



MD Community of Practice for Supporting Families Webinar Series

Webinar 2 – May 13, 2020

Lessening the Trauma of COVID-19



Hosted by the Developmental Disabilities Administration

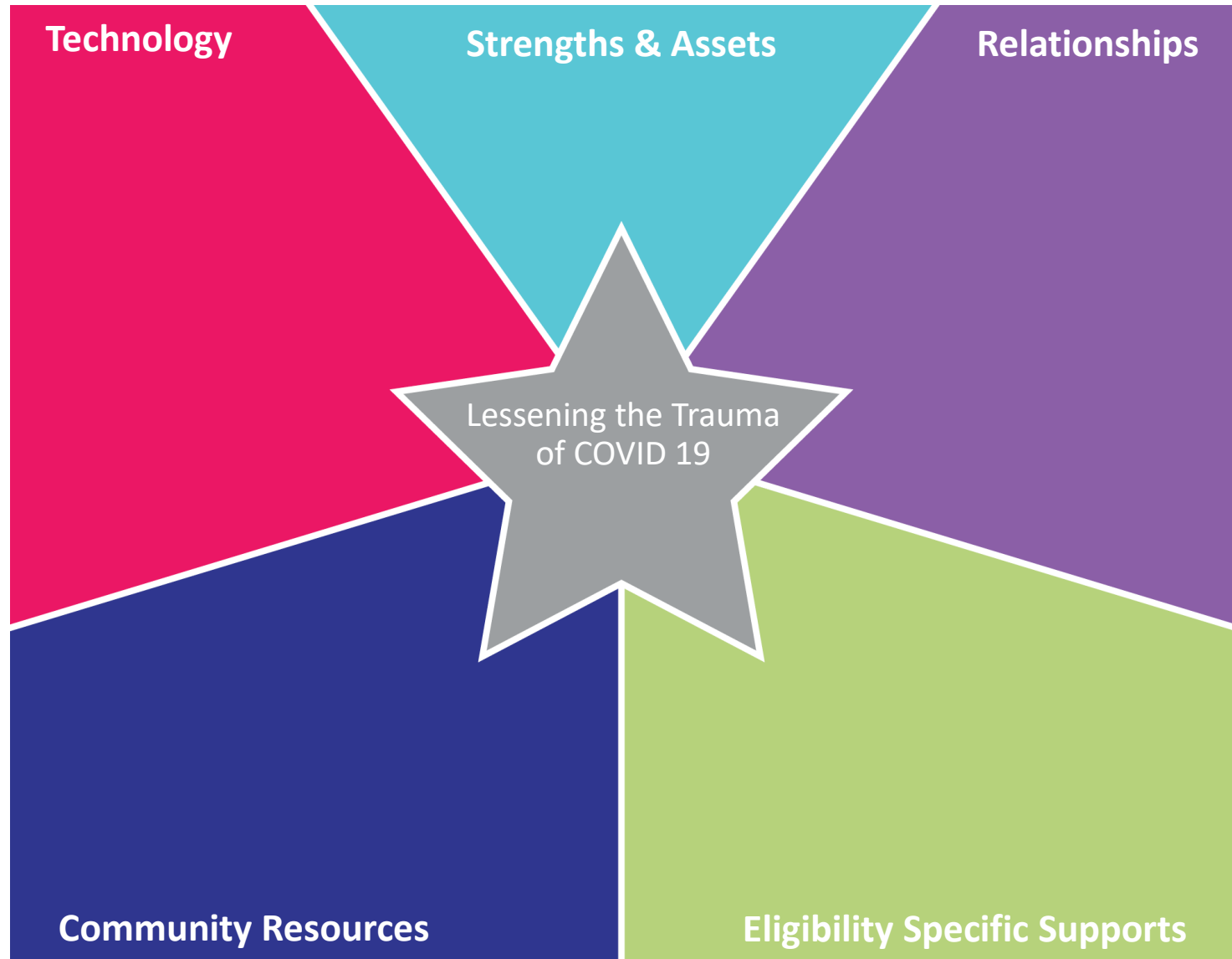
Facilitated by Mary Anne Kane-Breschi

Director of Family Supports



CHARTING the LifeCourse







