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Family Planning
Training Center
nysfptraining.org

Adapting to COVID-19: Supporting Resilience During COVID-19

December 8, 2020

Moderators

New York State Family Planning Training Center
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Learning Objectives

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- Describe what community-level trauma is.
- Describe how community-level trauma is multidimensional for the diverse populations that family planning providers represent and serve.
- Identify one strategy for supporting resilience from a peer that can be implemented at your agency.

Phases after Disaster

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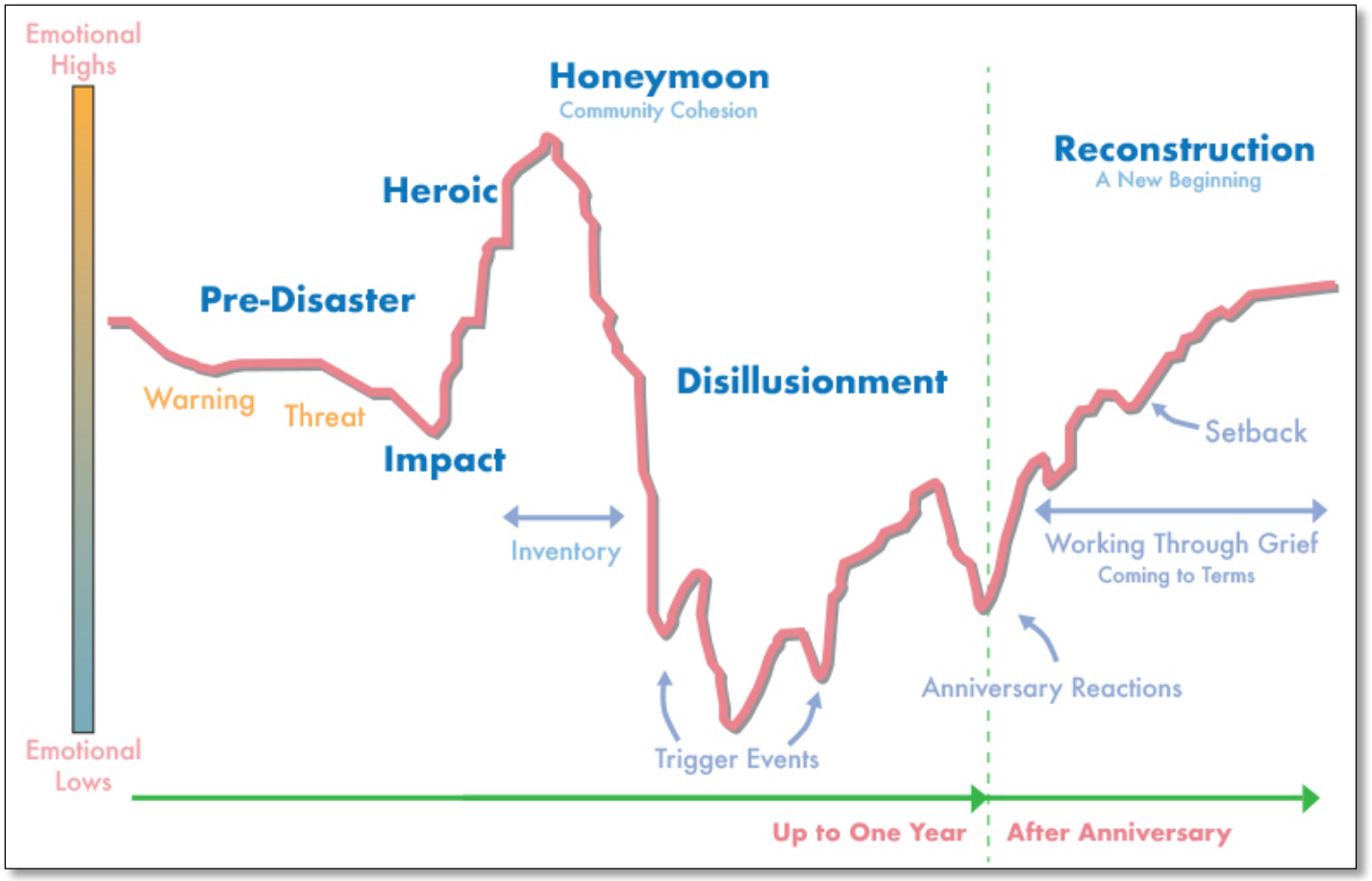

Source: Phases of Disaster. https://www.samhsa.gov/dtac/recovering-disasters/phases-disaster. Accessed 30 Nov. 2020.

