



THURSDAY, JANUARY 14, 2021

5:30-6:30 PM

BEHAVIORAL AND MENTAL HEALTH IN STUDENTS FORUM

HOSTED BY NORTHWEST PEDIATRICS
PSYCHOLOGIST STACEY WEBBER-
VILLANUEVA

STACEY VILLANUEVA, PSY.D.

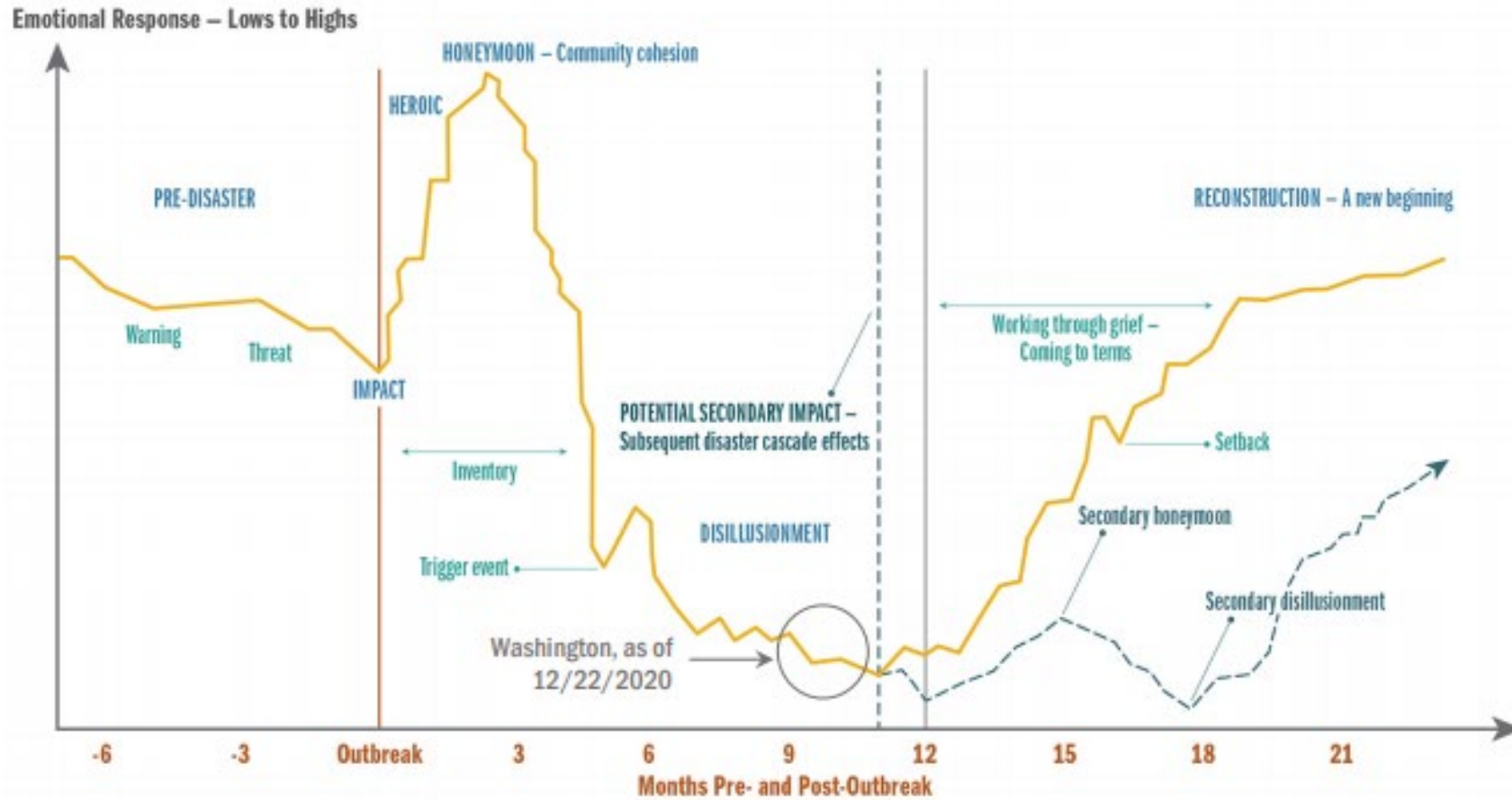
LICENSED CLINICAL PSYCHOLOGIST

“The typical long-term outcome to disaster is resilience, rather than disorder.”

