



SoCal Cohort Training

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

Today's Agenda

Noon – 2pm

- Introduction
- Guest speaker/Group activities
- Technical assistance/Q&A



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

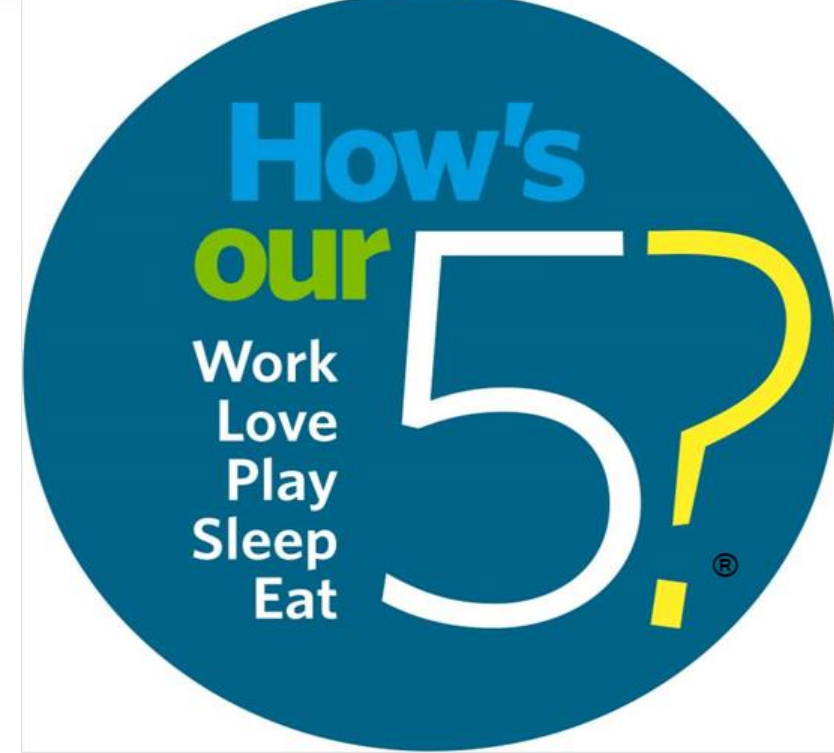
Introduction to Psychosocial Recovery and Resilience

