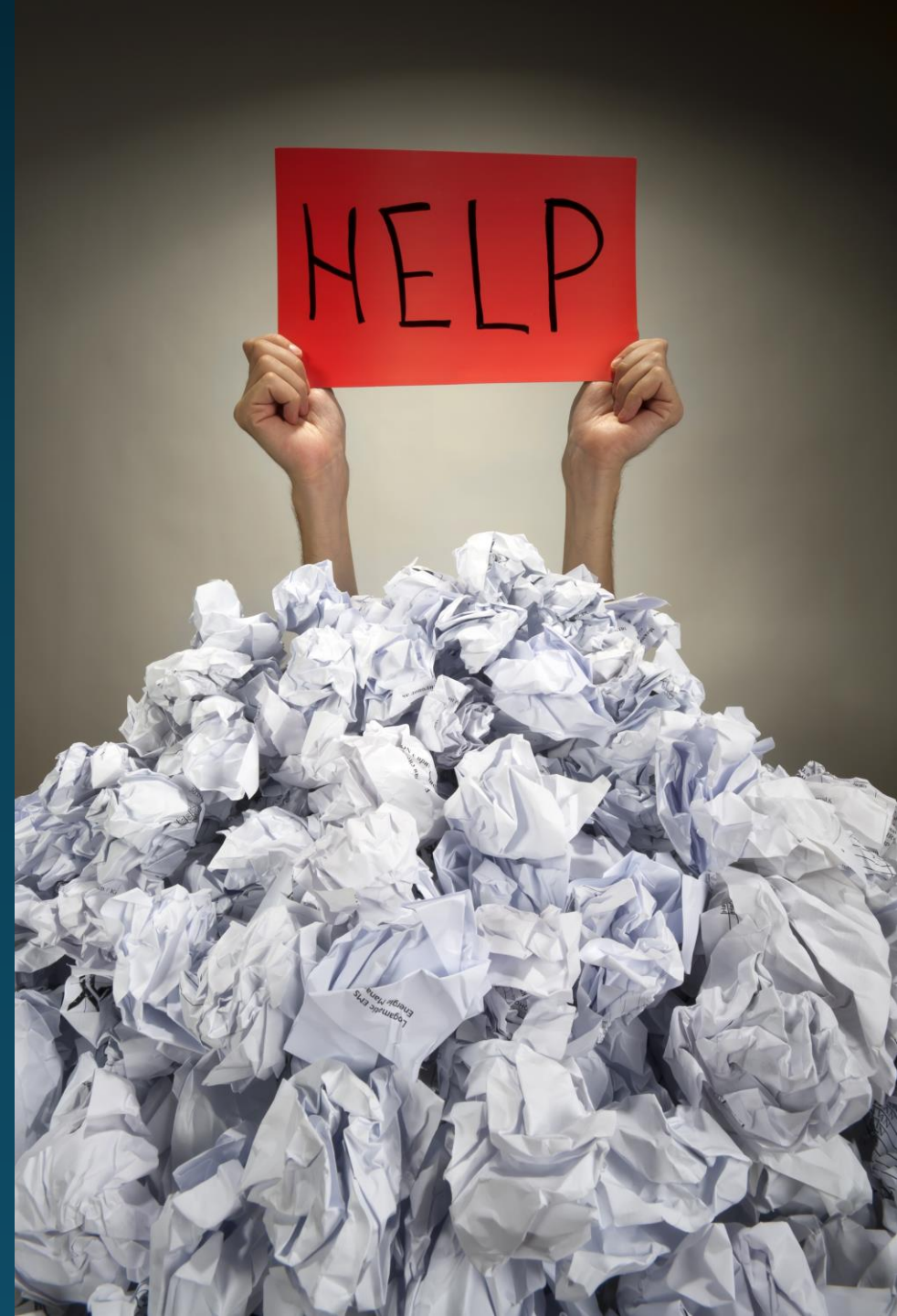
Anything That Helps You Reconnect

- Internal resources
 - Image, sensation, memory
 - Safe self-touch, prayer,
 - Journaling
 - Quiet time
- External resources
 - Social contact
 - Movement/ exercise
 - Helping professionals



