

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

December 8, 2020

Moderators

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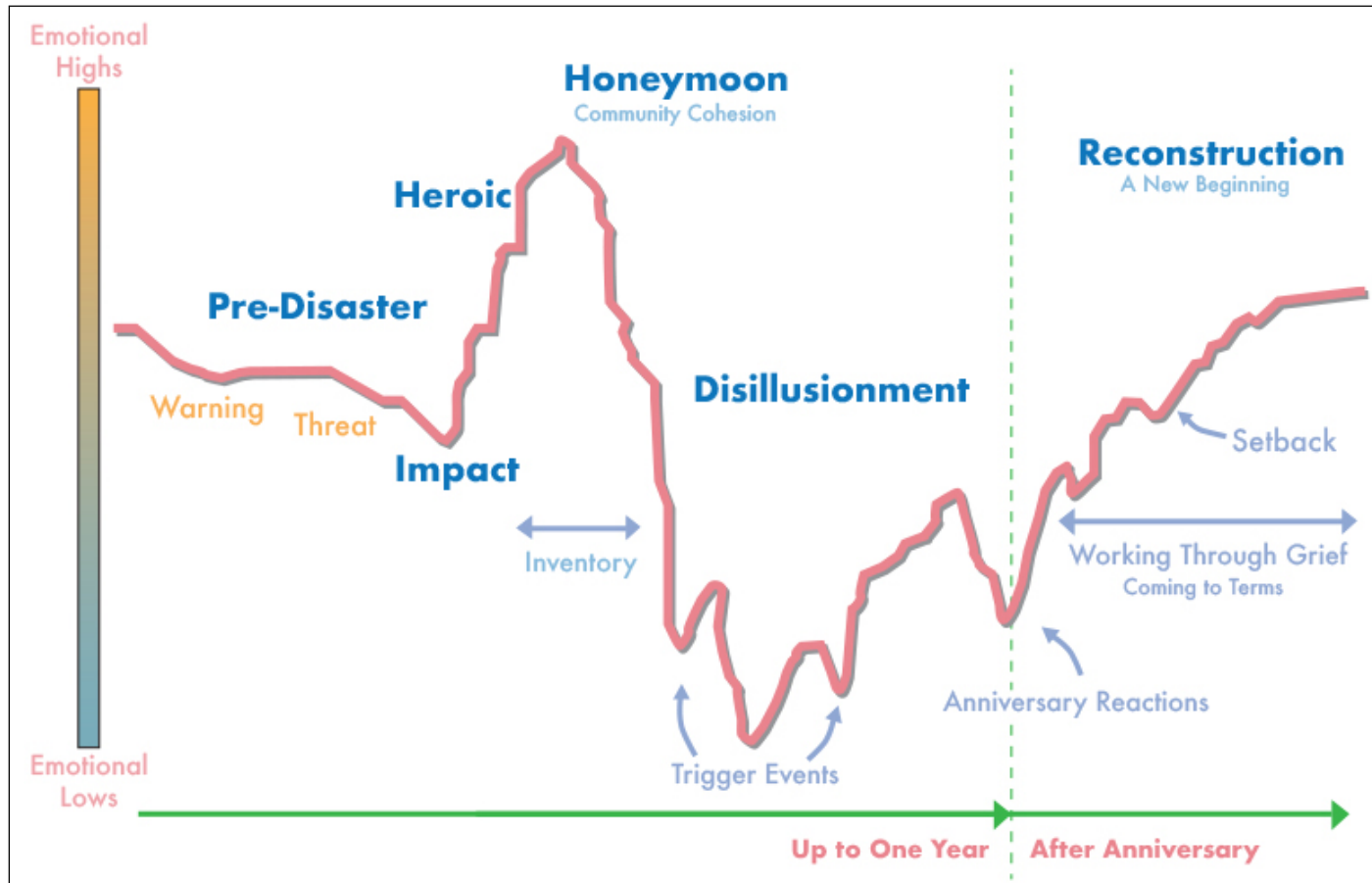
Learning Objectives

