

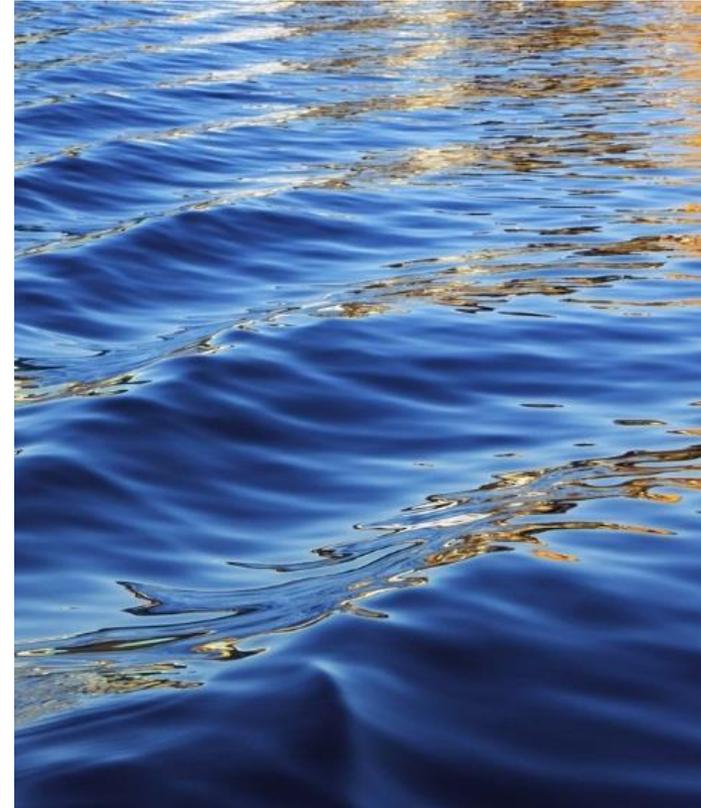


**TRIBAL CLIMATE
HEALTH PROJECT**



SoCal Cohort Training

Webinar Workshop (April 21, 2020; noon – 2pm)



Introductions

Purpose

- Technical workshops designed for and focused exclusively on participating Southern California tribes and their unique climate and health exposures, impacts and strategies
- Supplements the national training by leveraging and sharing region-specific knowledge, data, partnerships, and other opportunities and resources
- Supports regional and multidisciplinary relationship building and collaboration

Please introduce yourself

- Name
- Organization
- Location
- Your role in climate change
- Have you completed a vulnerability assessment and did it include health/mental health impacts?

Guest Speaker

Introduction to Psychosocial Recovery and Resilience

Dr. Douglas Walker, PhD

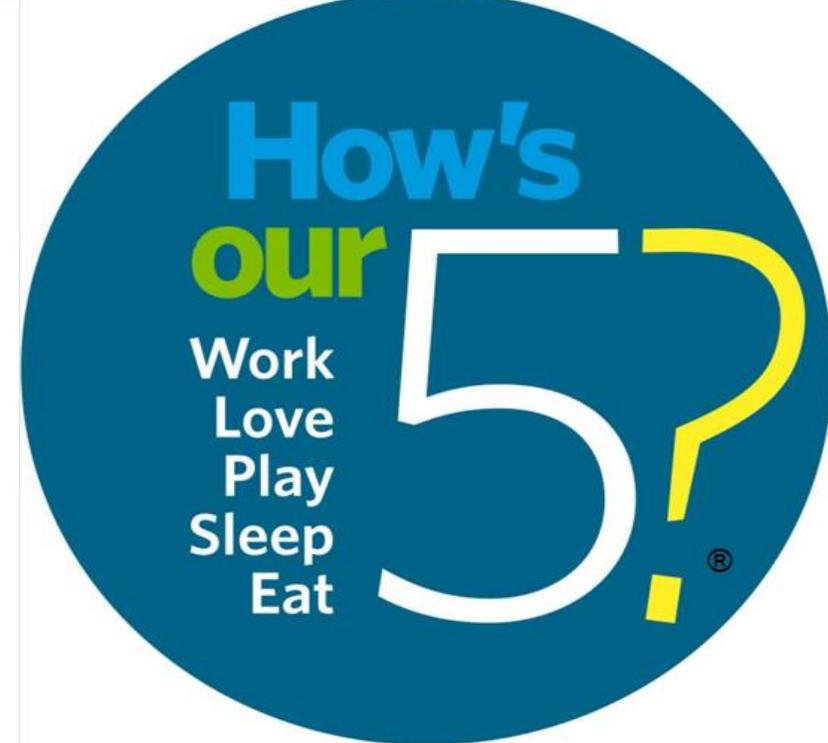
Psychologist

Program Director, Mercy Family Center (Louisiana)





Your life is our life's work.

