



Pacific Southwest (HHS Region 9)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Welcome to Today's Webinar

2020 Holiday Mood Management:
Self-Help in the Pacific Southwest
During Pandemic Times

- If you have questions during the session, please post them in the “Questions” chat box. If you have comments, please post them in the “Comments” chat box. We will do our best to address them during the session, but if we are unable to we will provide follow-up after the session.
- A copy of today’s presentation and handouts can be downloaded from the pod located directly below the list of attendees. Links were also included in the reminder email that was sent out before the session.
- All phone/audio lines will be muted during today’s session.
- This session is being recorded. The recording will be available in 7-10 days and can be accessed here.
https://mhttcnetwork.org/centers/global-mhttc/products-resources-catalog?center=35&product_type=26
- At the conclusion of the webinar a feedback form will appear on your screen. Please take a few minutes to provide us with your thoughts as this is a very important part of our funding.
- If you have technical issues, please email joshel@cars-rp.org.



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2020 Holiday Mood Management: Self-Help in the Pacific Southwest During Pandemic Times

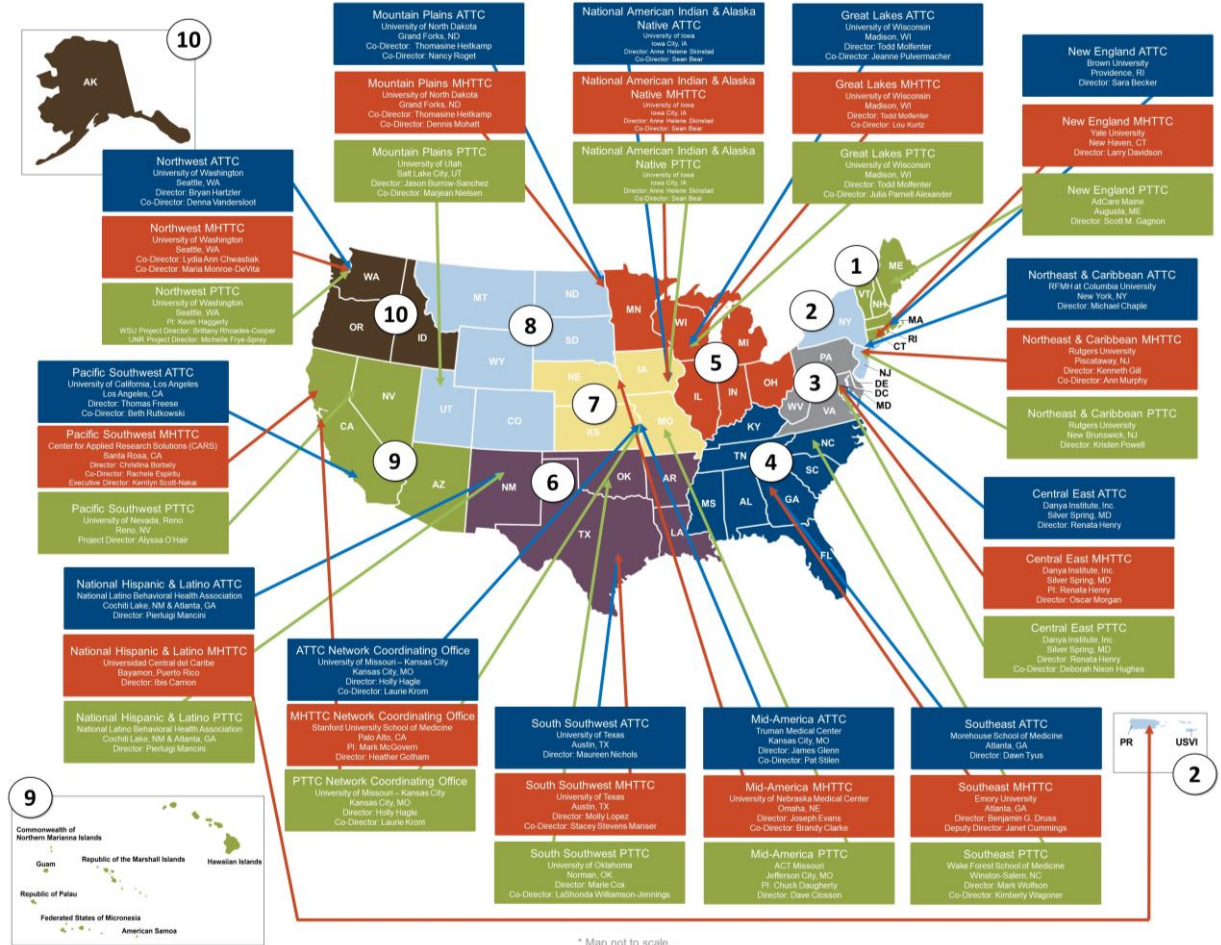
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Technology Transfer Centers

Funded by Substance Abuse and Mental Health Services Administration (SAMHSA)



* Map not to scale.