Community Level Trauma

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An EXTREME stressor:

- Novel
- Minimal opportunity for control
- Increased threat
- Unpredictable

Compounded by:

- Social isolation
- Stigma
- Anticipatory bereavement

Resource: Adverse Community Experiences and Resilience: A Framework for Addressing and Preventing Community Trauma

Moral suffering

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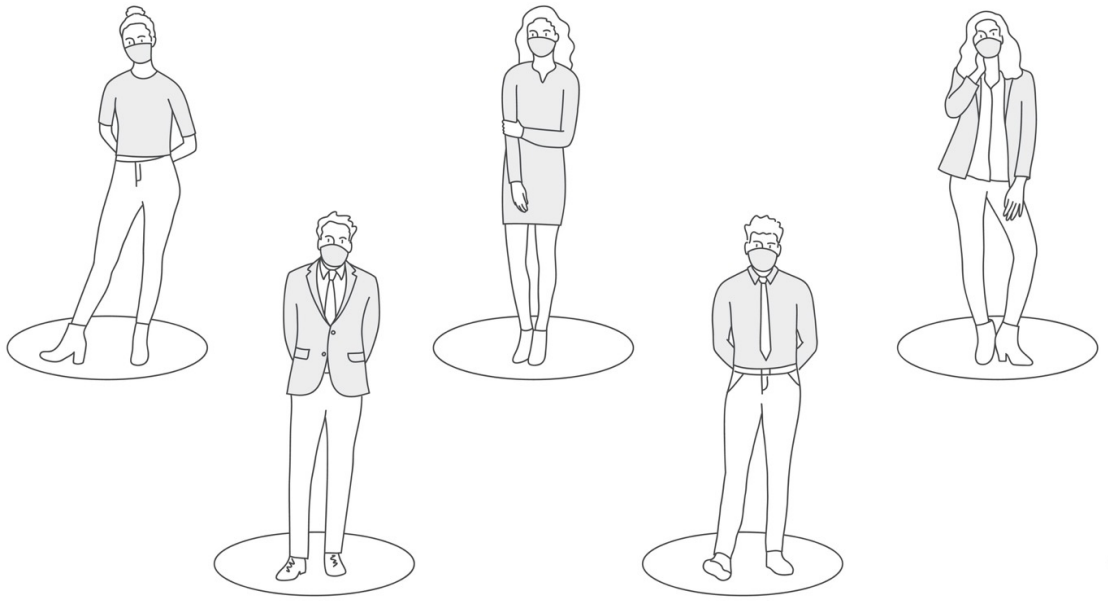
The harm we experience when we participate or are exposed to actions that transgress our tenants of basic human goodness



(Halifax, J. (2020, April 16). Healing Moral Distress, Moral Outrage, and Reducing Burnout [YouTube]. Retrieved June 9, 2020, from Emotional Well-Being During the COVID-19 Crisis for Health Care Providers Webinar Series website: https://www.youtube.com/watch?v=M9V3fB_AJZI&list=PLWXu8EHZjBYoujTb4kBvNU8bhzNlFvEzV&index=5)

Moral Suffering

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Moral distress:
aware of moral problem, determine a remedy, but unable to act upon that due to internal/external constraints

Moral injury:
psychological impact that is felt by those witnessing or participating in morally transgressive acts (leading to dread, guilt, shame)

Moral outrage:
externalized expression of indignation directed towards those who have violated social norms (episodically valuable, chronically detrimental)

Moral apathy:
not caring or active denial about morally transgressive acts

(Halifax, J. (2020, April 16). Healing Moral Distress, Moral Outrage, and Reducing Burnout [YouTube]. Retrieved June 9, 2020, from Emotional Well-Being During the COVID-19 Crisis for Health Care Providers Webinar Series website: https://www.youtube.com/watch?v=M9V3fB_AJZI&list=PLWXu8EHZjBYoujTb4kBvNU8bhzNlFvEzV&index=5)

Relational Orientation to Resilience

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- Bring compassion more consciously into interactions with others
- Maintaining compassion depends on relationship to joy
- Experiencing vulnerability through relationships/connectedness is an important facet of maintaining compassion to oneself and others

Jinpa, T. (15 May 2020). On the Front Lines: Compassion-Based Strategies [YouTube]. Retrieved October 5, 2020, from Emotional Well-Being During the COVID-19 Crisis for Health Care Providers Webinar Series website: https://www.youtube.com/watch?v=oLMUpedTQ5Q&list=PLWXu8EHZjBYoujTb4kBvNU8bhzNlFvEzV&index=9&t=0s

Poll

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1. Go to: www.menti.com
2. Enter this code: **41 80 35**
3. Type in your response

What brought you to the work of family planning or sexual and reproductive health?

Hear from Your Peers

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Janet Garth, MPH

Family Planning Program Director

Manager Center for Community Health & Education

Division of Population & Community Health

New York Presbyterian Hospital

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Virtual Break Out

Questions to Consider

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- What are some strategies you and/or your team have tried to reduce burnout, moral distress?
- Since COVID-19 began, have you experienced a greater sense of connection with your co-workers, you clients, and/or your work? How so? Please describe.
- What have you learned about fostering resiliency that will impact how you relate to your colleagues, or your clients?
- How have your experiences made you reflect on your organization's role in responding to the many dimensions of community-level trauma?

Report Out

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What are 1-2 strategies you and/or your team have tried to reduce burnout, moral distress?

How have your experiences made you reflect on your organization's role in responding to the many dimensions of community-level trauma?

Poll

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How will you continue to bring compassion to work with your team and clients?

Resources

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- BU School of Public Health Webinar Mental Health in time of a Crisis
- Emotional Well-Being During the COVID-19 Crisis for Health Care Providers Webinar Series
  - On the Front Lines: Compassion-Based Strategies with Thupten Jinpa, PhD
- Unlocking Us: Brené with Emily and Amelia Nagoski on Burnout and How to Complete the Stress Cycle

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Thank you!

Contact:

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