WELCOME to the

Roles of Community Health Workers and Support Specialists during COVID-19

ECHO

Session will start in less than 15 minutes
Living in the age of COVID

The Effects of Social Isolation on people in recovery or with mental health issues
Isolation in the face of Illness

• By its nature all forms of illness make or can make people feel alone
• We all need connection with others to test our perception of reality
• Persons in recovery from mental health and or substance misuse are urged not to isolate and spend a lot of time alone with their thoughts.
• Much of the recovery process for mental illness and SUD is about not isolating, finding validating environments, being with or around people who can see old patterns of thinking and acting returning,
Timely questions and conversations

• What happens for you when you have spend lots of time in your own head?

• What are the first 3 to 5 things that change when old patterns of thinking or acting **start** to happen?

• Who in your circle of trusted people is/are best at seeing these old patterns as **start** to occur? Of these who do you listen to?

• Do you have telephone numbers, emails ...write them down keep them with you, program your device even if you know them by heart
Community Health Worker Role

• Encourage communication by means available and in early recovery from either mental health or substance misuse communicate often.
• Help person to find new resources for support.
• Work as a member of a team and know when to reach out for additional or more specialized help.
• Respect Stages of Change
• There is nothing more therapeutic than building a solid relationship.
Positive Tips & Effective Strategies

• Set up a routine - wakeup, meals, work, time for leisure/fun/pleasurable actives, regular bedtime
• Limit exposure to news and or things that make you feel help and hopeless
• Eat healthy meals, drink lots of water and limit or eliminate, caffeine, alcohol, nicotine.
• Exercise – even a very slow and relatively short walk (10 mins) produces stress fighting hormones.
Positive Tips & Effective Strategies

• Check your breathing?
• Create a scale for monitoring/measuring your stress.
• At one point on the stress scale do you need stop and do one thing well to reduce stress.
• Executive vs Limbic Functioning - spelling, serial 6’s and 7’s, favorite poem, lyric, song etc
• As a caregiver take care of yourself using these same tools