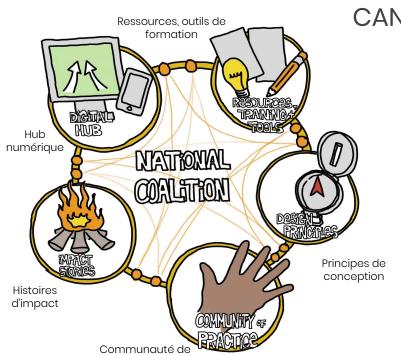# Community Support Professional Learning Webinar Series

Soutien communautaire - série de webinaires d'apprentissage professionnel

Ressources, outils de formation

Hub numérique

Histoires d'impact

Communauté de pratique

Principes de conception

CANADA SERVICE CORPS NATIONAL COALITION
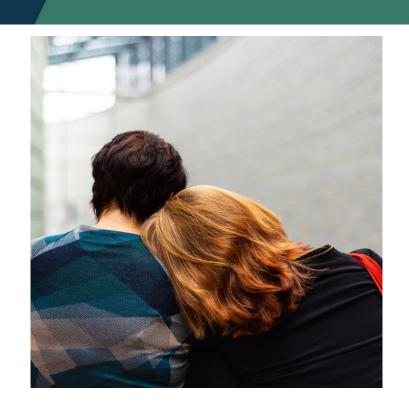### COALITION DU SERVICE JEUNESSE CANADA

Trauma Informed Approaches
to supporting youth during a global pandemic

Introducing our Host and Speaker

Host:
Evan Redsky

Guest:
Janine Lawford
SickKids

"What effects have you noticed in youth since the beginning of the pandemic?"

Go to www.menti.com

Understanding Impacts of Pandemic Trauma

- **Collective trauma on a group as a generation over time**
- **Sense of fear and hopelessness**
- **Lost sense of time, cognitive "fog"**
- **Social determinants of health**
- **Physical confinement can lead to feelings of mental confinement**

COVID as Trauma

COVID is trauma but it does not have to be traumatizing.

Pre conditions for trauma:
- **Lack of predictability**
- **Immobility**
- **Loss of connection**
- **Numbing or spacing out**
- **Loss of sense of time**
- **Loss of safety**
- **Loss of sense of purpose**

Predictability

- **Create schedules**
- **What to look forward to…**
- **Create a calendar of connections and activities**
- **Numbing or spacing out**
- **Loss of sense of time**
- **Loss of safety**
- **Loss of sense of purpose**

Connection

- We are collective creatures.
- We need interactions with other minds and bodies.
- We need to laugh and cry; get reactions from others to survive.
- Sounds, facial movements and the synchronicity and rhythm of faces and voices keep us feeling alive.
- Gratitude.

Immobility

- **The need to take action**
- **Movement and exercise**
- **Self-regulation - yoga, dance, drum, etc.**

Numbing Out vs Mindfulness

- **Learn how to notice yourself**
- **The importance of touch**
- **Create connections with self**
- **Acknowledge: "This is what is happening to me"**

Loss of Time...Having a Future

- **Create a sense of time through....**
- **Make plans - even if simple**
- **"Meaning making"**

"What do you think are the biggest obstacles in serving kids mental health online?"

Go to www.menti.com

Back to Basics
Mental Health Workers Working from Home

- **Design space and time for work and reflect on your schedule with your supervisors.**
- **Do not try to do the impossible.**
- **Close the door on your work and the computers everyday. Take time to give breaks to your body, eyes and brains regularly.**
- **If you have crisis in COVID, reach out to your supervisors and friends to get support.**

Online Considerations

- **Does the client need privacy? Who is in the room? Is someone listening?**
- **There is a sense that clients will say and do things online that they would not normally say or do in person – ONLINE DISINHIBITION.**
- **Do you have a way that feels okay for you and the client to end meetings? Should you wait until they hang up first? You would never leave the office before they do when in-person.**
- **Do you have a plan if something goes wrong – an alternate way to reach them?**
- **What is the client's comfort level with online support?**

Online Considerations

- **Turn taking can be more complicated and awkward.**
- **Fewer non-verbal cues - you may need to check-in in a variety of ways.**
- **You may be less able to trust what you see and hear.**
- **Slow down.**
- **Where does it appear you are gazing?**
- **Lighting**
- **Where are you? What can the client see of your life?**

(Lawrence Murphy)

Safety & Working Remotely

- Identify "high risk" clients and "get support".
- Maintain "professionalism" and "boundaries".
- "Assess" the safety of the contact before, during and after connection.
- Determine "where" the client is, "who" is there – have an address, phone number, etc. at the beginning of contact.
- If you determine the client is unsafe, "get them help". (911, CAS, Form 1, parental support, etc.)

Summary of Key Themes

- **Connecting with Others**
- **Meaning Making**
- **Gratitude**
- **Structure**
- **Psycho Education**
- **Physical Education**
- **Paying Attention**
- **Self Care**

Q & A with
Janine Lawford, Sick Kids

Thank you! Merci!
www.csccoalition.org

Register for upcoming webinars

MAY 28/2pm EDT: Relationship building & connectedness during times of physical distancing

JUNE 4/2pm EDT: Creating purpose & flexible program delivery models during COVID-19

TakingITGlobal
INSPIRE INFORM INVOLVE
INSPIRER INFORMER ENGAGER

Funded by the
Government of Canada

Financé par le
gouvernement du Canada

Canada

CANADA SERVICE Corps

SERVICE JEUNESSE Canada