



## **Tribal Healing to Wellness Court**

[www.wellnesscourts.org](http://www.wellnesscourts.org)  
[wellness@tlpi.org](mailto:wellness@tlpi.org)

# TAKING CONTROL OVER YOUR MENTAL HEALTH AND RECOVERY DURING THE PANDEMIC ...AND PREPARING FOR THE SECOND WAVE

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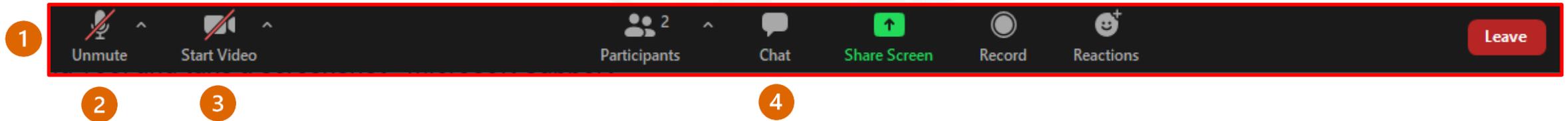
# BEFORE WE BEGIN...

Here are some friendly housekeeping reminders

- 1 Your control panel will appear at the bottom of your user screen. (As shown below)
- 2 All attendees will be muted during the beginning of the meeting. Please select “unmute” when you would like to speak. We ask that you please mute yourself when you are not speaking to avoid audio interference with other participants
- 3 If you would like to turn on your camera, please select “Start Video”.
- 4 Use the Chat box to submit a comment to “Everyone” or “Host”

We request that everyone please complete the workshop evaluation..

This webinar will not be recorded. A copy of the PowerPoint will be posted on WellnessCourts.org.





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# DISCLAIMER

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# ▶ SESSION OBJECTIVES:

1. Participants will be able to identify the obstacles that tribal communities were faced with during the pandemic regarding mental health and substance abuse services.
2. Participants will have a firm understanding of how tribal communities were able to adapt in their delivery of services for mental health and substance abuse services during the pandemic and how this is still in operation with re-openings with tribal operations.
3. Participants will learn how prepare clients and themselves for the next wave of the pandemic to address mental health and substance use issues in hopes of preventing relapse and mental health crises.



# ▶ MENTAL HEALTH (RECAP)

1. Increase in isolation from one another due to stay at home orders
2. Learning how to deliver services with virtual learning platforms
3. Shut down of tribal offices and services
4. Increase in suicide attempts and completions
5. Access to mental health services limited or non-existent
6. Traditional ceremonies and gatherings were not allowed in communities
7. Stay at home allowed mental health issues to go “unchecked”



# ▶ SUBSTANCE ABUSE(RECAP)

1. Opportunity to drink/use due to “stay at home” orders
2. Additional Covid relief payments for individuals
3. Stress of everyone under one roof, always together
4. Stress of family members who were testing positive for Covid
5. Limited accountability for clients by supervising agents/programs



# ▶ MENTAL HEALTH AND SUBSTANCE USE

1. Anxiety
2. Depression
3. Substance use disorders
4. Domestic Violence
5. Child abuse and neglect
6. Suicide



# ▶ ANXIETY AND DEPRESSION

2019 (Prior to the pandemic)

- 15% of Adults reported experiencing anxiety/depression

2020 (During the pandemic)

- 31% of adults nationwide reported experiencing anxiety/depression



# ▶ SUBSTANCE USE STATISTICS

- According to the CDC, 13% of people across the nation reported starting or increasing substance use to cope with stress related to Covid-19
- Pueblo of Laguna on call data  
72/221 Reporting period March 2019-May 2020/March 2020-May 2021



# ▶ PREPARING CLIENTS FOR THE NEXT WAVE:

1. Do your clients need any referrals for other providers? MAT? Primary care? Evaluation for medications?
2. Could your client benefit from an elder in the community? Is your client traditional and would like to connect with tradition as part of their treatment?
3. Do you have a safety plan in place should there be a crisis that arises with your client? Does your client know what this is?
4. How often are you updating a treatment plan for your client? Is your client a part of the treatment plan? This should be 1<sup>st</sup> person.
5. Talk with clients about how they are doing as things are happening in your community. Things are happening quickly. Information changes daily. Be transparent.



# ▶ CONT.

6. It's okay to not be okay. Remind clients that these are difficult times. Have available resources for clients to access, be that behavioral health, food, shelter, or any other that may be needed. Many areas have impacted during this pandemic and clients may need help navigating resources.



# ▶ PREPARING OURSELVES FOR THE NEXT WAVE

1. Have a plan in place within your agency for clients so there is no gap in services.
2. Remember to give yourself a rest when needed.
3. Be kind and compassionate toward yourself
4. Connect with your emotions.
5. Establish a relationship with other providers in your community. Make sure you have all necessary paperwork needed to ensure smooth transitions for clients. This should include referrals, ROI's, etc...
6. Take what you learned from the “shut down” and use what worked!
7. Communication is key. Have regular discussions with your colleagues about how you can safely serve your clients and community.





## QUESTION & ANSWERS





## CONTACT US



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THANK YOU!

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