

# Individual and Community Resiliency

## Indian Health Service COVID-19 CHR Training Series

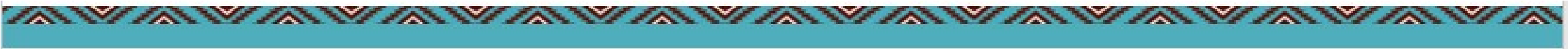
Presented by the Indian Health Service in  
partnership with Johns Hopkins Center for  
American Indian Health



### Series Dates:

May 7, 2020  
May 14, 2020  
May 21, 2020  
**May 28, 2020**

COVID-19 101: Information and Impact  
Home Visiting During Social Distancing  
CHR COVID-19 Best Practices  
**Individual and Community Resiliency**



# Webinar Series Objectives

## Understand

Understand COVID-19  
and its impacts

## Support

Support CHRs in  
delivering holistic  
services during COVID-  
19

## Provide

Provide tools to CHRs  
that create an  
empowered response  
to community needs

# 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:

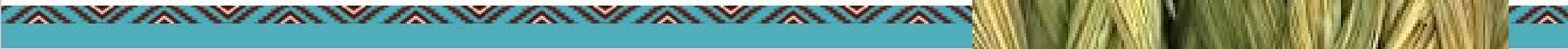


- To provide an overview of what resiliency frameworks are and the importance of focusing on our strengths and gifts during COVID-19.
- To offer examples of resiliency practices, tools, and resources that can be utilized during COVID-19 responses.
- To provide a space for shared learning and an opportunity 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."

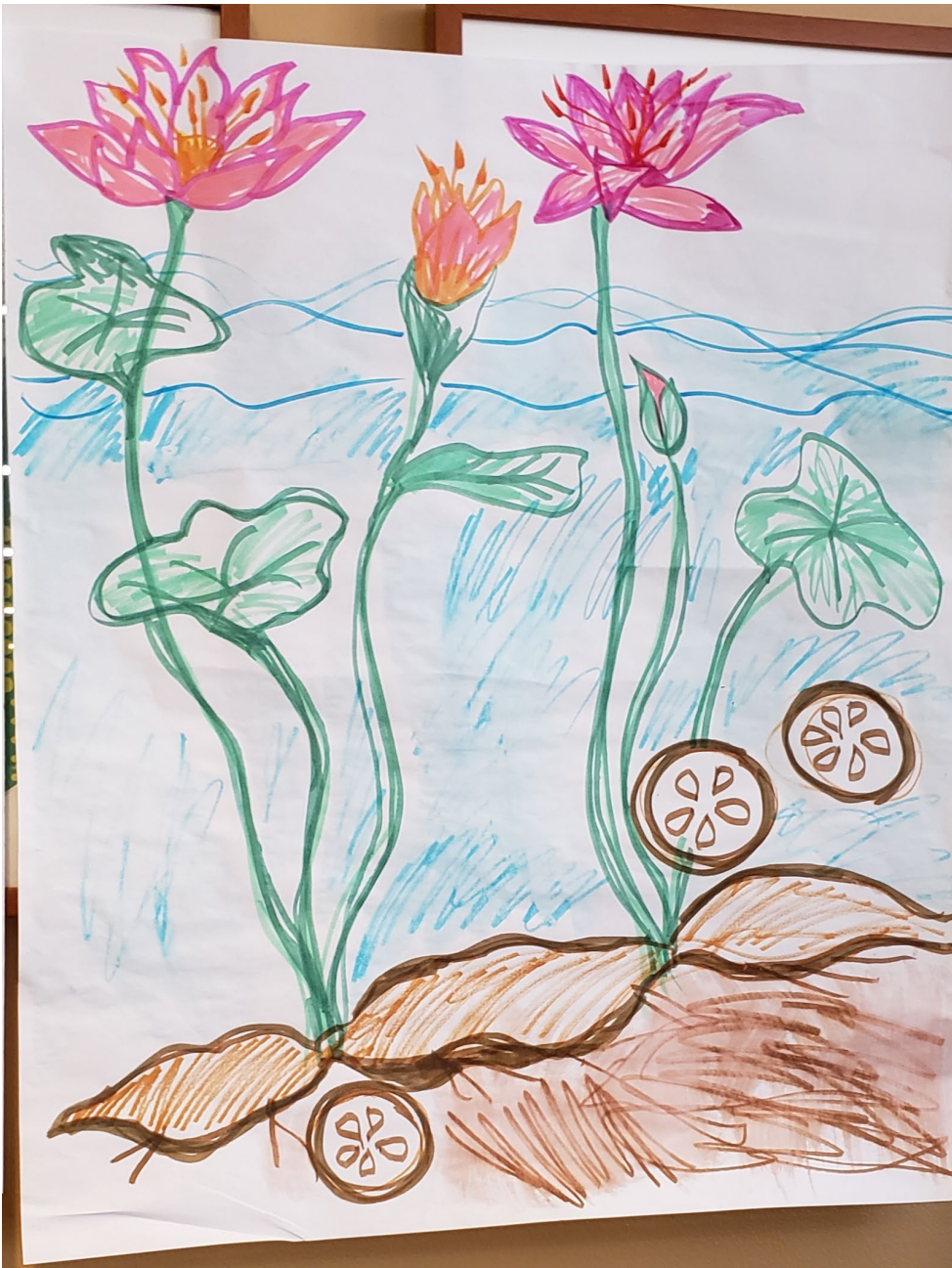
[www.traumaresourceinstitute.com](http://www.traumaresourceinstitute.com)

# 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*.

# 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



# 21 DAYS TO A MORE IMPACTFUL YOU MOVEMENT SELF-CARE CHALLENGE

<p>1</p> <p><b>Ditch Habits, Create Practices</b></p> <p><b>HABITS</b> Unconscious, repetitive acts that are done without intention or mindfulness.</p> <p><b>PRACTICES</b> Intentional acts that are consciously done for an explicit benefit and can be improved upon later.</p>	<p>2</p> <p><b>Stay Hydrated Regularly... With H2O!</b></p>	<p>3</p> <p><b>Practice 20-20-20 Vision</b></p>	<p>4</p> <p><b>Breathe Low and Slooow</b></p>	<p>5</p> <p><b>Spaciousness is Essential for Self-Care</b></p>
<p>6</p> <p><b>Go Screen-Free</b></p>	<p>7</p> <p><b>Connecting to Your Whole Self</b></p>	<p>8</p> <p><b>Go Pee – Join the Self-Care Revolution</b></p>	<p>9</p> <p><b>Give Yourself 10-15 Minutes of Spaciousness</b></p>	<p>10</p> <p><b>Building Resilience</b></p>

Move to End Violence



# 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](http://www.traumaresourceinstitute.com)
- <https://www.coresiliency.com/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3966565/>

- **GONA and Indigenous Theoretical Frameworks**

- [https://www.samhsa.gov/sites/default/files/tttac\\_gona\\_fact\\_sheet\\_1.pdf](https://www.samhsa.gov/sites/default/files/tttac_gona_fact_sheet_1.pdf)

- **Self-Care**

- <https://www.compasspoint.org/blog/12-resources-your-self-care-starter-kit>
- <https://www.apa.org/helpcenter/self-care>
- <https://cssp.org/resource/self-care-for-home-visitors/>

- **Rapid Response for Virtual Home Visiting**

- <https://institutebsp.org/covid-19-rapid-response-resources-general>

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

- <https://www.healthyfamiliesamerica.org/hfa-response-to-covid-19>

# Contact IHS Community-Based Health Programs

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