The Trauma of Isolation





Dr. Karyn Harvey

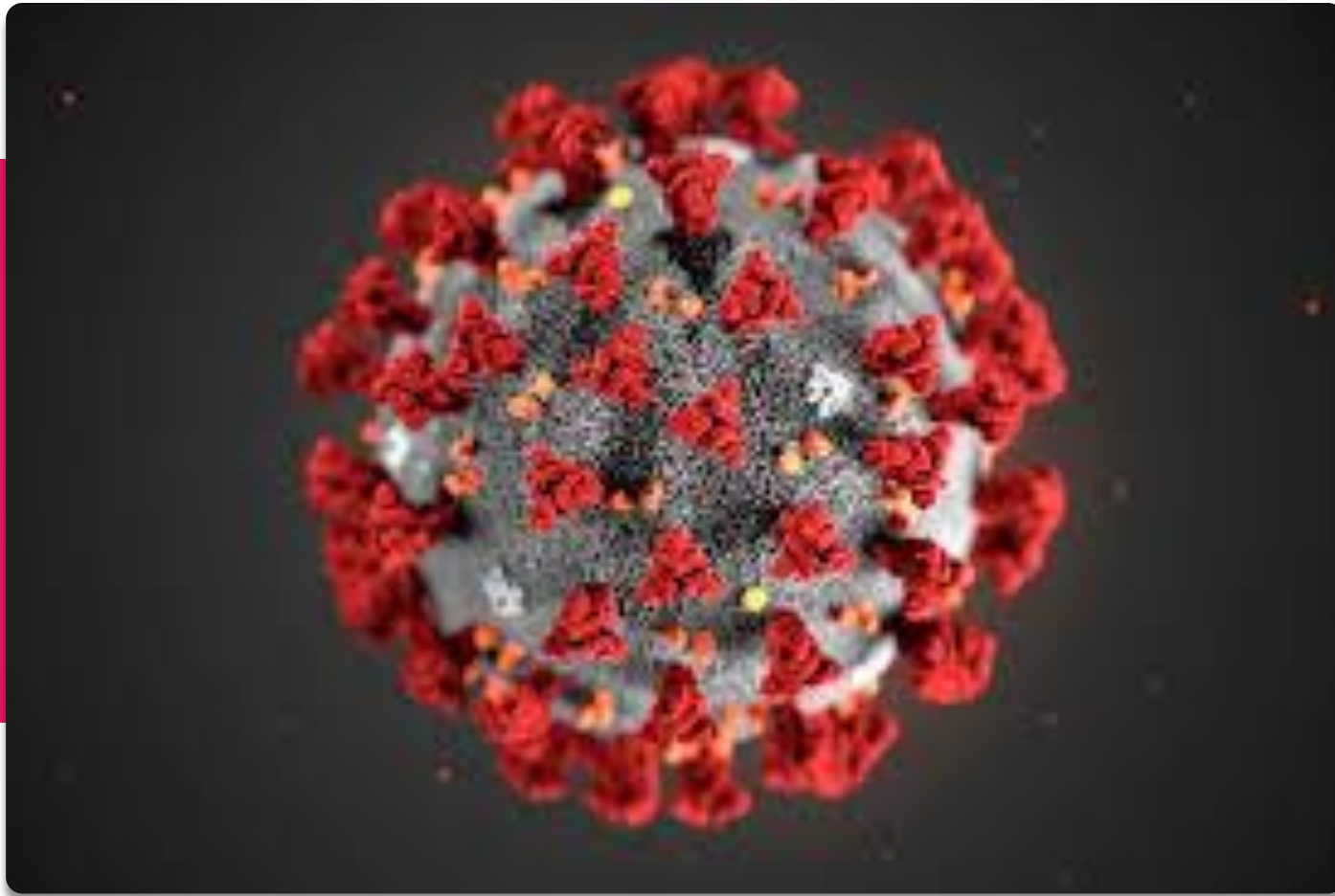
Psychologist, Author, Trainer, Speaker

Dr. Harvey has worked as a clinician in the field of intellectual disabilities for over 25 years. She has a master's degree in Clinical Psychology and a Ph.D. in Applied Developmental Psychology from the University of Maryland.