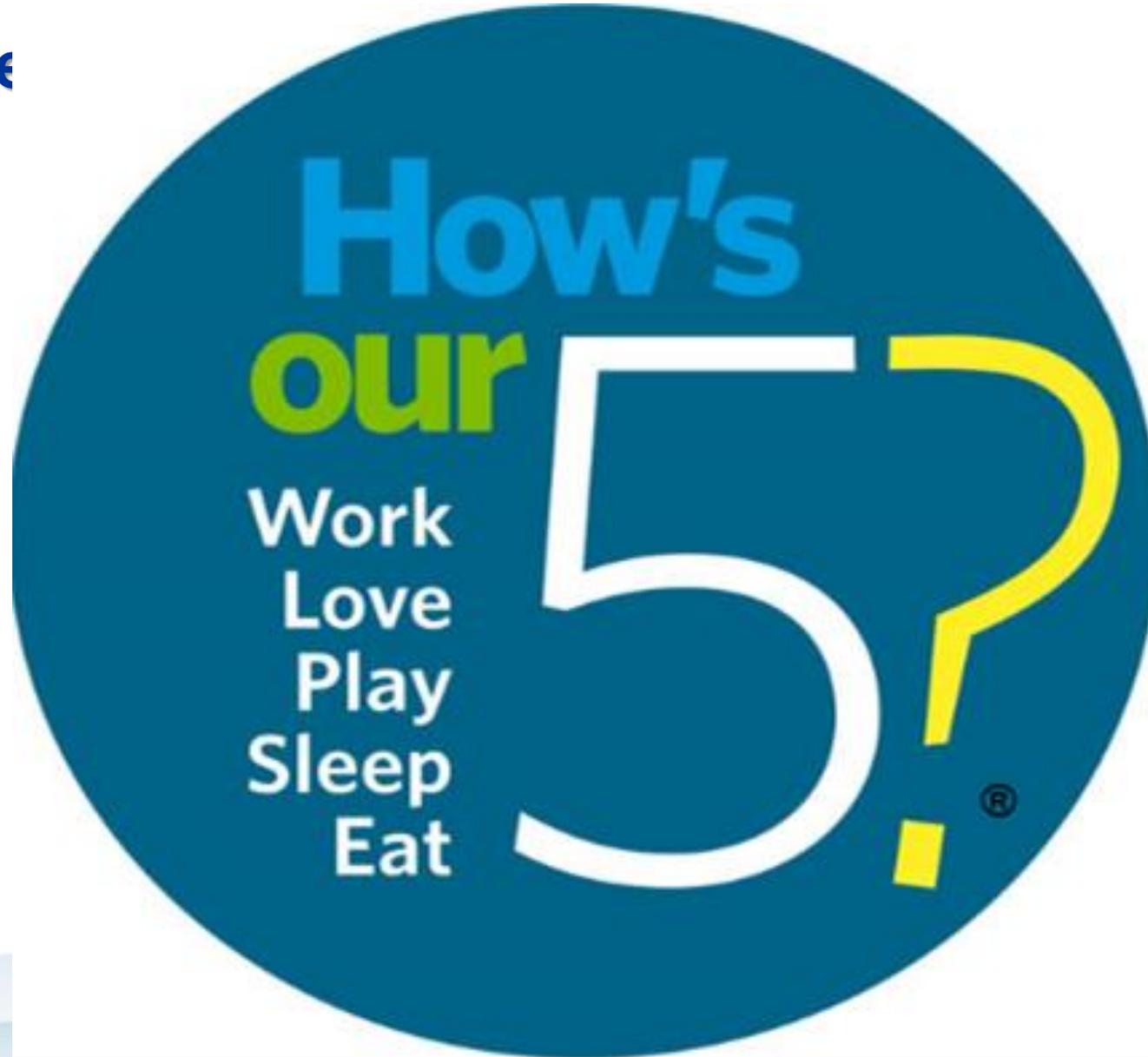


Douglas W Walker, PhD

Chief Programs Director
Mercy Family Center
New Orleans

April 21, 2020

Community Resilience & Mental Wellness





Pie of Life

Work

Fun

Learning

Spiritual

Self-care

Other Relationships

Family

Giving to others

How do you
slice your pie?