Dr. Douglas Walker, PhD

Psychologist

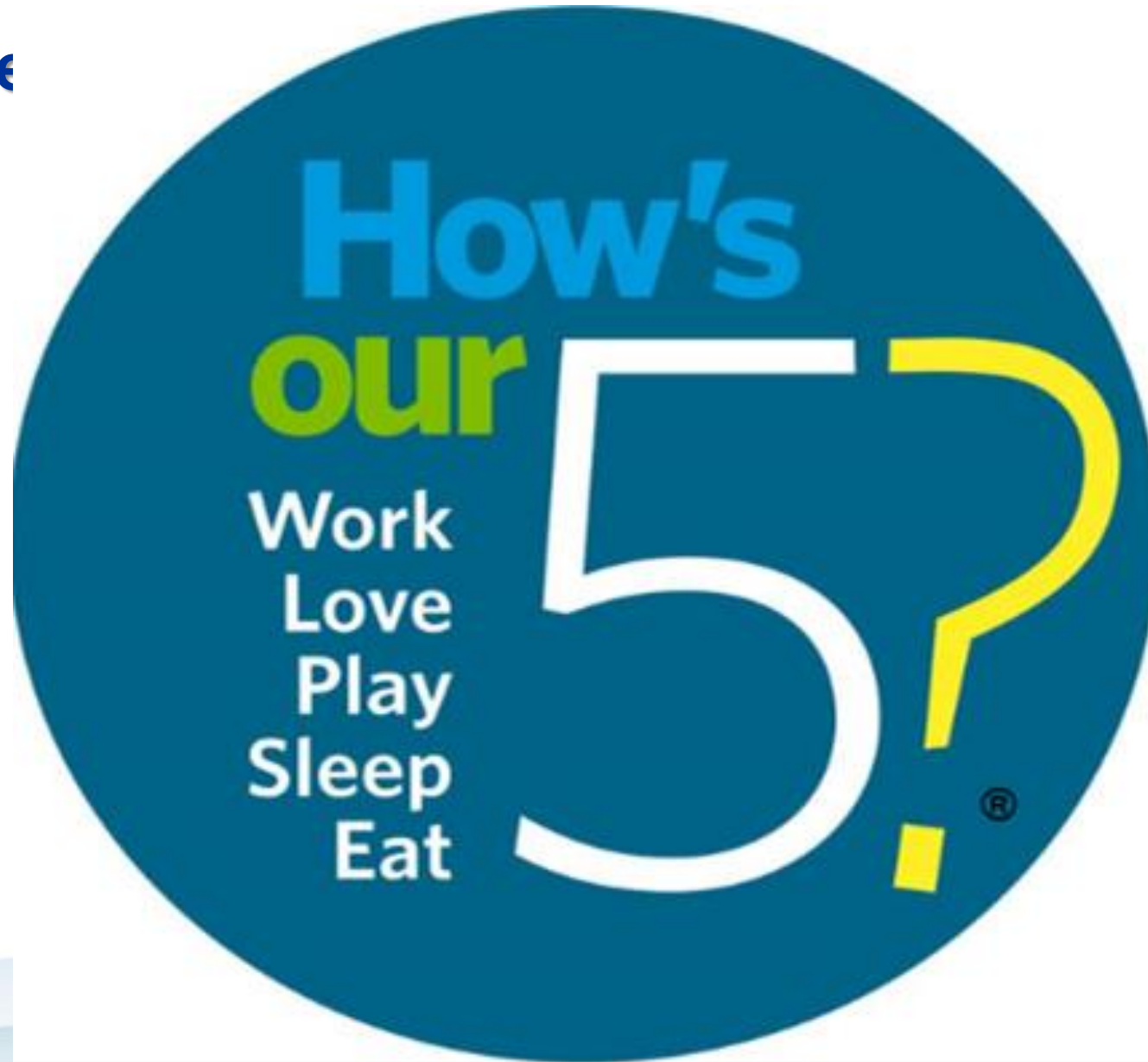
Program Director, Mercy Family Center (Lousiana)





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”