Lessening the Trauma of COVID-19



Trauma - Big T and Little t





Post Traumatic Stress Disorder on a Continuum





Symptoms of PTSD

Re-experiencing – Re-occurring thoughts – Dreams – Flashbacks

Hyper-vigilance – Rituals – phobias- Freezing – Dissociating

Negative Alterations in Cognition and Mood - Sense of Impending Doom

Hyperarousal - Easy to startle – full of fear – Explosive-



Little t's of COVID: De-Stabilizing Conditions

Not being able to predict what is going to happen

Being isolated

Being immobile

Loss of a sense of safety

Loss of a sense of purpose





Possible Antidotes for De-Stabilizing Conditions

Condition

- Not being able to predict anything
- Being Isolated
- Being Immobile

Antidote

- Make a list - 4 or 5 items – for each day – not too many!
- Connect with people! Use technology – reach out
- Move – walk - dance - yoga



More Antidotes for De-Stabilizing Conditions

Condition

- Loss of sense of safety
- Loss of sense of purpose

Antidote

- Engage in safe practices
- Talk to safe people
- Limit news intake
- Find way to make a small difference – it counts!



Chinese
Character for
Crisis

危機

Danger

Opportunity



Keys to Resiliency



Optimism – Ways to be More Optimistic:

1. Each night list 3 things you are grateful for - or have a daily Appreciation Circle
2. Think about a time in your life that was much worse
3. List ways in which you have grown and changed
4. Write a thank you card to someone you feel grateful for
5. Give yourself a break!



Gratitude Studies – Emmons Lab

Robert Emmons Ph.D. studied Gratitude with Collaborators

- Journal – daily gratitude journal produce higher levels or optimism – alertness- energy and enthusiasm
- Others journaled events – less optimism
- Others journaled problems – high pessimism



More Keys to Resiliency



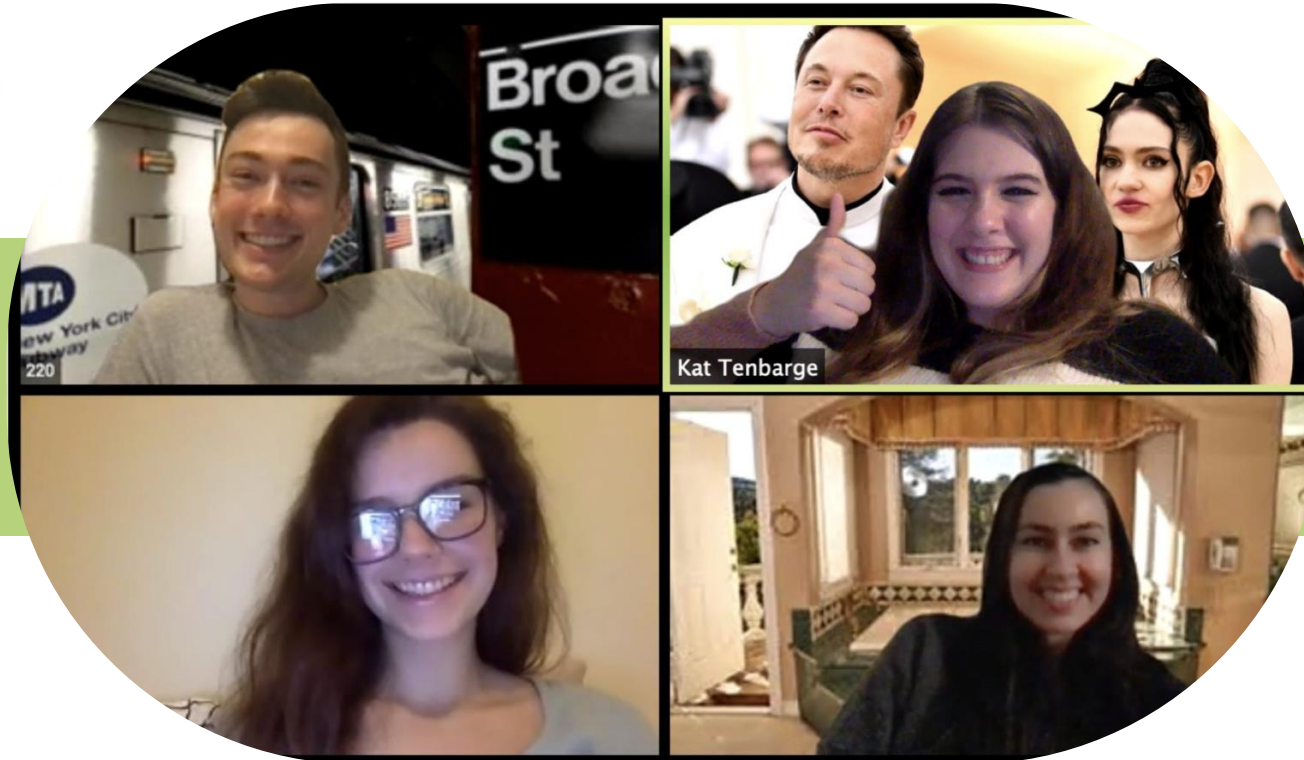
Ways to Cope:

1. Physical activity
2. Go back to hobbies
3. Start new ones
4. Play games
5. Listen to music
6. Learn something new
7. Do the Butterfly



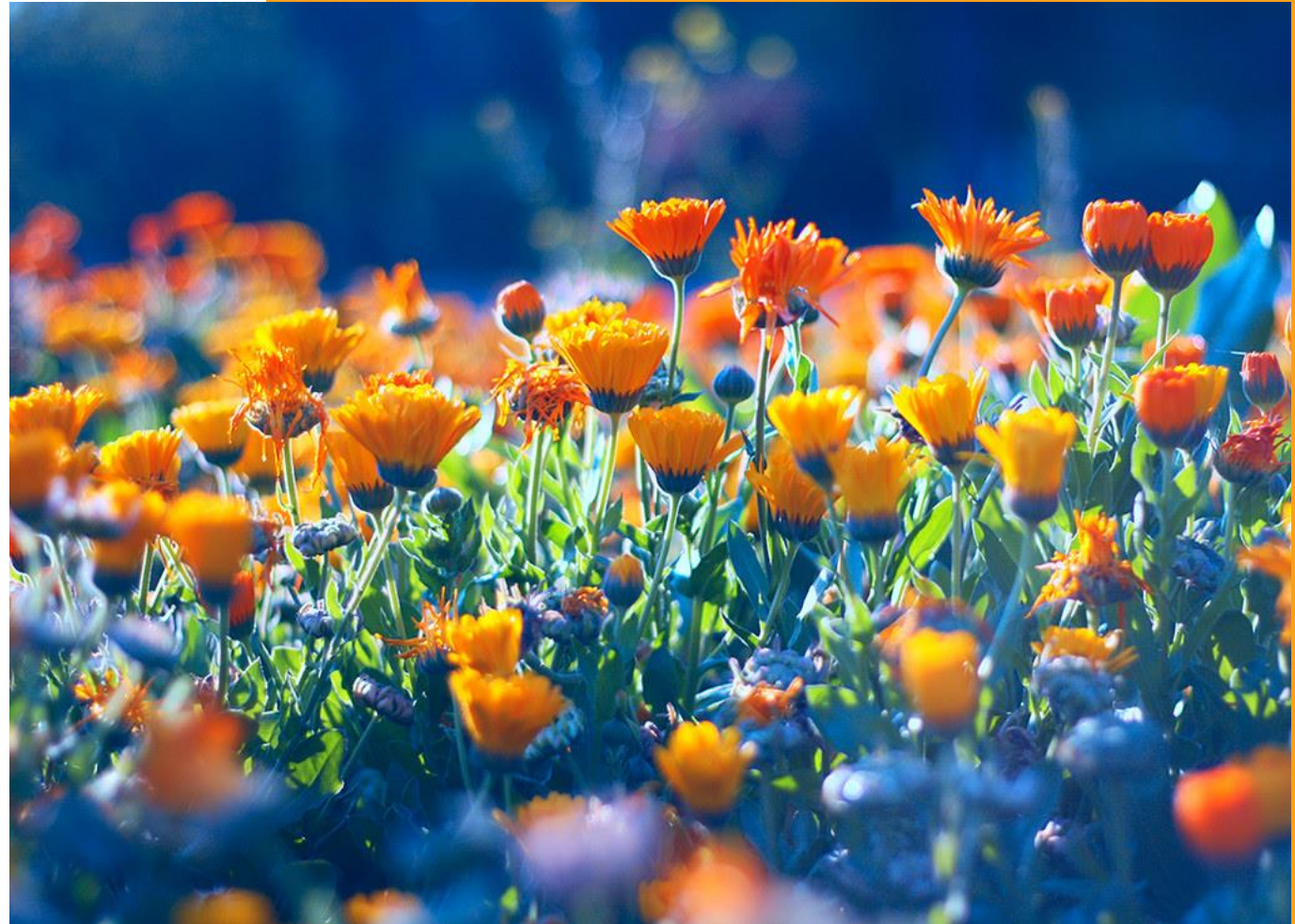
The Most Important Key to Resiliency

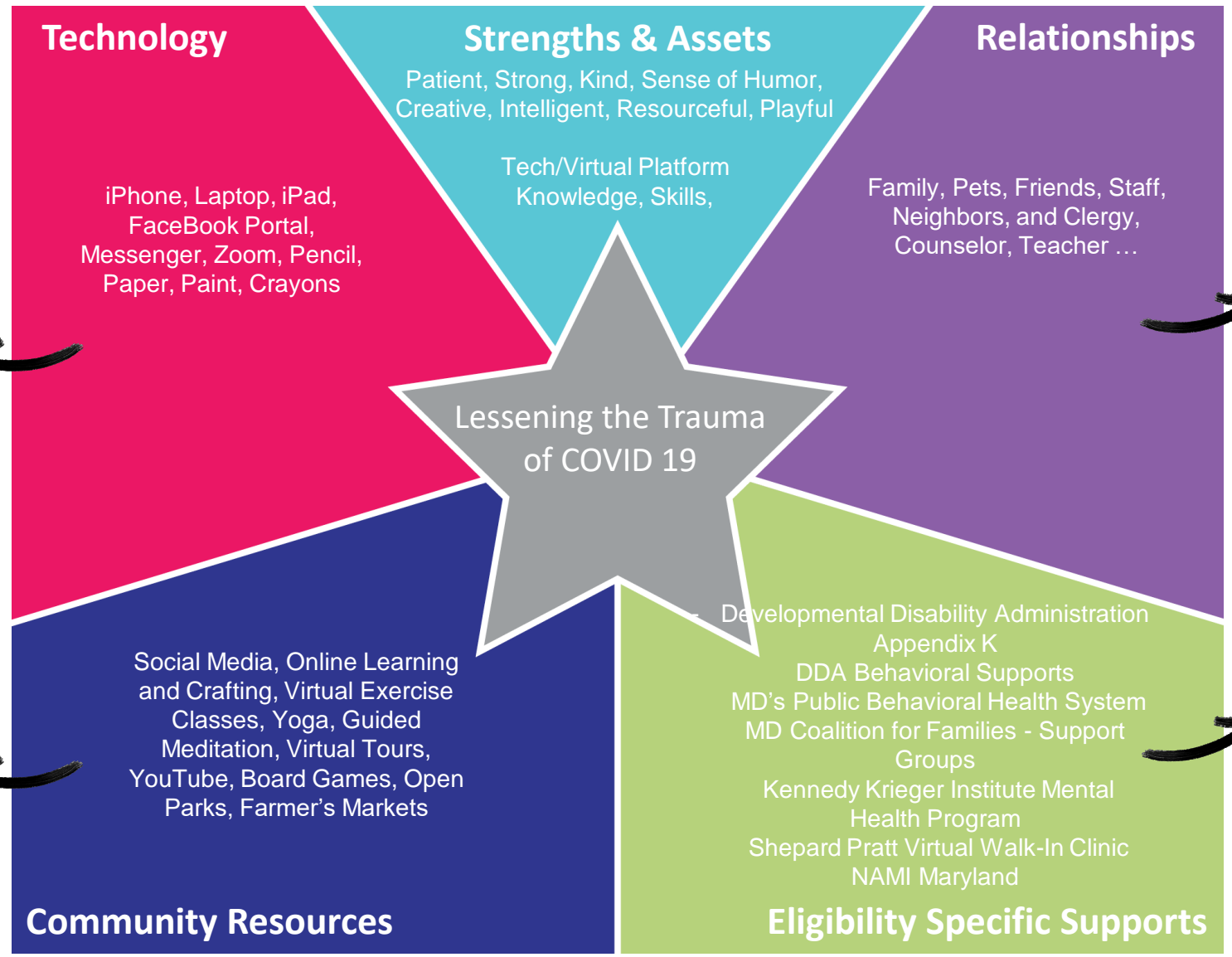
Connect with Friends and Loved Ones





And Remember
“This Too Shall
Pass!!”





Schedule phone calls, FaceTime, Zoom, Portal, Pencil, Paper, Paints, Crayons – draw, paint and color



Have virtual fun with family member i.e listen to a book online together, play a game, participate in an online exercise class, take a music, virtual tour of a National Park or other places of interests together, exercise, take walks



Connect with family, friends; neighbors and staff, rekindle hobbies; daily Appreciation Circle, reach out to Clergy, Counselor, Teacher, neighbors,



Utilize these resources to help you and your family members.





Questions?

Webinar – Chat /Question Box

Services & Supports – Contact DDA Local Regional Office

Appendix K – dda.toolkitinfo@Maryland.gov