Work

Learning

Self-care

Family

Fun

Spiritual

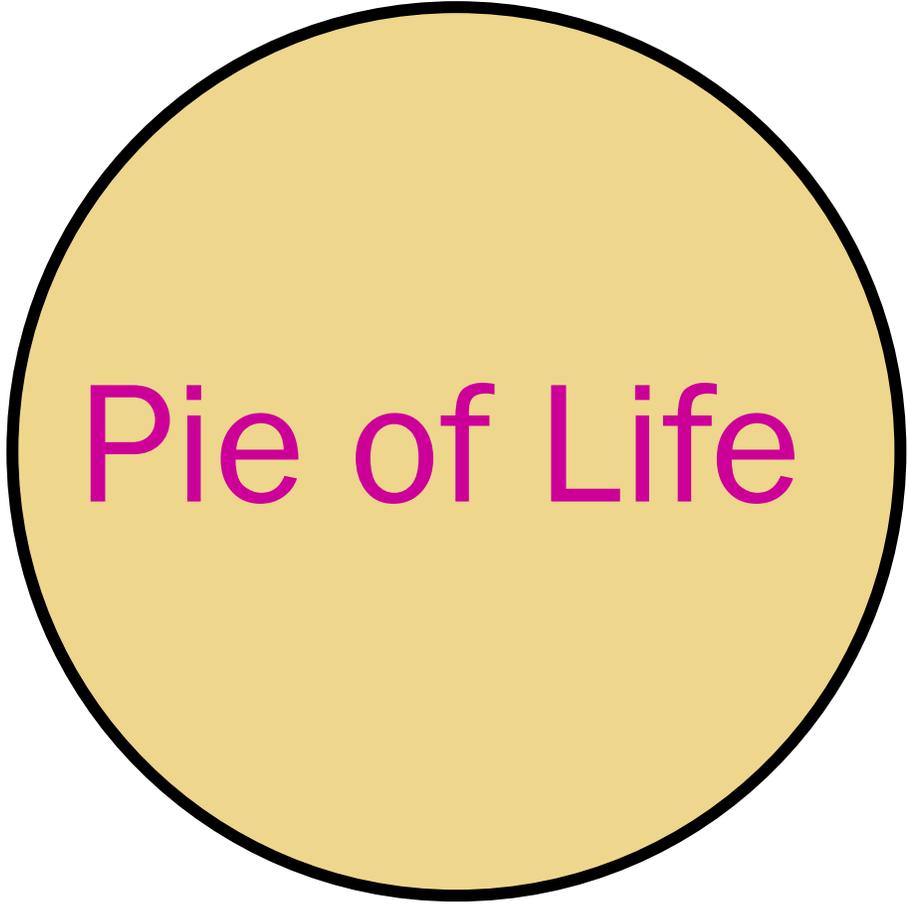
Other Relationships

Giving to others

Pie of Life Self Reflection

- ⦿ Am I living a balanced life?
- ⦿ Are my priorities & values reflected here?
- ⦿ If I had one month to live, is this the way that I would allocate my time?
- ⦿ How much time do I spend on myself? Others?
- ⦿ What areas need more attention? Less?
- ⦿ Is there a dream/desire that keeps getting pushed on the back burner that I want to focus on now?
- ⦿ What is one commitment I can make today to change the balance of how I want to live my life?

Pie of Life - Shared



Pie of Life

“Self Care 101”