Born Resilient – Heal, Bend, Hope (2020)

COVID-19 BEHAVIORAL HEALTH GROUP IMPACT REFERENCE GUIDE
(JULY 2020) WASHINGTON STATE DEPARTMENT OF HEALTH

Reactions and Behavioral Health Symptoms in Disasters

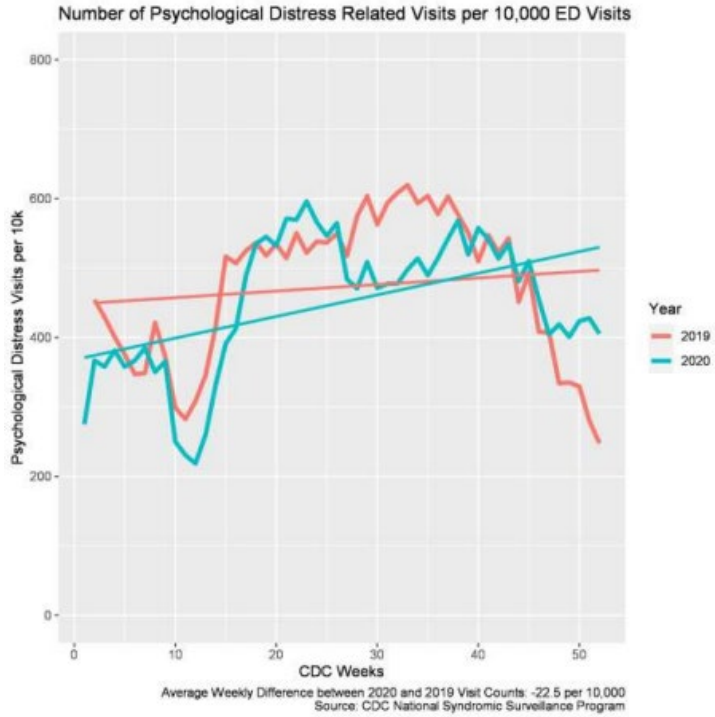


**Figure 1: Phases of reactions and behavioral health symptoms in disasters.*

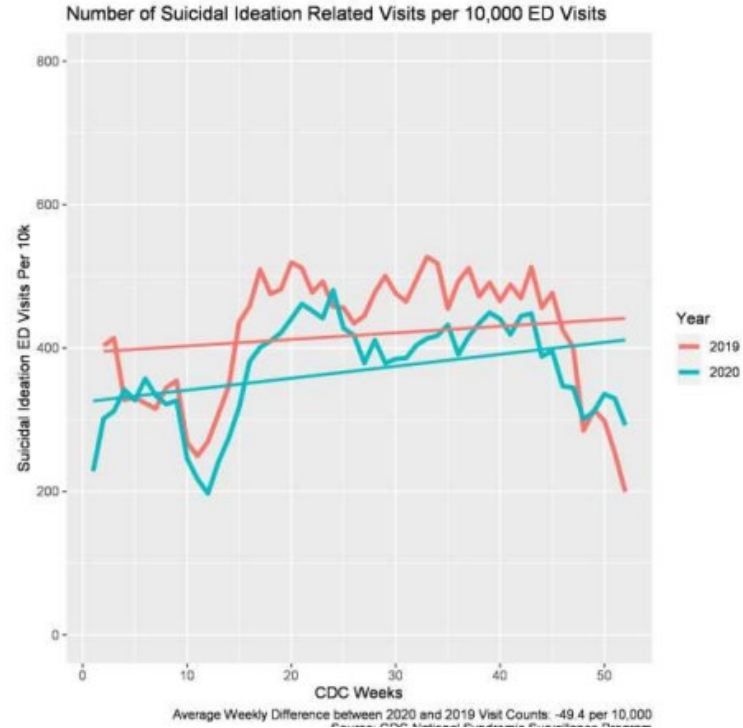
Adapted from the Substance Abuse and Mental Health Services Administration (SAMHSA)^B

**The dotted graph line represents the response and recovery pattern that may occur if the full force of a disaster cascade is experienced by a majority of the population.*

