



I'm Still Standing

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Welcome Back



it's good
to see
you

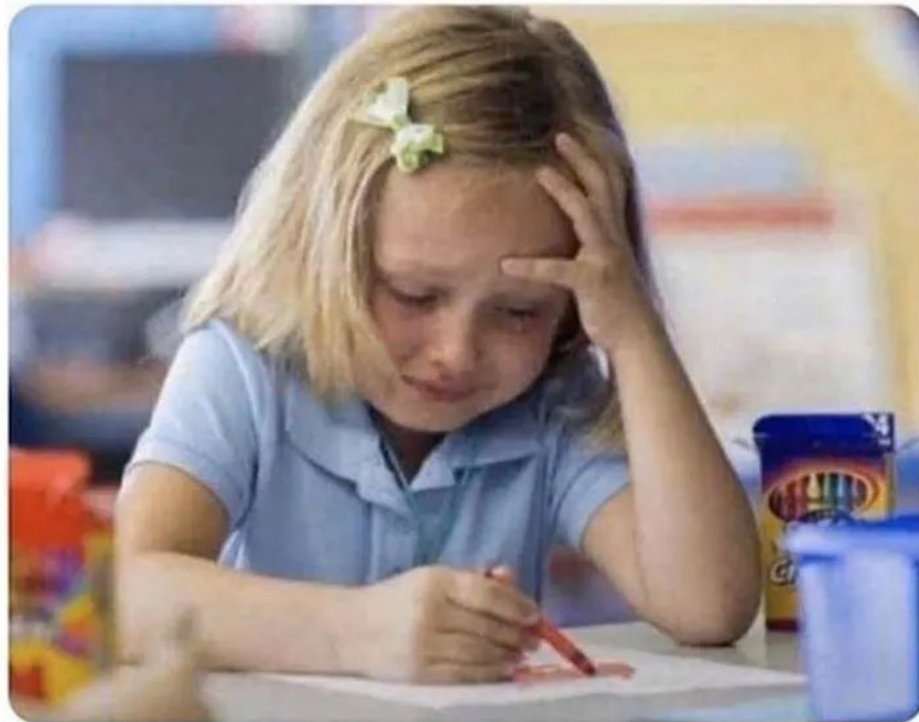
Navigating Through The Past 2 years:



Mental Health of Healthcare Workers

- **Stressed out and stretched too thin:** 93% of health care workers were experiencing stress, 86% reported experiencing anxiety, 77% reported frustration, 76% reported exhaustion and burnout, and 75% said they were overwhelmed.
- **Worried about exposing loved ones:** 76% of healthcare workers with children reported that they were worried about exposing their child to COVID-19, nearly half were worried about exposing their spouse or partner, and 47% were worried that they would expose their older adult family member(s).

Somedays I just want to reply emails with "ok" and this picture:



Mental Health of Healthcare Workers (cont).

- **Emotionally and physically exhausted:** Emotional exhaustion was the most common answer for changes in how healthcare workers were feeling over the previous three months (82%), followed by trouble with sleep (70%), physical exhaustion (68%) and work-related dread (63%). Over half selected changes in appetite (57%), physical symptoms like headache or stomach ache (56%), questioning career path (55%), compassion fatigue (52%) and heightened awareness or attention to being exposed (52%). Nurses reported having a higher exposure to COVID-19 (41%) and they were more likely to feel too tired (67%) compared to other healthcare workers (63%).



*I'm cried out but I want to cry more,
so I'm re-hydrating*

Mental Health of Healthcare Workers (cont).

- **Not getting enough emotional support:** 39% of healthcare workers said that they did not feel like they had adequate emotional support. Nurses were even less likely to have emotional support (45%).
- **Struggling with parenting:** Among people with children, half reported they are lacking quality time or are unable to support their children or be a present parent.

Name:

What has sucked
the most for you?

Why?



*Thank you for
being brave
enough to
share.*

"You're not a victim for sharing your story. You are a survivor setting the world on fire with your truth. And you never know who needs your light, your warmth and raging courage."



CHOCOLATE SOCRATES

How Did We Get Through?



When you feel like quitting,
remember why you started.

Choosing the Right Support.

- Family
- Friends
- Co-Workers
- Animals
- Mindfulness
- Meditation
- Self-Care
- Workplace EAP
- Listening to Your Body



Heading
Into The
22-23
School
Year Like:

Me taking undeserved breaks in the
name of self care after doing bare
minimum





You treat a disease: you win, you lose.
You treat a person, I guarantee you win
- no matter the outcome.

Types of Trauma

Bullying

Community Violence

Complex Trauma

Disasters

Early Childhood Trauma

Intimate Partner Violence

Medical Trauma

Physical Abuse

Refugee Trauma

Sexual Abuse

Sex Trafficking

Terrorism and Violence

Traumatic Grief

Trauma Informed Approach:

1. Identifying and assessing traumatic stress.
2. Addressing and treating traumatic stress.
3. Teaching trauma education and awareness.
4. Having partnerships with students and families.
5. Creating a trauma-informed learning environment (social/emotional skills and wellness).
6. Being culturally responsive.
7. Integrating emergency management & crisis response.
8. Understanding and addressing staff self-care and secondary traumatic stress.
9. Evaluating and revising school discipline policies and practices.
10. Collaborating across systems and establishing community partnerships.



Case Review





Resources

[Trauma Informed Systems at School](#)

[Mental Health America](#)

[Support for Public Health Workers](#)

[988 Suicide and Crisis Hotline](#)

Better Together