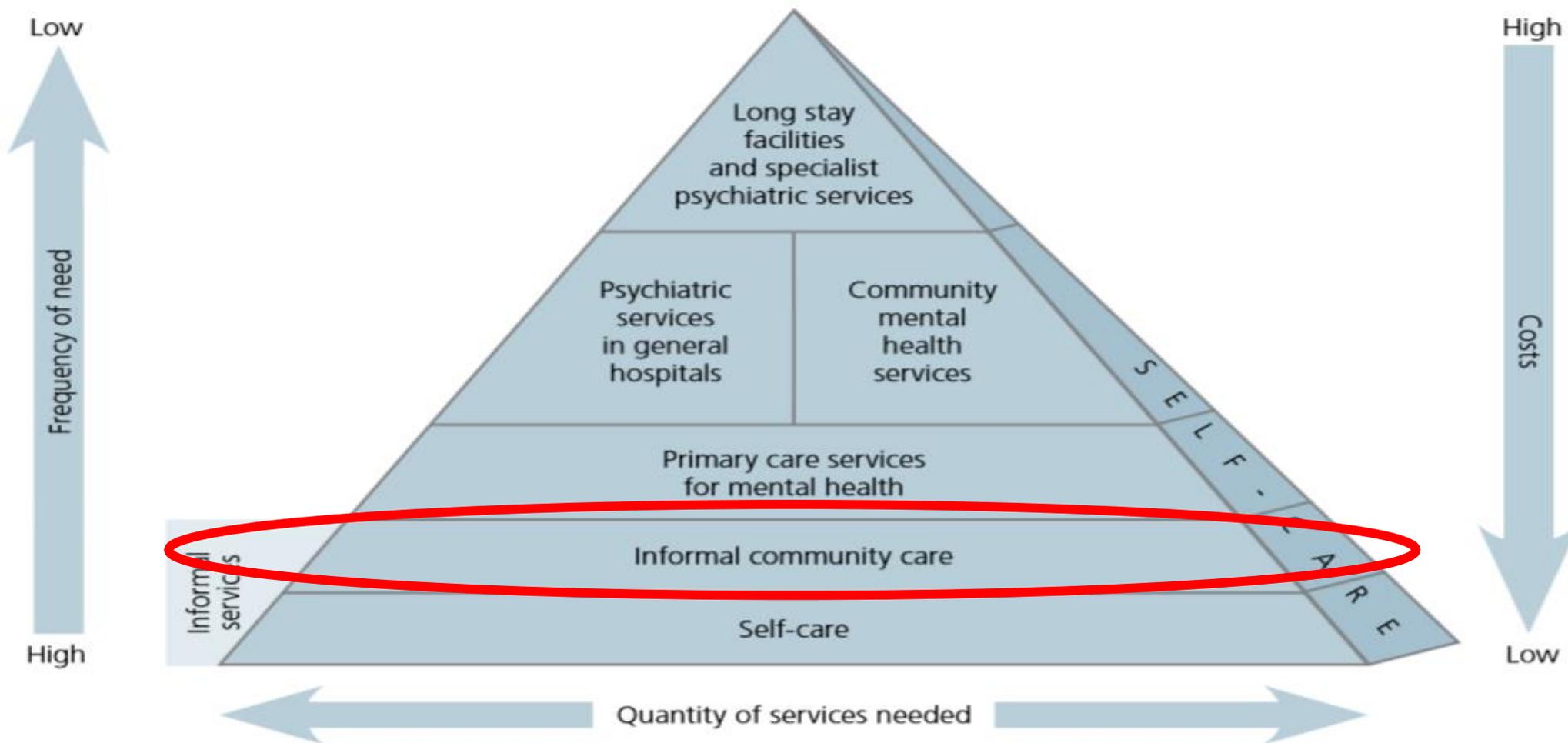
Self-Care

Knowing what to do is not the challenge;
making the time is

Peer-to-Peer

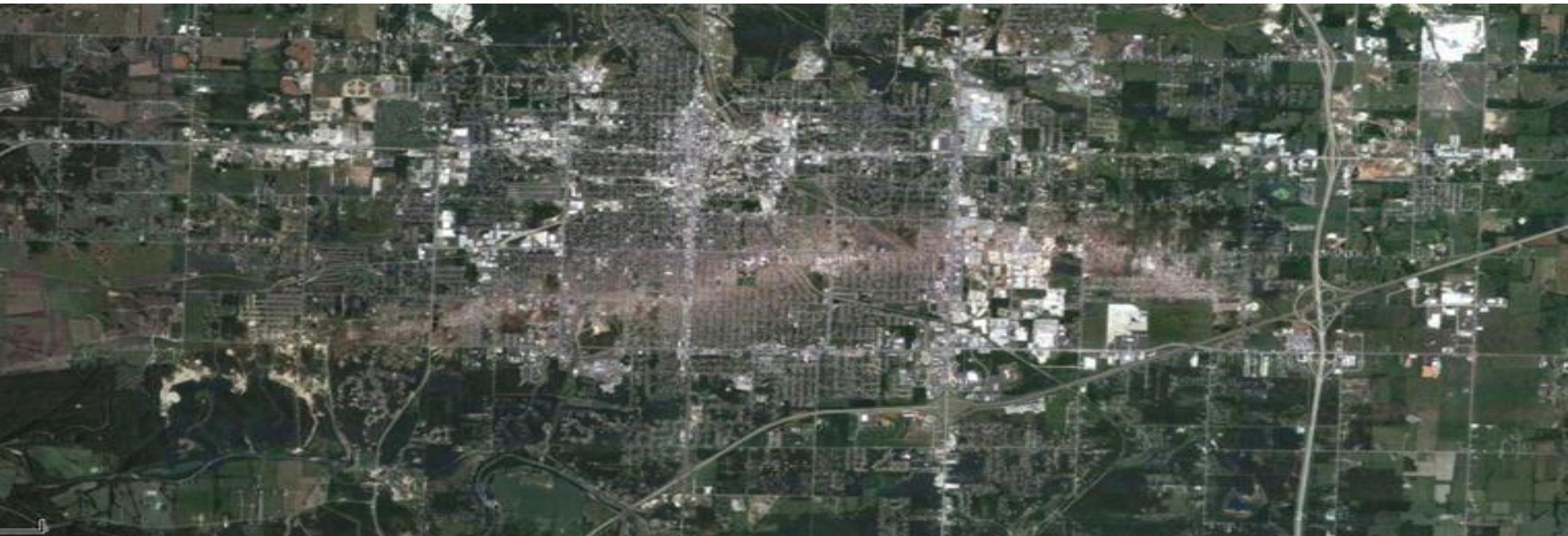
Who do you go to?

Figure 2. The WHO Service Organization Pyramid for an Optimal Mix of Services for Mental Health (17)