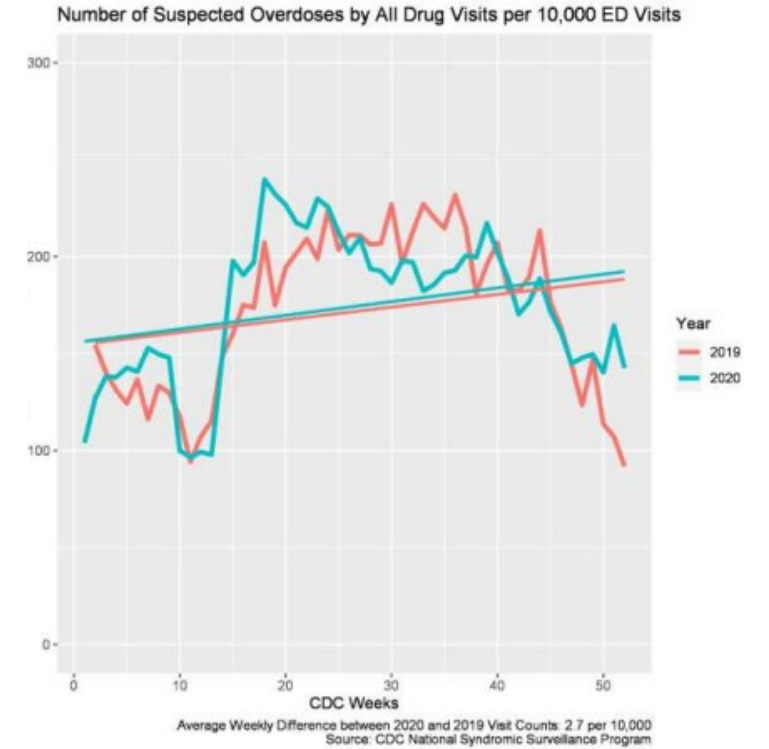
Graph 1: Relative count of ED visits for psychological distress⁵ in Washington, by week: 2020 vs. 2019 (Source: CDC ESSENCE)



Graph 2: Relative count of ED visits for suicidal ideation in Washington, by week: 2020 vs. 2019 (Source: CDC ESSENCE)



Graph 4: Relative ED count for all drug⁶-related visits in Washington, by week: 2020 vs. 2019 (Source: CDC ESSENCE)



WASHINGTON DEPARTMENT OF HEALTH WEEKLY SITUATION REPORT
N STATE DEPARTMENT OF HEALTH

Problems

2019

2020

1. School
2. Housing
3. Work
4. Food security
5. Financial Security
6. Exposure death/sickness
7. Child care
8. Tradition changes
9. Uncertainty about the future
10. Social isolation
11. Limited access to family
12. Exercise/access to outdoors
13. Friends/family mental health problems
14. Sports

Problems

YOU

OTHER

1. Motivation/participation/achievement
2. Self esteem/feeling like a failure
3. Falling behind
4. Separation or loss of friends/family
5. Onset or exacerbation of anx/dep/other
6. Appetite weight changes
7. Sleep changes
8. Regression (potty training, sleeping alone)
9. Anger, tantrums, defiance
10. Substance use
11. Self injurious behavior
12. Thoughts of suicide
13. Domestic violence / abuse

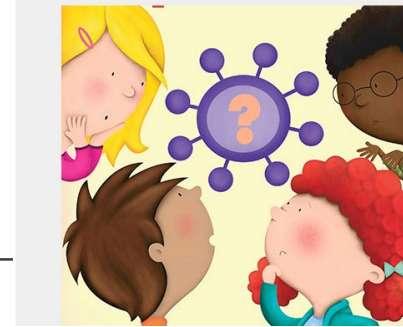
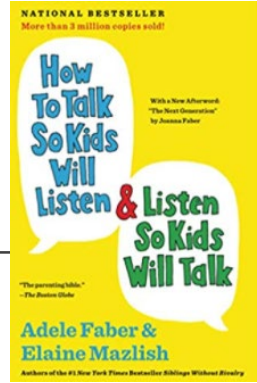
Table 12: Families and Children (Group 7)

	Month of Outbreak	3 Months Post-Outbreak	6 Months Post-Outbreak	9 Months Post-Outbreak	12 Months Post-Outbreak
Emotional	Anxiety	Anxiety	Anxiety	Anxiety	Heightened anxiety and depression, if second pandemic wave occurs Coping and recovery, if pandemic subsides
	Grief	Depression	Depression Increased risk of suicide	Depression Increased risk of suicide	
Cognitive	Confusion	Confusion	Apathy	Apathy	Skills deficits, academic failures, employment challenges, if second pandemic wave occurs Increased future planning and competency, if pandemic subsides
		Problems with attention, concentration, and memory	Decreased interest and involvement in learning Difficulty in job tasks	Decreased interest and involvement in learning Difficulty in job tasks	
Behavioral	Acting out Withdrawal	Developmental regression	Acting out	Hopelessness	Hopelessness, lack of planning for future, if second pandemic wave occurs Development of coping, if pandemic subsides
		Increased substance use disorders Increased domestic violence and child abuse	Withdrawal Increased substance use disorders Increased domestic violence and child abuse	Lack of planning for future Frustration due to economic stress Suicide	