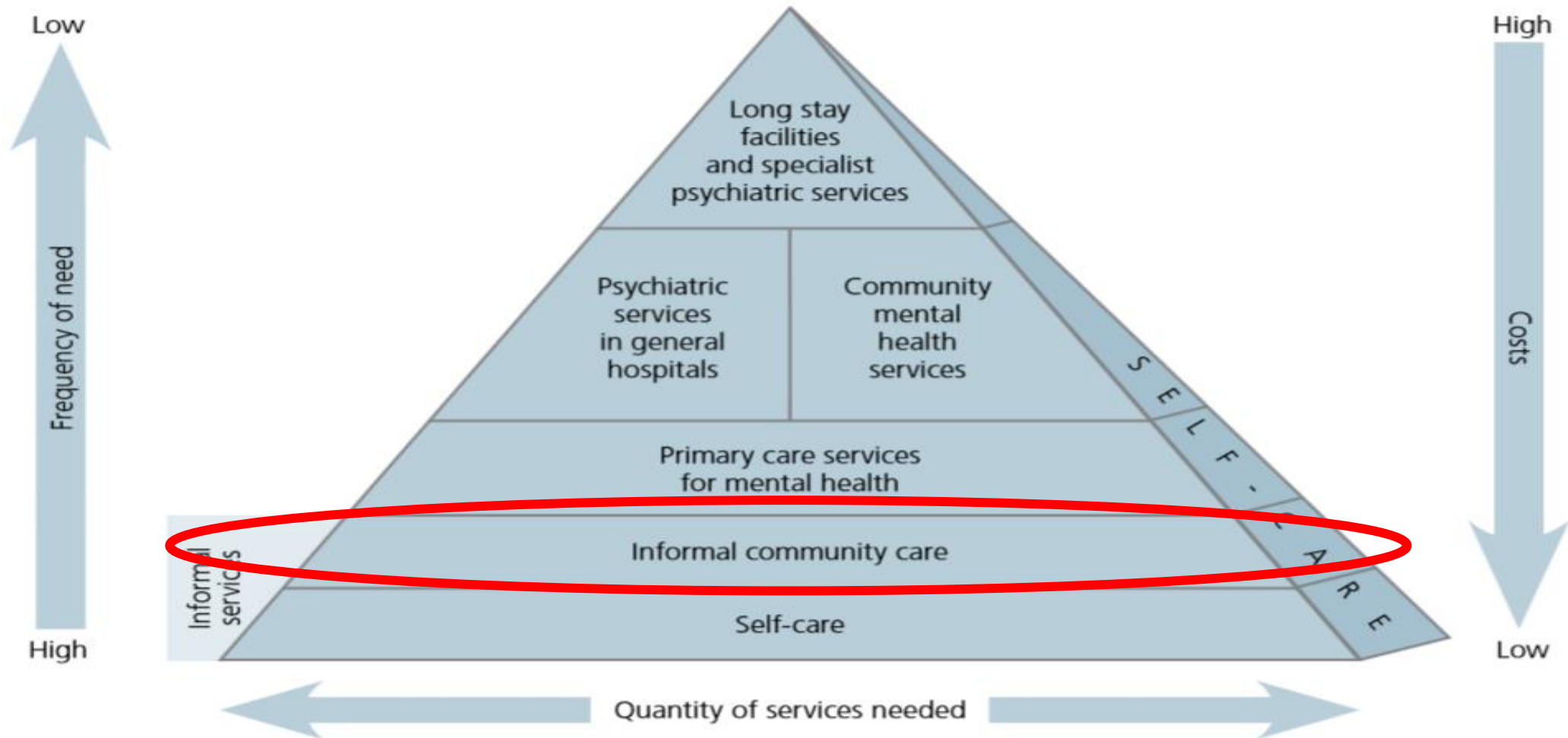
Self-Care

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)