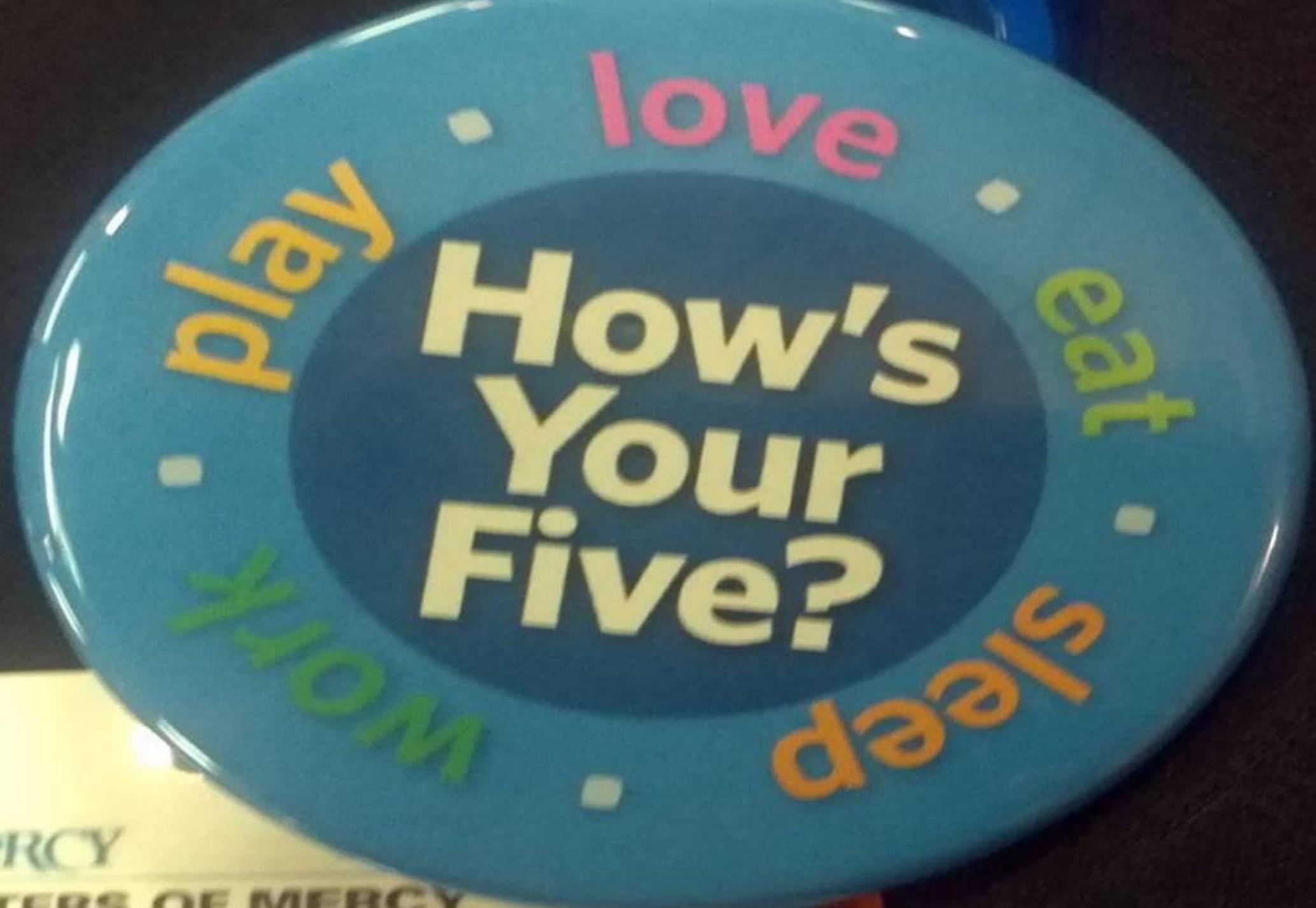




Community Resilience & Mental Wellness



Sunday - May 22, 2011



MERCY

SISTERS OF MERCY

How's Your 5? [®]

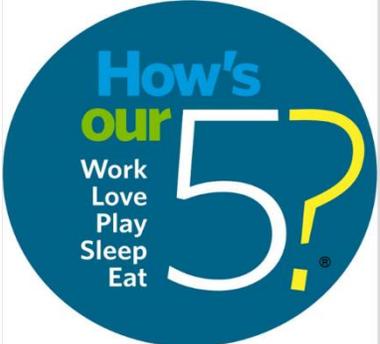
1	2	3	4	5
WORK How's work or school? Are you employed? Are you satisfied? Are you working too much, too little?	LOVE How's your family? Do you have relationships that are strained? Do you feel loved by someone?	PLAY Are you taking the time to have fun and do the things that bring health and joy to your life?	SLEEP Are you sleeping well? Do you have trouble going to sleep, staying asleep or waking up?	EAT Are you eating too much, too little, the right things? Are you using drugs or alcohol to cope?

co-worker to co-worker conversation
in Joplin, Missouri in response to the EF5 tornado that
devastated the city on May 22nd, 2011.

How's Your 5? [®] breaks down communication barriers by creating a common language and “**buddy system**” to ensure that friends, neighbors, co-workers, and families have the ability to speak to each other about their mental wellness.

Although designed in a post-disaster environment, How's Your 5? [®] is also useful in promoting everyday health and wellbeing across the program's five domains: employment/school, relationships, self-care/positive activities, consumptions (eating & drinking), and sleep habits.

How's Your 5? Implementers



Organization Implementers

Time

Use

Mercy Hospital Joplin

August 2011

Internal for tornado recovery

Canadian Red Cross (Calgary Office)

October 2015

Internal for general wellness

Alberta Health Services (Calgary Office)

October 2015

Internal for general wellness

United Houma Nation

January 2016

External – UHN Wellness Center clients

Orlando Health (Orlando Regional Hospital)

June 2016

Internal for Orlando nightclub shooting

Mercy Family Center

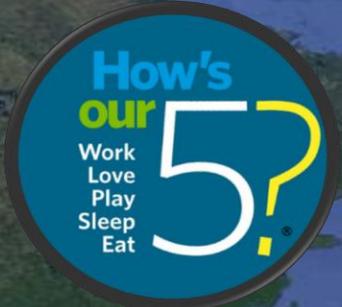
July 2016

External –outpatient client consumers



How's Your 5? Implementers

Organization Implementers	Time	Use
Mercy Hospital - Fort Smith	March 2017	Internal for co-worker wellness
Our High River (High River, Alberta Canada)	December 2017	External for community wellness
Fort McMurray, Alberta	December 2017	Community & Schools
ARISE	January 2018	En Español para la comunidad
Mercy Hospital – Ardmere	June 2019	Internal for co-worker wellness
Ardmore Behavioral Health Collaborative	June 2019	Community & Business
Mercy Health System	March 2020	System wide COVID-19 response



Canada

Fort McMurray

Fort McMurray
Alberta



United States

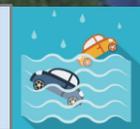
Joplin
Missouri



Joplin

Dulac

Dulac
Louisiana



Gulf of Mexico

Mexico

Cuba

Gulf of California

Get Beyond "I'm Fine."



