Individual and Community Resiliency

Indian Health Service COVID-19 CHR Training Series

Presented by the Indian Health Service in partnership with Johns Hopkins Center for American Indian Health

Series Dates:

- May 14, 2020: Home Visiting During Social Distancing
- May 21, 2020: CHR COVID-19 Best Practices
- May 28, 2020: Individual and Community Resiliency
# Webinar Series Objectives

<table>
<thead>
<tr>
<th>Understand</th>
<th>Support</th>
<th>Provide</th>
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<tr>
<td>Understand COVID-19 and its impacts</td>
<td>Support CHRs in delivering holistic services during COVID-19</td>
<td>Provide tools to CHRs that create an empowered response to community needs</td>
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Facilitators

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Individual and Community Resiliency Agenda:

- Welcome/Land Acknowledgement
- Participant Introductions in the Chat Box
- Name, Location, A smell that makes you happy
- Review Webinar Objectives
- An Overview of Resiliency Frameworks and some tools
- Q & A
- Resources
- Adjourn
Webinar Objectives:

• To provide an overview of what resiliency frameworks are and the importance of focusing on our strengths and gifts during COVID-19.

• To offer examples of resiliency practices, tools, and resources that can be utilized during COVID-19 responses.

• To provide a space for shared learning and an opportunity to ask questions about how programs are responding to COVID-19.
Resiliency Frameworks Are Traditional!
Resiliency Frameworks for Community-Based Health Programs
Resiliency Frameworks:

• Meant to build on existing plans, policies and practices
  • Traditional practices
  • Home visitation curriculum
• Focuses on strengths
  • Community values
• Assessment of existing conditions in the community
  • Historical/inter-generational trauma
  • COVID-19
• Considers how reducing vulnerability is inter-connected with outcomes (individually, family/tribal, community, world)
  • Wearing masks
Two Specific Mainstream Resiliency Framework Examples:

• Trauma Resiliency Model
• Community Resiliency Model

• "Both are designed to help individuals understand the biology of traumatic stress reactions and learn specific skills to return the body, mind and spirit back to balance after experiencing traumatic events."

www.traumaresourceinstitute.com
What is resilience?

• This doesn't mean being positive all of the time but instead being able to pull from strengths, support, and resources to bounce back during times of adversity
  • Feeling of community. Having a feeling and sense of **belonging**.
  • Positive coping, personal strengths, learning, and defining meaning in challenges. Having a feeling and sense of **mastery**.
  • Social support and connection from friends, family, tribe, teachers, home visitors, clinicians, etc. Having a feeling and sense of **inter-dependence**.
  • Transparency and open, honest, and effective communication. Being able to model, teach, and give back. Having a feeling and sense of **generosity**.

Themes based off of SAMHSA GONA Model
Indigenous Theoretical Frameworks

- Culturally-Based
- Community Driven
- Native Cultural Values
- Vision and Hope
- Relationships
- Hope
- Reciprocal and interdependent
- Adaptable/Flexible
- Sustainable
- Inter-generational
Holistic Wellness:

- Focuses on Overall Health and Wellness
  - Mind, Body, Emotions, Spirit
- Builds on Resilience
- Acknowledges Vulnerabilities
- Prioritizes Self-Care
- Centers Response vs Reaction
- Traditional Perspectives and Practices are Foundational
- Emphasizes Routine
- Intergenerational
- Incorporates Vision
Holistic Wellness: Overall Health and Wellness

• Mind
  • Mental Health is important for all stages of life
  • Coping Strategies

• Body
  • Physical Health
  • Lifestyle and Behaviors

• Emotions
  • In touch with emotions and feelings
  • Social Wellbeing
  • Having Mindfulness and Intentionality

• Spirit
  • Feeling at Peace with Life
  • Having a Purposeful Life
  • Connection with a Higher Power
Holistic Wellness

• Building on Resiliency
• Acknowledging Vulnerabilities
• Prioritizing Self-Care
  • Meaningful
  • Intentionality
Holistic Wellness

• Centering Response vs Reaction
• A Foundation based off of Traditional Perspectives and Practices
• Emphasizing Routine
• Purposefully Intergenerational
• Past, Present, Future
  • Thinking Seven Generations before and Seven Generations Ahead
  • Incorporating Vision
• Healing
Bemidji, MN Story

The goal of the Bemidji Area Health Promotion program is to support people in honoring shared values for health by building on individual, family, community strengths and assets.

We understand our role as health promoters acting as facilitators and collaborators for effective delivery of health promotion and chronic disease prevention programs.

Shared Values that guide our work include the following:

- Community Owned Wellness
- Partnerships
- Holistic Approaches
- Sharing Stories and Experiences

A Good Life includes Good Health
Why the interest in resiliency and change?

Chronic Diseases...health, good health, vigor, strength
Depression...happiness, thriving, growth, cheerfulness
Addiction...connection https://www.scienceandnonduality.com/article/the-opposite-of-addiction-is-connection
Fear...calm, courage, confidence
Loneliness...companionship, association, fellowship
Oppression...hopefulness, joyfulness, merriment
Trauma...peace, healing, comfort

http://www.antonymsfor.com/
Questions?
Resources for Best Practices During COVID-19

- **Resiliency Frameworks**
  - www.traumaresourceinstitute.com
  - https://www.coresiliency.com/
  - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3966565/

- **GONA and Indigenous Theoretical Frameworks**

- **Self-Care**
  - https://www.compasspoint.org/blog/12-resources-your-self-care-starter-kit

- **Rapid Response for Virtual Home Visiting**
  - https://institutefsp.org/covid-19-rapid-response-resources-general

- **Healthy Families America: Guidance for Healthy Families America sites in response to COVID-19**
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