- 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



An EXTREME stressor:

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

Compounded by:

- Social isolation
- Stigma
- Anticipatory bereavement

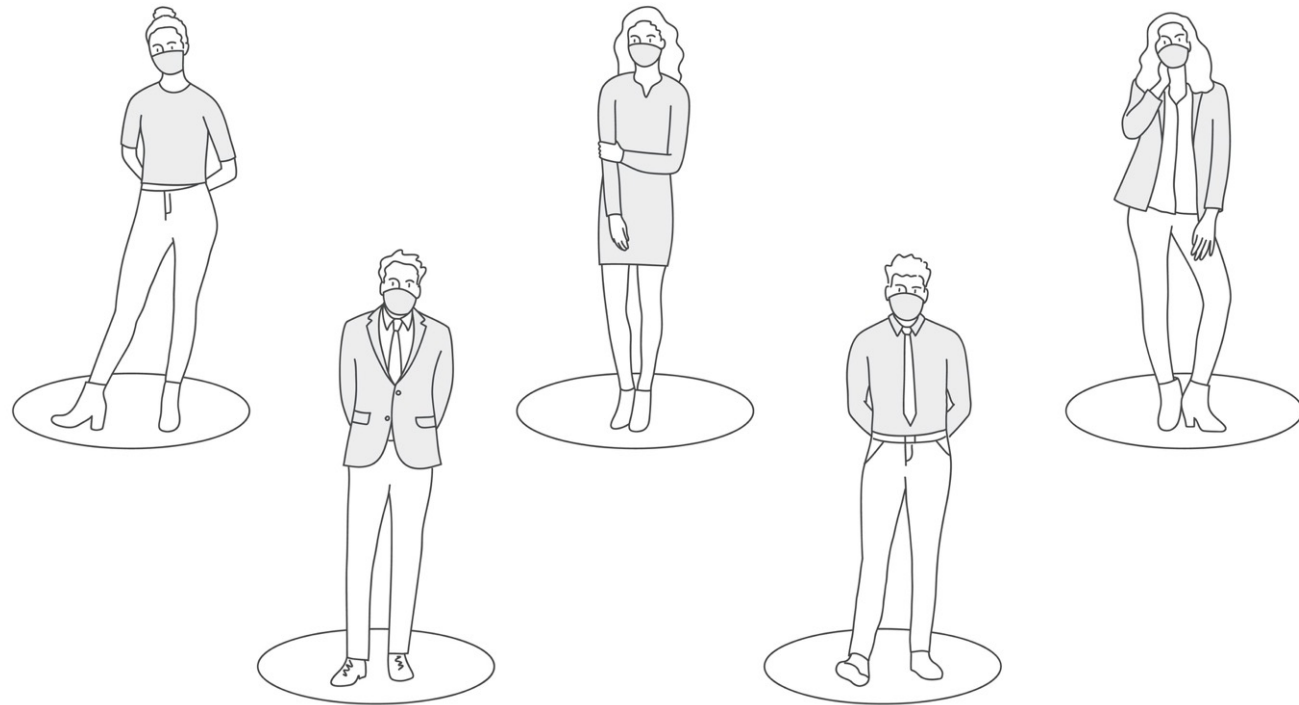
Resource: [Adverse Community Experiences and Resilience: A Framework for Addressing and Preventing Community Trauma](#)

Moral suffering



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The harm we experience when we participate or are exposed to actions that t



(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=PLWXu8EHZjBYoujTb4kBvNU8bhznIFvEzV&index=5)

Moral Suffering

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=PLWXu8EHZjBYoujTb4kBvNU8bhznIFvEzV&index=5)



Relational Orientation to Resilience



- 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=PLWXu8EHZjBYoujTb4kBVNU8bhzNIFvEzV&index=9&t=0s>

Poll

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

- 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

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](#)

Thank you!

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