Pacific Southwest (HHS Region 9)

MHTTC

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Our Role

We offer a collaborative MHTTC model in order to provide training, technical assistance (TTA), and resource dissemination that supports the mental health workforce to adopt and effectively implement evidence-based practices (EBPs) across the mental health continuum of care.

Our Goal

To promote evidence-based, culturally appropriate mental health prevention, treatment, and recovery strategies so that providers and practitioners can start, strengthen, and sustain them effectively.

Services Available

No-cost training, technical assistance, and resources



PSMHTTC Technical Assistance Tiered Process

PS MHTTC
Products and Resources [Catalog](#)

PS MHTTC [Monthly Office Hours](#)

Intensive TA Exploratory Call
pacificsouthwest@mhttcnetwork.org

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS



Today's Presenter





Heliana Ramirez, PhD, LISW

Heliana Ramirez, PhD, LISW, is the Pacific Southwest MHTTC Associate Project Director and a licensed social worker with a personal and professional commitment to suicide prevention. Dr. Ramirez has addressed suicide prevention and postvention with diverse clients over the past 20 years including incarcerated women, LGBTQ+ populations, Veterans, college students, people who use injection drugs, people living with diagnoses of serious and persistent mental illness, and diverse youth (e.g., Native American, Black, Latinx, and homeless youth). This work includes individual, group, and community level interventions such as counseling individuals, leading focus groups and facilitating clinical group-level interventions, teaching a peer support class to college students, organizing a regional Suicide Prevention Conference for interdisciplinary staff, writing suicide prevention and postvention policies and practices, and publishing peer-reviewed journal articles. As a Queer Chicana, Heliana's suicide prevention work is informed by her academic training, professional career, and personal experience in communities disproportionately impacted by suicide.

Overview

- Holiday Moods: The Good, The Bad, and The 2020 Reality
- Stressors in the Pacific Southwest
- Feeling it All and Adapting to Pandemic Times
 - Health Care Workers
 - Adults in General
 - Parents and Children
- Socially Distanced Mental Health Support





At least 29 holidays fall between
November 1st and January 15th
as observed by
the 7 major religions around the world.





How are We Feeling About the 2020 Holidays Polling Questions

Holiday Season Moods: The Good, the Bad, & the Reality of 2020

- Seasonal Affective Disorder
- Holiday Blues / Holiday Syndrome (Gagliardi, 1955)
- [“Best Christmas Ever”](#) Saturday Night Live (until 1:43)
- Expected versus actual Holiday moods (Sansone & Sansone, 2011; Friedberg, 1991)



2020 Pacific Southwest Holiday: Regional Stressors

- Recovering from wildfires (CA= 9,279 fires burned 4,197,628 acres)
- Repeated power outages
- Spikes in Suicide Rates
- Border wall construction in burial grounds
- Migrant Detention Facilities
- COVID-19
- Other...(please type in the chat box)



Grief in the 2020 Holiday Season

[MHTTC Grief
Sensitivity Virtual
Learning Institute](#)

COVID Cases in the Pacific Southwest

- Higher and Staying Higher: Arizona, California
- Higher but going down: Guam
- Lower and Staying Low: Hawaii, Northern Mariana Islands
- Facility Specific Outbreaks:
 - Guam (U.S.S. Theodor Roosevelt = 1,271 cases)
 - California (LA Apparel Clothing = 386; Glendora Grand Skilled Nursing = 314; Prisons at least 19,494 cases)
 - Nevada (Wynn Las Vegas Resorts = 554, Newport News Shipbuilding = 632 cases)

Source: [*The New York Times*](#)

Healthcare Workers and the 2020 Holidays



- Working overtime, with limited PPE, underprepared colleagues
- Elevated stressors in client population
- Concerns about the public taking risks during the holiday season
- Increased familial stress:
 - lack of childcare
 - virtual school
 - fear about infecting family

Mental Health Provider Polling Questions





Making Space for All Feelings

- Crying
- Writing
- Singing / Vocalizing
- Drawing / Coloring
- Dancing / Movement
- * Emotional expression is a privilege





Adapting the Holidays to Pandemic Times

2020 Christmas Tree Decoration by a 7year old:

“COVID Man, because he is wearing a mask.”