Care for Your Team

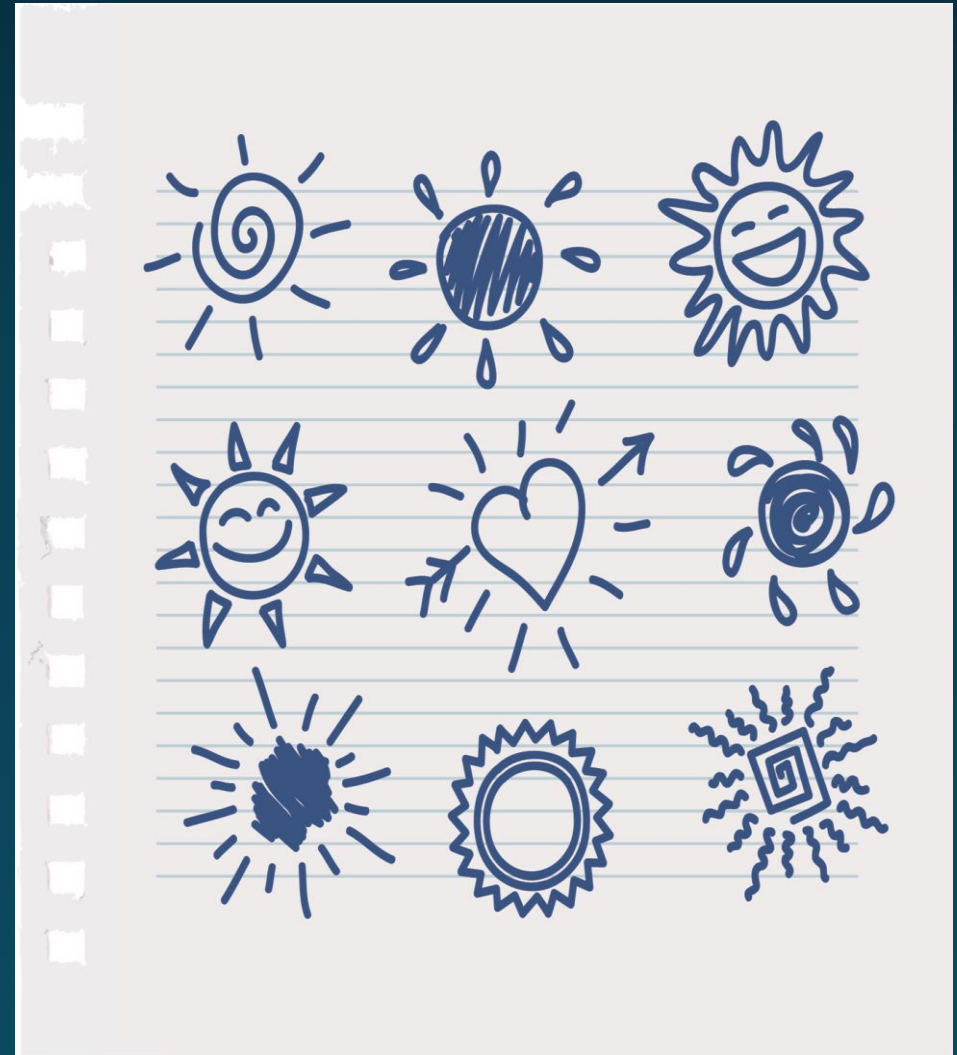
- Create self-care resources for you & your team. Who has your/their back & how?
- Create consistent time to
 - Acknowledge emotions/needs
 - Acknowledge impact of changes/losses
 - Explore survival strategies together
 - Celebrate what works well