107



CENTRE







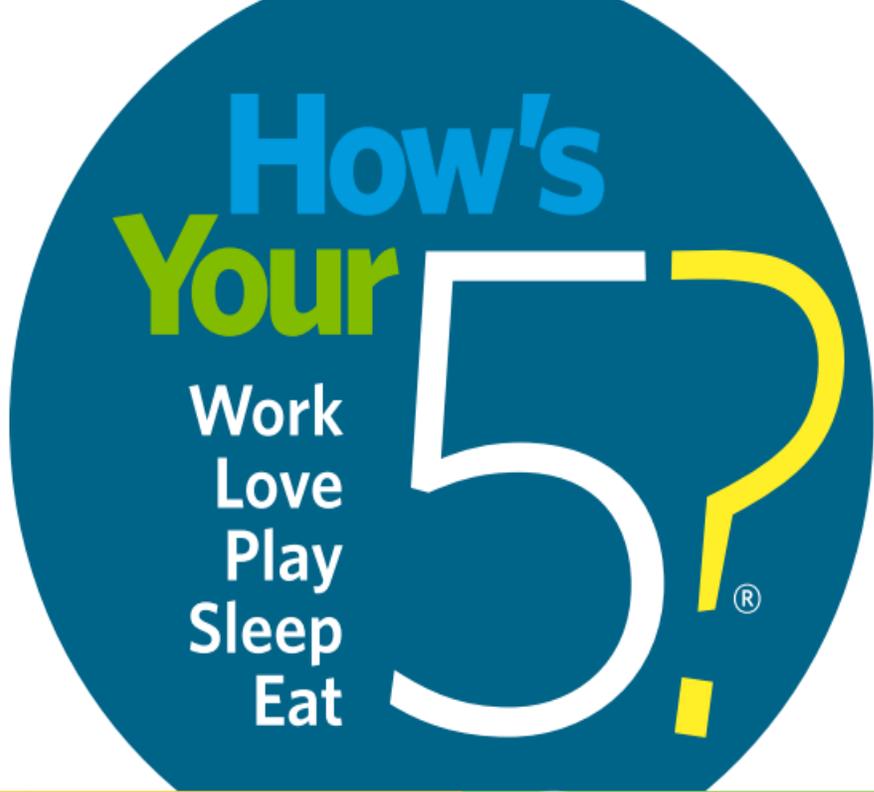
TERREBONNE HOME CARE, INC.

Mercy
Tache Action Clinic

50th Anniversary
9th Annual
Celebrating All

How's Your 5?
Work
Love
Play
Sleep
Eat

UNITED HOUMA NATION



Get Beyond "I'm Fine."

On a regular basis, ask yourself and those around you how things are going with these five aspects of life. It's an easy and effective way to keep tabs on your mental wellness.

1	2	3	4	5
WORK How's work or school? Are you employed? Are you satisfied? Are you working too much, too little?	LOVE How's your family? Do you have relationships that are strained? Do you feel loved by someone?	PLAY Are you taking the time to have fun and do the things that bring health and joy to your life?	SLEEP Are you sleeping well? Do you have trouble going to sleep, staying asleep or waking up?	EAT Are you eating too much, too little, the right things? Are you using drugs or alcohol to cope?

Connections

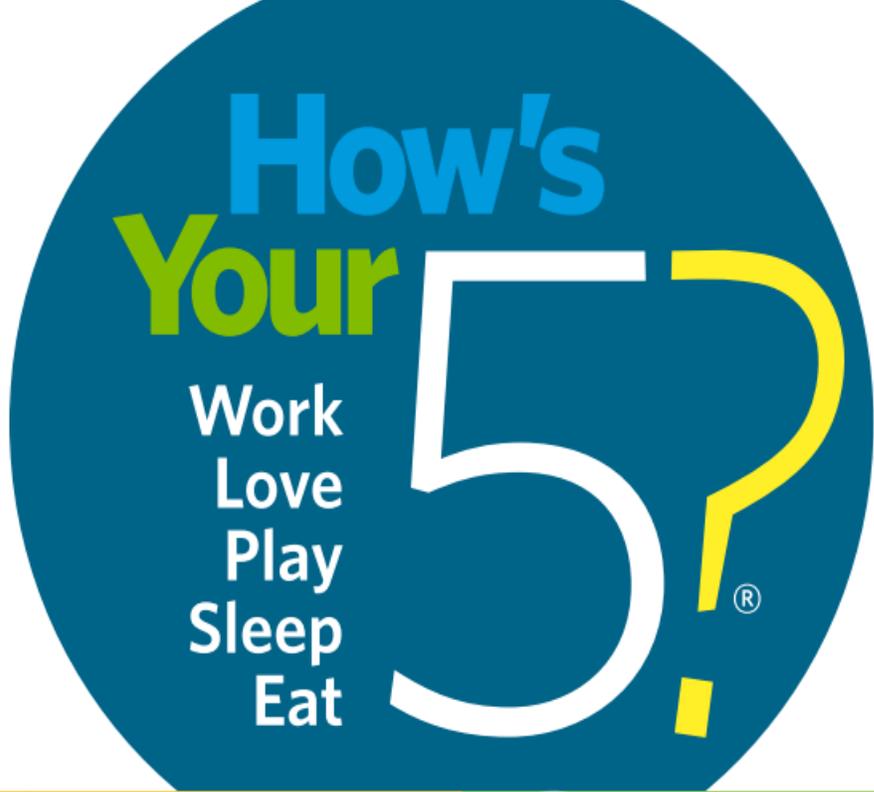


Awareness



Conversations





Get Beyond "I'm Fine."