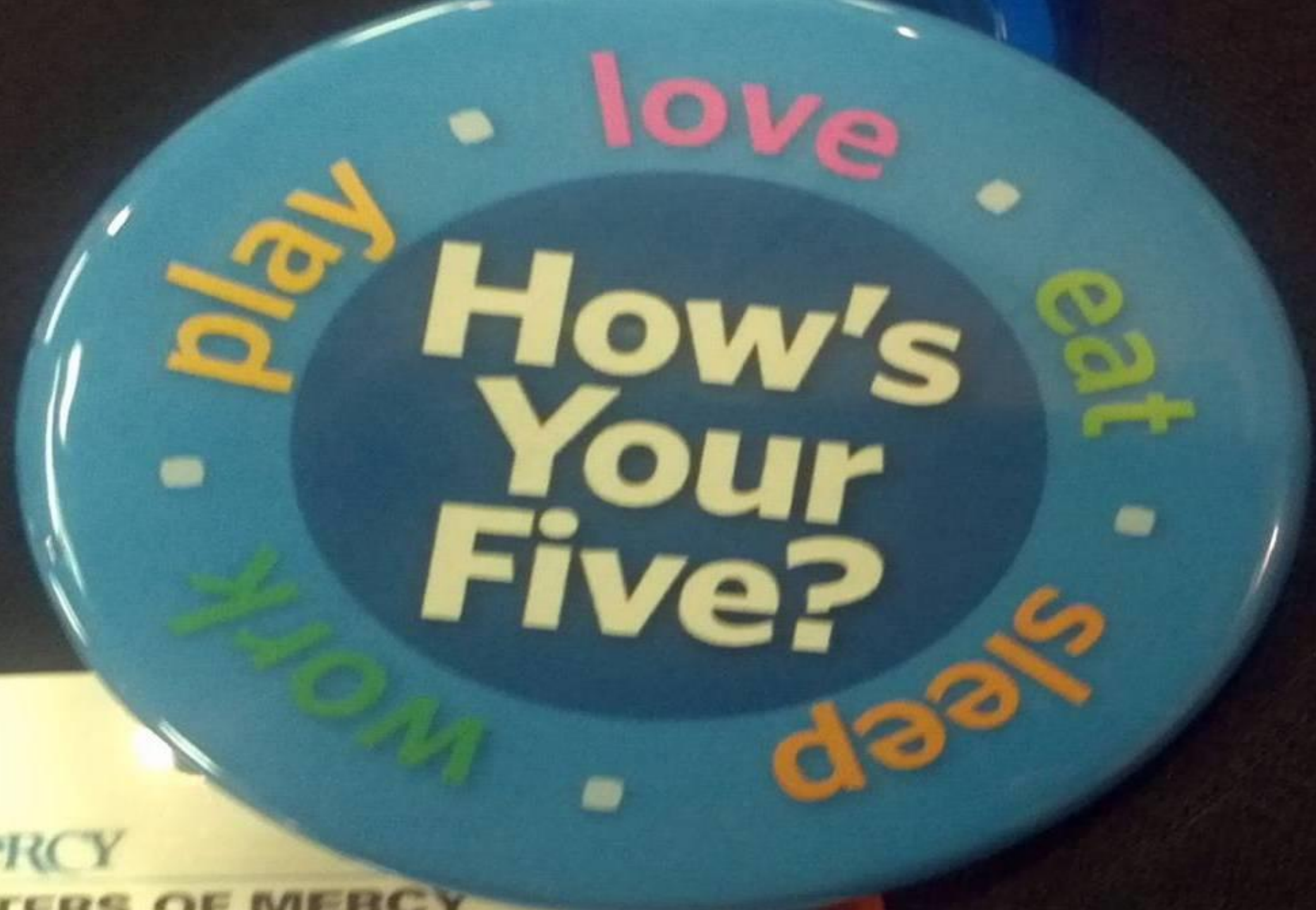
World Health Organization (WHO). Building back better: sustainable mental health care after emergencies. WHO: Geneva, 2013.



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.



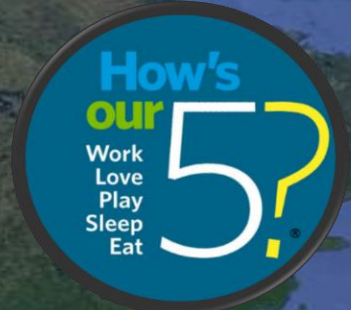
How's Your 5? Implementers

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

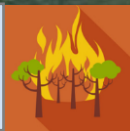
Organization Implementers	Time	Use
Mercy Hospital - Fort Smith	March 2017	Internal for co-worker wellness
Our High River (High River, Alberta Canada)	December 2017	External for community wellness
Fort McMurray, Alberta	December 2017	Community & Schools
ARISE	January 2018	En Español para la comunidad
Mercy Hospital – Ardmore	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

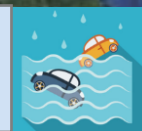
Joplin
Missouri



Joplin

Dulac

Dulac
Louisiana



Gulf of California

Gulf of Mexico

Mexico

Cuba

Get Beyond "I'm Fine."











TERREBONNE HOMECARE, INC.