COVID-19 Behavioral Health Group Impact Reference Guide
Pg. 35

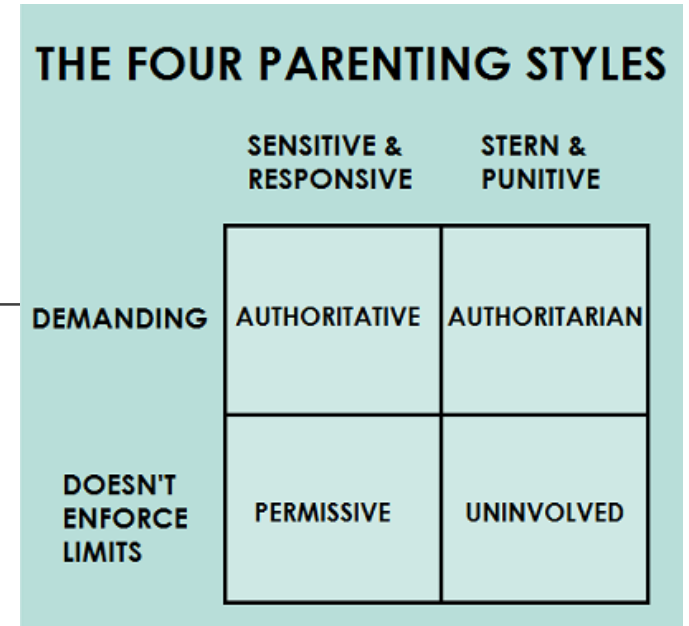
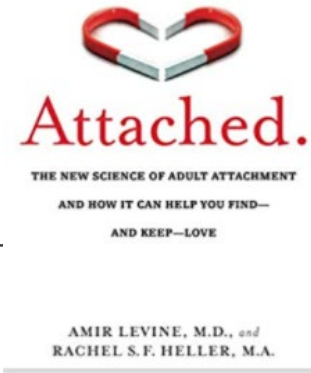
Now What?

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1. Check In
 2. Widen Your Scope
 3. Put Your Gas Mask On
 4. Get Off the Island
 5. Examine Expectations

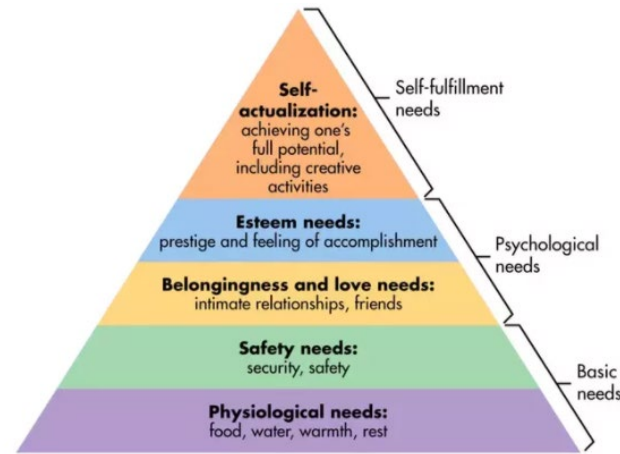


1. Check In
2. Widen Your Scope
3. Put Your Gas Mask On
4. Get Off the Island
5. Examine Expectations

Connect
Express Concern
Clarify
Show Empathy



1. Check In
2. Widen Your Scope
3. Put Your Gas Mask On
4. Get Off the Island
5. Examine Expectations



1. Check In

Attending to your own mental health needs

2. Widen Your Scope

Getting the foundations down (sleep/eat)

3. Put Your Gas Mask On

Self-care

Crisis support

4. Get Off the Island

Family/friend support

Taking breaks

5. Examine Expectations

Lowering expectations for yourself

You do not need to do this alone, and it's often better you don't.

1. Check In

Contact an ADHD Specialist (Hablamos Español) 1-866-200-8098, M-F, 1-5 pm ET

2. Widen Your Scope

3. Put Your Gas Mask On

To speak to an I&R Specialist directly, call 800-3-AUTISM ([800-328-8476](tel:8003288476)).

4. Get Off the Island

Centralia School
Counseling Center

5. Examine Expectations



Center for the Study of Traumatic Stress



1. Check In
2. Widen Your Scope
3. Put Your Gas Mask On
4. Get Off the Island
5. Examine Expectations

	Helpful
Going for a run	Sunny day
Controllable	Uncontrollable
Eating box of doughnuts	Rain
	Unhelpful

-
1. Check In
 2. Widen Your Scope
 3. Put Your Gas Mask On
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PLEASE SEE RESOURCE SHEET AND CRISIS HANDOUT