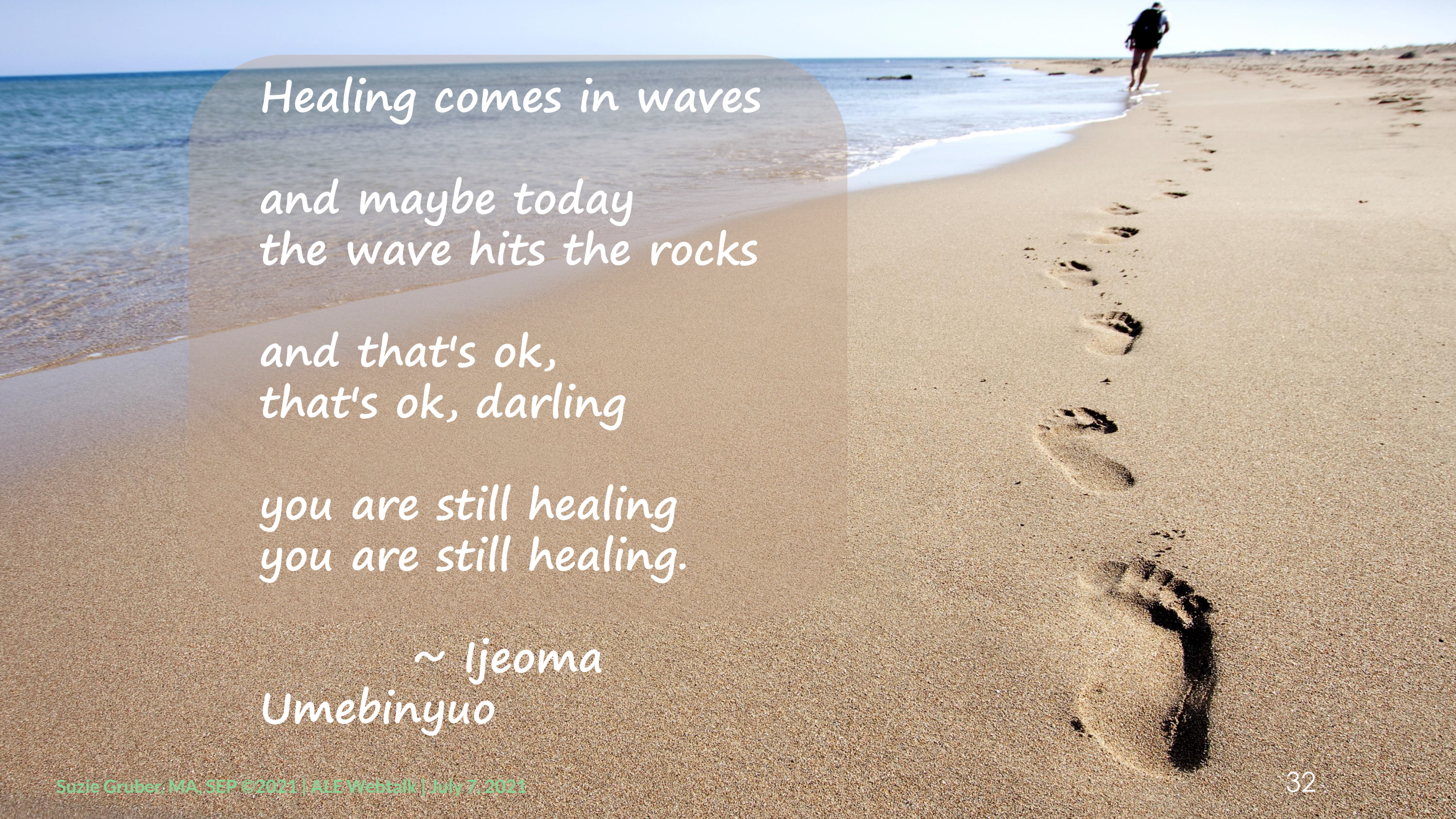


The Weather Report

A Team Attunement Tool

- Gather together
- Offer each person 2-3 minutes to simply share how they are, really
- Only sharing → increases safety



A person is walking away from the camera on a sandy beach, leaving a trail of footprints. The ocean is on the left, and the sky is clear. The text is overlaid on a semi-transparent brown shape on the left side of the image.

Healing comes in waves
and maybe today
the wave hits the rocks

and that's ok,
that's ok, darling

you are still healing
you are still healing.

~ Ijeoma
Umebinyuo

Additional Resources

- TherapyAid – Free & Low Cost Therapy
- When It's Too Much Toolkit – S. Gruber et. al.
- WinterSpring – Online grief support
- Disaster Distress Helpline | SAMHSA
- NARM Online Basics Training – Become deeply trauma informed
- Trauma Stewardship – L. Lipsky



Tiny SURVIVAL GUIDE

THE TRAUMA STEWARDSHIP INSTITUTE'S

PROTECT YOUR MORNINGS
[or whenever you wake up]
less cortisol, more intentionality.



GO OUTSIDE
[or look outside]
perspective, context +
something larger than this.



BE ACTIVE
[avoid stagnation]
in body, mind, spirit.

CULTIVATE RELATIONSHIPS
those that are edifying + healthy.

NURTURE GRATITUDE
what is one thing, right now,
that is going well?



DETOX
if navigating addictions
be wise + safe
limit news + social media.

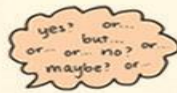
SPEND TIME WITH ANIMALS
↓ stress hormones, ↑ comfort.



METABOLIZE ALL YOU ARE EXPERIENCING
re-regulate your nervous
system.



SIMPLIFY



[less is more]
be aware of decision
fatigue + cognitive overload.

ADMIRE ART
the gift of feeling transported.



LAUGH
pure humor = a sustaining force.

**FOSTER HUMILITY
& EXTEND GRACE**

self-righteousness
+ hubris = unhelpful.

SLEEP



to cleanse + repair brain + body.

CLARIFY INTENTIONS
how can i refrain from causing harm,
how can i contribute meaningfully?

BE REALISTIC + COMPASSIONATE

[with yourself]
be mindful of the quality of your
presence. it means so much
to others.





*I learned a long time ago
the wisest thing
I can do is
be on my own side.*

~ Maya Angelou

Stay In Touch!

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Q & A /Discussion

Please submit your
questions in the
Question Box.



Upcoming ALE Webtalks

All webinars are held Wednesday 10:30 am to Noon,
1st and 3rd Wednesdays of the month, unless otherwise noted

- July 21** ***What has Been Lost, Learned and Discovered During COVID Time: A Presentation & Conversation with Dr. Louise Aronson.***
(Geriatrician; Professor of Medicine at UCSF; consultant for CDSS; and the author of *Elderhood*)
- July 28** 10:30 am | CAADS Webinar
Managing Your Team – Making Crucial Conversations Comfortable
- Aug 04** Topic to be announced
- Aug 18** Topic to be announced
- Sept 1** Topic to be announced
- Sept 15** Topic to be announced (Archstone grant concludes)
-

Thought for the Week

“We have a real mission. We’re making a difference. And while the pace that you have to adapt to seems to get faster every day, find comfort in the fact that you are building resilience muscles.

Five years from now, you’ll realize just how strong you now are and how valuable this time has been.”

Judy Gawlik Brown
Sr. V-P of Corporate Affairs at Amgen