Mercy
Tache Action Clinic

How's Your
50th
ANNIVERSARY
9th Annual
Celebrating 40th Anniversary

How's Your
50th
ANNIVERSARY

How's Your
5?
Work
Love
Play
Sleep
Eat
Twitter: @How'sYour5
Facebook: How'sYour5

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

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?

Connections

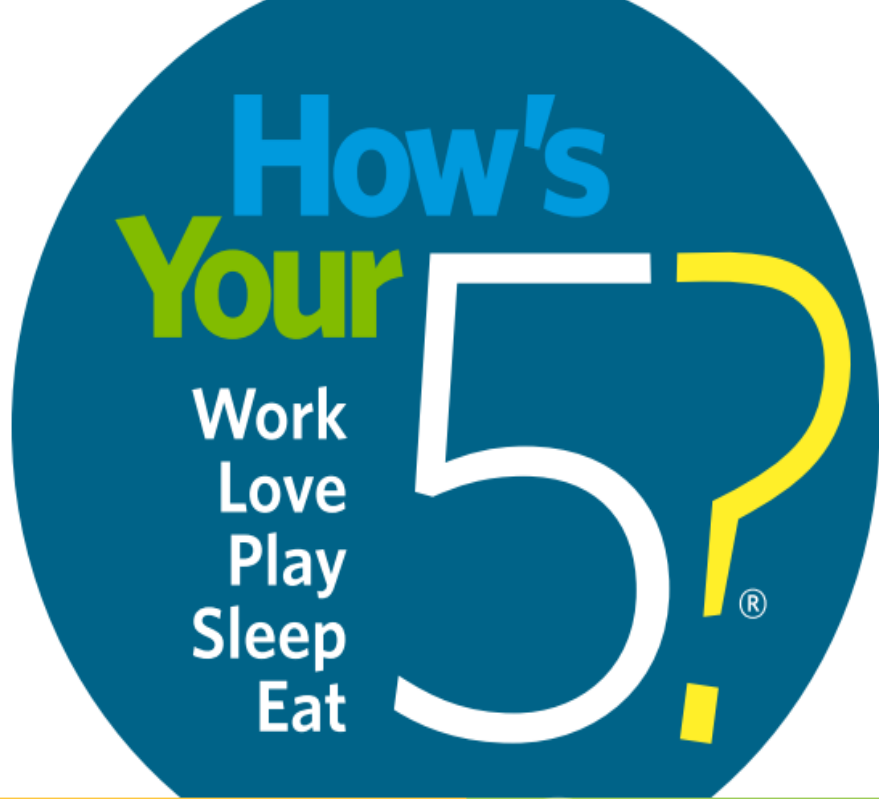


Awareness



Conversations





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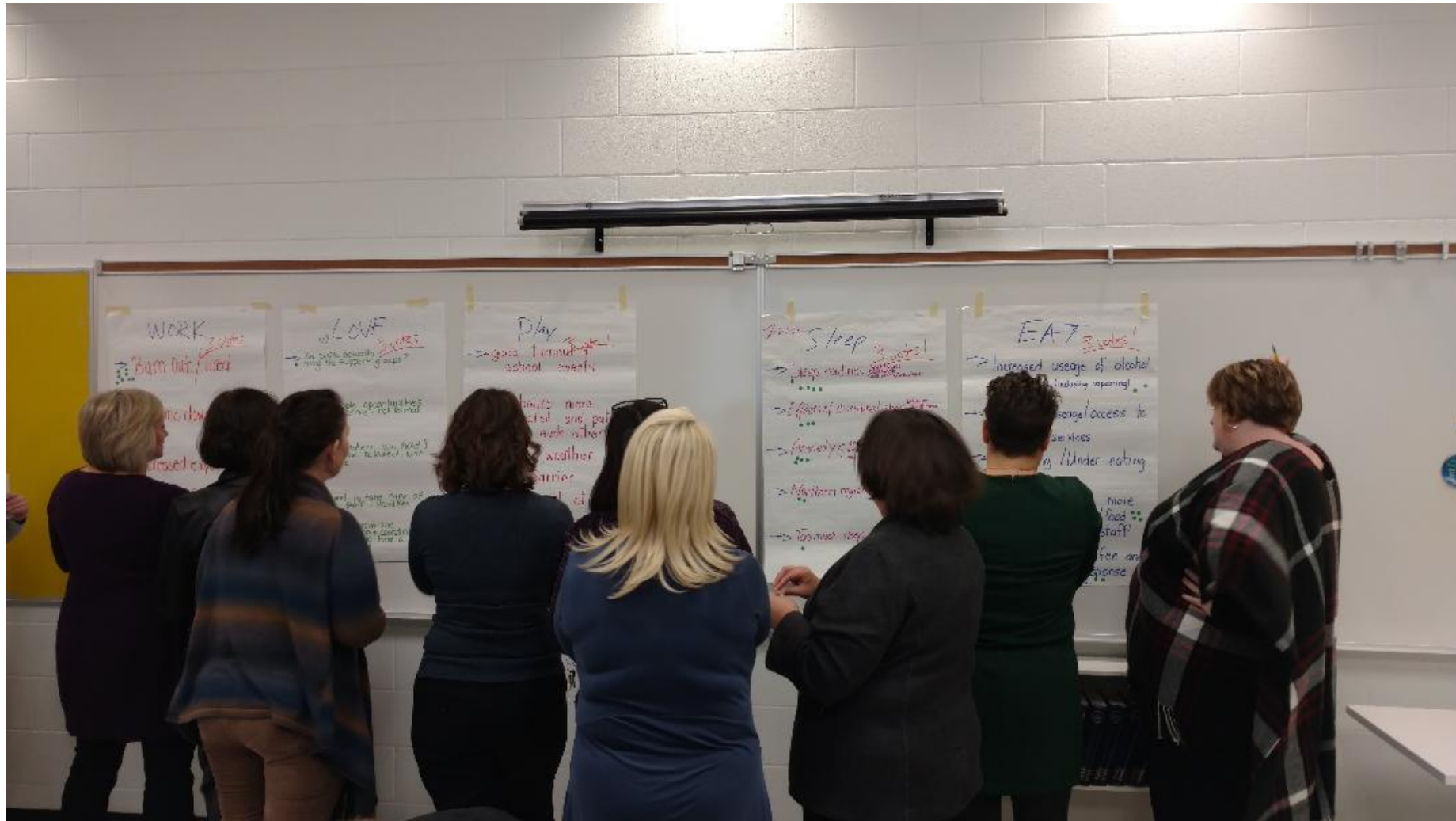


Break



How's Your 5? ®

1	2	3	4	5
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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.



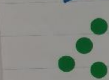
(20)

→ Economic down turn



(6)

→ Increased expectations



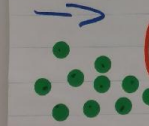
(4)

→ 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 ^{3 votes!} school events •

(5)

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

(10)

- winter weather is

→ a barrier •• (11)

•••• the (14) cost of "play"

→ taxes time and energy ••••

(12)



4

SLEEP

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

Imm 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

fillers
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



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

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.



Mercy



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

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How's Your 5? @HowsYour5 · 7h

Lovelorn fish have gloomier outlook, study finds



Lovelorn fish have gloomier outlook, study finds

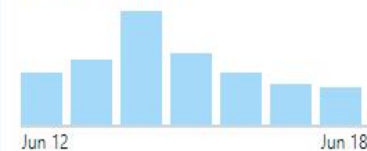
Female cichlids who lose their mates are measurably more pessimistic, researchers say