“Life is best lived by being bold and daring. People tend to grow fearful when they face failure, face a daunting challenge or fall ill. Yet that is precisely the time to become even bolder. Those who are victors at heart are the greatest of all champions.”

- Daisaku Ikeda



Additional Resources to Remain Connected

Technology

MD Technology Assistance Program

<http://mdod.maryland.gov/mdtap/Pages/MDTAP-Home.aspx>

Connect Using

- ZOOM Call/Web Conferencing
- Google Hangouts
- Messenger
- Portal
- Facebook

Internet Essentials

Virtual Tours

- Google Earth
- Smithsonian
- National Aquarium

Community Based

Read - Free Audible Books On-Line

- Google Bookstore
- Operation ASL Storytime
- MD Public Libraries (check out online learning through local libraries)
- Online Library

WBAL Listing of MD On-Line Worship Services

Exercise On-Line

- Special Olympics School of Strength
- Guided Meditation for People with Disabilities
<https://www.sacare.com.au/news/guided-meditation-for-people-with-disabilities-at-sacare>
- YMCA
- Adaptive Yoga
- Planet Fitness

Free Craft Classes On-Line

Eligibility Specific

- MD Developmental Disabilities Administration (DDA)
- Appendix K
https://dda.health.maryland.gov/Pages/DDA_Appendix_K.aspx
- DDA Behavioral Supports
<https://dda.health.maryland.gov/Pages/Behavioral%20Support%20Services.aspx>
- MD's Public Behavioral Health System
- <https://maryland.optum.com/content/ops-maryland/maryland/en/participants-families/crisis-resources.html>
- MD Coalition for Families – Support Groups
<http://www.mdcoalition.org/get-help-now/parent-caregiver-support-groups>
- Kennedy Krieger Institute Mental Health Program
<https://www.kennedykrieger.org/patient-care/centers-and-programs/psychiatric-mental-health-program>
- Shepard Pratt Virtual Walk-In Clinic
<https://www.sheppardpratt.org/care-finder/virtual-crisis-walk-in-clinic/>
- NAMI Maryland
<http://namimd.org/>



Thank You for Joining Us!

We Hope You Join Us on **May 27th**
for Our Next Webinar: *Transition*



**Special Guest: Kathleen Walker,
DDA**

*Acting Statewide Career and
Employment Services Coordinator*