On a regular basis, ask yourself and those around you how things are going with these five aspects of life. It's an easy and effective way to keep tabs on your mental wellness.

1

WORK

How's work or school?
Are you employed?
Are you satisfied?
Are you working too much, too little?

2

LOVE

How's your family?
Do you have relationships that are strained?
Do you feel loved by someone?

3

PLAY

Are you taking the time to have fun and do the things that bring health and joy to your life?

4

SLEEP

Are you sleeping well?
Do you have trouble going to sleep, staying asleep or waking up?

5

EAT

Are you eating too much, too little, the right things?
Are you using drugs or alcohol to cope?

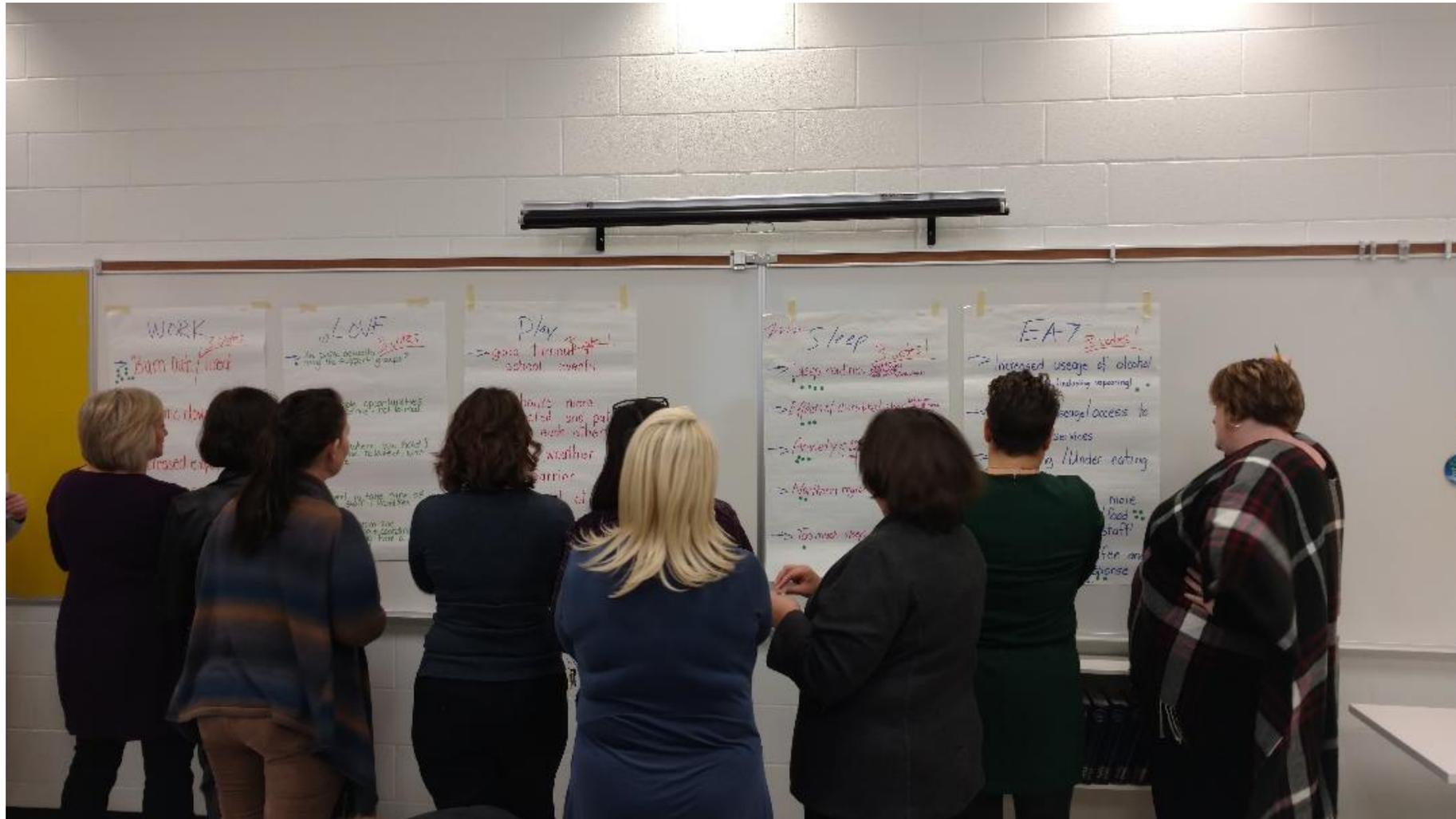


Break



How's Your 5? [®]

1	2	3	4	5
WORK How's work or school? Are you employed? Are you satisfied? Are you working too much, too little?	LOVE How's your family? Do you have relationships that are strained? Do you feel loved by someone?	PLAY Are you taking the time to have fun and do the things that bring health and joy to your life?	SLEEP Are you sleeping well? Do you have trouble going to sleep, staying asleep or waking up?	EAT Are you eating too much, too little, the right things? Are you using drugs or alcohol to cope?