theguardian.com



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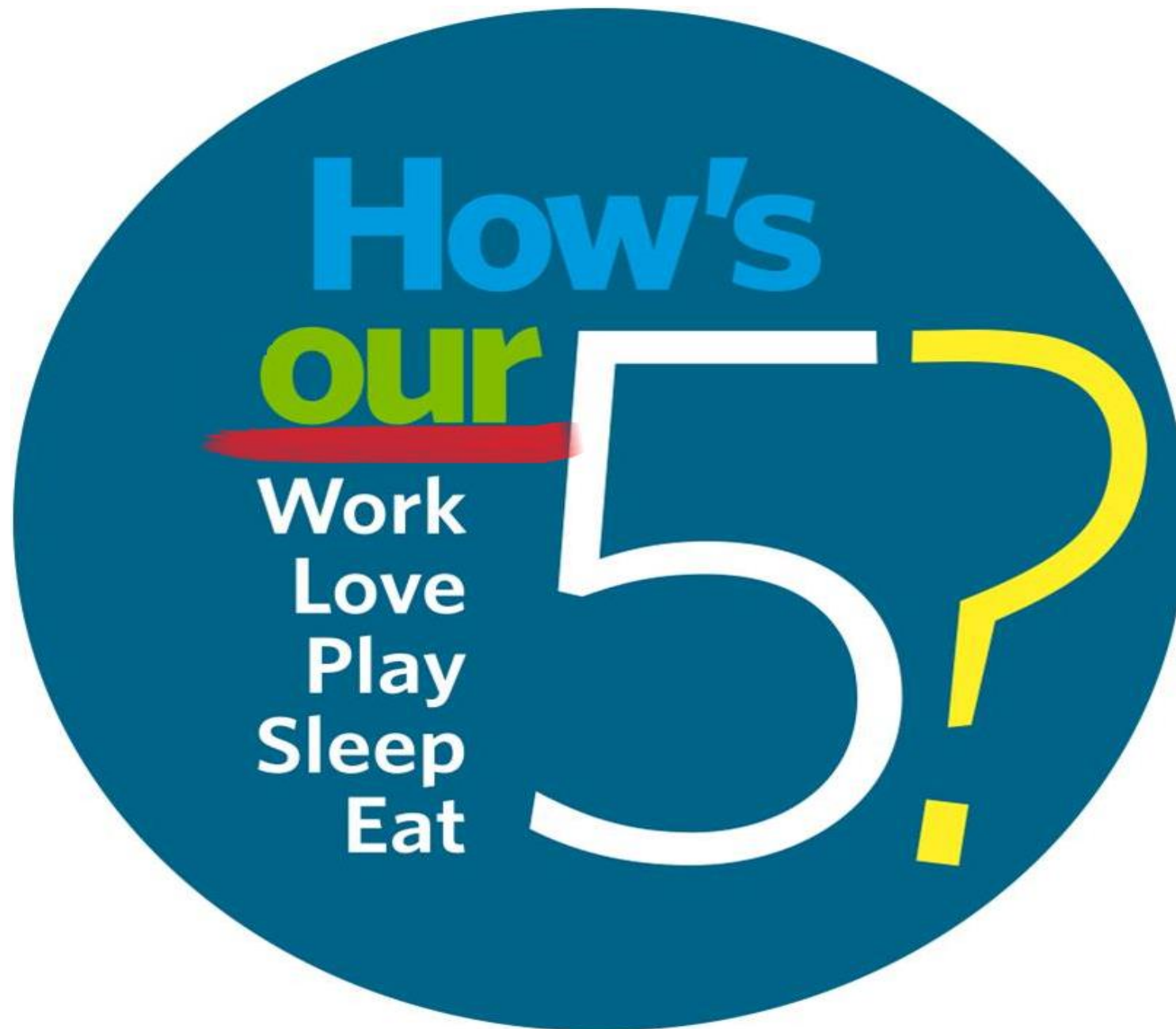
Ms.arsenault @Ms_JArsen...

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You Compare Medicare @...

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How's

our

Work
Love
Play
Sleep
Eat

5?



MFCHowsYourFive@mercy.net

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