Kwanzaa: A Holiday of Strength & Resilience

Relating to the Past

Understanding the Present

Preparing for the Future



Social Closeness, Physical Distance

Virtual Games:

- [Codenames](#)
- [Boardgamearena](#)
- [Jackbox](#)

Zoom:

- Pictionary using white board feature
- Jeopardy (create own template with [Jeopardylabs](#))
- Charades
- Gallery View for [COVID Caroling](#), Cookie Decorating, Gift Opening,
- Photo Colage Videos (iMovie)

Texting: [JibJab Videos](#), [Portable North Pole](#)



2020 Holiday Stress Management

- Prepared Boundary Setting Statements (Family, friends, and work)
- Create Reasonable Expectations (commitments, number of dishes, presents)
- Gift Making and Delivery: Printed Photobooks (e.g., Walgreens- frequent sales, online design), Adult Coloring Books
- Trauma-informed Business Practices
- Reset productivity expectations & priorities considering allostatic load of ongoing pandemic
- Mindful Closeness
- Scheduled downtime
- Alternatives to Doom Scrolling
- Gratitude Practice
- Release Natural [Happiness Chemicals](#) (spicy food, exercise, scary movies, cuddling, laughter)






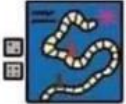
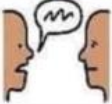





Helping Children Cope with Holiday Stress

- Discuss holiday plans and give kids decisions.
- Don't overschedule; plan quiet downtime and maintain sleep schedule.
- Invite and accept honest feelings. Don't force holiday cheer.
- Don't promise things you can't produce.
- Family traditions can be grounding. Demonstrating adaptation teaches resilience.
- Don't compensate for absent family with extra gifts or toys. Kids need reassurance and emotional closeness not stuff.
- Take care of yourself. Kids feel parental stress as pressure and tension.
- Laugh as much and as often as possible.

Source: [Articles on Holiday Stress and Children](#)

Parent's Chart

	M	T	W	TH	F	S	S
Hugged my kid for no reason 							
Helped my kid clean their room 							
Took a calming breath before talking 							
Played a board game with my kid and had fun 							
Apologized when I got upset 							
Showed GRACE to my kid when they got upset 							
Did something silly, just to make my kid laugh 							
Did something just for me, because when I am not calm neither is my kid 							

Positive Parenting in Pandemic Times

Source:

Affinity Consulting/Facebook as cited in Audrey Goodson Kingo, (5/26/2020)

[This COVID Behavior Chart for Parents Is Hilarious But Also Brilliant | Working Mother](#)



2020 Holiday Stress Management Worksheet



**Self-Care Apps, Videos,
and Websites Handout**



Holiday Blues Podcasts

- Ensoul Media “[Holiday Blues](#)” 11/22/2018

Ensoul Media - Fearless, Bold, and Aligned. Ensoul Podcasts are created to house real conversations concerning black culture, the everyday-Black Girl, along with uplifting the boss in you!

- The Warrior Soul Podcast “[Dealing with Holiday Depression](#)” 11/23/2018 (Veterans)
- Taboo-ty Fight Colorectal Cancer Podcast “[Holiday Blues](#)” (People living with cancer)

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Thank You & Upcoming
Distance Learning
Opportunities

Join us for

Upcoming
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Learning
Opportunities

Upcoming
Distance
Learning
Opportunities

Join us for the PS MHTTC Office Hours!

Have a training or technical assistance question regarding mental health service provision or school mental health in the Pacific Southwest MHTTC region of Arizona, California, Hawaii, Nevada, or the Pacific Islands?

Join our monthly Office Hours from 3-4 p.m. PT every 4th Monday of the month, October through January, and on the 3rd Monday in February.

[Register Here](#)

Webinars Recordings

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Access all of our recorded webinars!

The recording of this webinar will be made available in the Pacific Southwest Products & Resources Catalog on our website. To view this and all previously recorded webinars that are currently available go to the link below. Check back often as new additions are always being added.

<https://mhttcnetwork.org/centers/global-mhttc/products-resources-catalog?center=35>

**Please allow 7-10 business days for all recordings to be made available.*

Certificate of Completion

A Certificate of Completion will automatically be emailed to all online participants. If you joined through the phone only, please email Joanne Oshel at joshel@cars-rp.org to report your participation.

**Please allow 7-10 business days for certificates to be issued.*

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Optional Continuing Education Hours (CEHs) are available for a processing fee of \$25 payable to the Center for Applied Research Solutions (CARS) following the event. **1.5 CEHs are available** for ASW, BRN, LCSW, LEP, LMFT, LPCC, and/or PPS as required by the California Association of Marriage and Family Therapists (CAMFT) and CA Board of Registered Nurses. CARS is an approved provider for: CA Board of Registered Nurses #16303 and CAMFT #131736.

To purchase optional CEHs, please complete the survey after the event. You will be directed to the appropriate link and payment form where you may pay online via PayPal or by credit card. For questions regarding CEHs, please email Tiara Peterkin at pacificsouthwest@mhttcnetwork.org.

**Please allow 1-2 weeks for CEH certificates to be issued via email following payment.*

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Thank you for attending!

We need to hear from you to keep bringing you these FREE resources!

The feedback form will appear on your screen when the webinar ends, and is also included in the follow-up email sent immediately following the webinar.

Your completion of the survey is very important part of our quality control and to our future funding for this project as it allows us to continue to provide you with resources and training, such as this webinar, at no-cost. If you could please take a few minutes to let us know your thoughts it would be greatly appreciated.

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mental illness on America's communities.

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