School counselors assess and give feedback for their school community across domains at St. Kateri School – Fort McMurray Catholic School System – Alberta, CA – December 2017



1

WORK

How's work or school?

Are you employed?

Are you satisfied?

Are you working too much, too little?

WORK ^{3 votes}

→ Burn out / Tired. •
②①

→ Economic down turn
⑥

→ Increased expectations
④

→ Change in family dynamics,
structure • ⑬

→ Chaotic Rush / Stress
⑬



2

LOVE

How's your family?
Do you have relationships that are strained?
Do you feel loved by someone?

♥ LOVE

3 votes

→ Are people actually using the support groups?

• • • • •
⑦

→ Giving people opportunities for connections - not formal.

• • • • •
②①

→ Facilities where we hold ↗ need to be relaxed. Not a theatre.

①

→ We need to take care of FMCSO staff + families.

• • • • •
②④

→ Can we stream-line communication + coordination of services to have a better impact?

• • •
⑤



3

PLAY

Are you taking the time to have fun and do the things that bring health and joy to your life?

Play

→ good turnout at school events • ^{3 votes!}

(5)

→ neighbours more connected and patient with each other •••••

(10)

- winter weather is a barrier •••••

(11)

- the cost of "play" •••••

(14)

→ taxes time and energy •••••

(12)

Time
Priority



4

SLEEP

Are you sleeping well?
Do you have trouble
going to sleep, staying
asleep or waking up?

2mm Sleep

3 votes!

→ Sleep routines
Split houses
Shift work
Electronics/web/tech.
20

→ Effects of disrupted sleep
behavior
- Not @ home
- reactivity
16

→ Anxiety
employment
insurance
housing
filters to children
17

→ Northern region - S.A.D.
4

→ Too much sleep
- depression
- avoidance
- social perception
2



5

EAT

Are you eating too much, too little, the right things?

Are you using drugs or alcohol to cope?

EAT 3 votes!

→ Increased useage of alcohol
and drugs (including vapouring)

17

→ Increased useage/access to
9 Food Bank services

→ Over eating / Under eating

13

→ Schools providing more
12 nutritional snacks/food
for students and staff

→ Staff reported coffee and
9 snacks as best response to
mental health supports.



Impact Evaluation

Rocco Gonzalez

Work
Love
Play
Sleep
Eat



How's Your 5?: Making a Difference...

- Self-reported Metrics
 - Perception
 - Behavioral
- Pre/Post Assessments
 - Post: 3-month, 6-month, 12-month intervals
 - Retention of learned skills
- Impact Areas:
 - Work Engagement; Community Resilience, Social Ties

Perception

Work Engagement

- When I get up in the morning, I feel like going to work.
- At my job, I am mentally resilient.
- At my job, I always persevere, even when things do not go well.

Perception

Community Resilience

- People in my community feel like they belong to the community
- Residents are committed to the well-being of the community
- People in this community have hope in the future
- People in this community help each other
- People in this community know where to go to get things done
- People in this community work together to improve the community

Behavioral

Social Ties / Civic Engagement

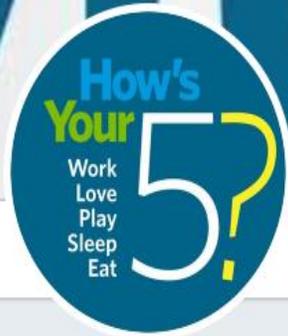
- How many times a week do you go to your family's, friends' and/or coworkers' homes or have them to yours?
- Have you helped a family member, friend or coworker outside of the work place in the past month?
- Have you done any volunteer activities through or for an organization in the past month?
- Have you done any volunteer activities through or for an organization in the past year?
- Have you attended an community event in the past month/year?

Get Beyond "I'm Fine."

On a regular basis, ask yourself and those around you how things are going with these five aspects of life. It's an easy and effective way to keep tabs on your mental wellness.



Mercv



Tweets **1,282** Following **75** Followers **229** Likes **156** Lists **0** Moments **0**

Edit profile

How's Your 5?

@HowsYour5

How's Your 5? (work, love, play, sleep, eat) created as a grassroots public mental wellness conversation in Joplin, MO in response to the 05.22.11 EF5 tornado.

New Orleans / Joplin, MO

Joined September 2013

340 Photos and videos



Tweets Tweets & replies Media



How's Your 5? @HowsYour5 · 7h

Lovelorn fish have gloomier outlook, study finds



Lovelorn fish have gloomier outlook, study finds

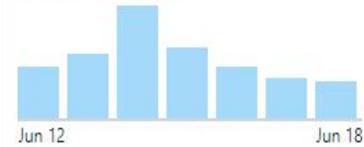
Female cichlids who lose their mates are measurably more pessimistic, researchers say

theguardian.com



Your Tweet activity

Your Tweets earned **1,436 impressions** over the last week



View your top Tweets

Who to follow



SugarMonkey @Zsufoklisz

Follow



Ms.arsenault @Ms_JArsen...

Follow



You Compare Medicare @...

Follow

How's

our

Work
Love
Play
Sleep
Eat

5?





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