



El Futuro

Nurturing stronger *familias* to live out their dreams

Understanding Mental Health & Resilience While Supporting Immigrant Communities

Trainer: Rachel Galanter

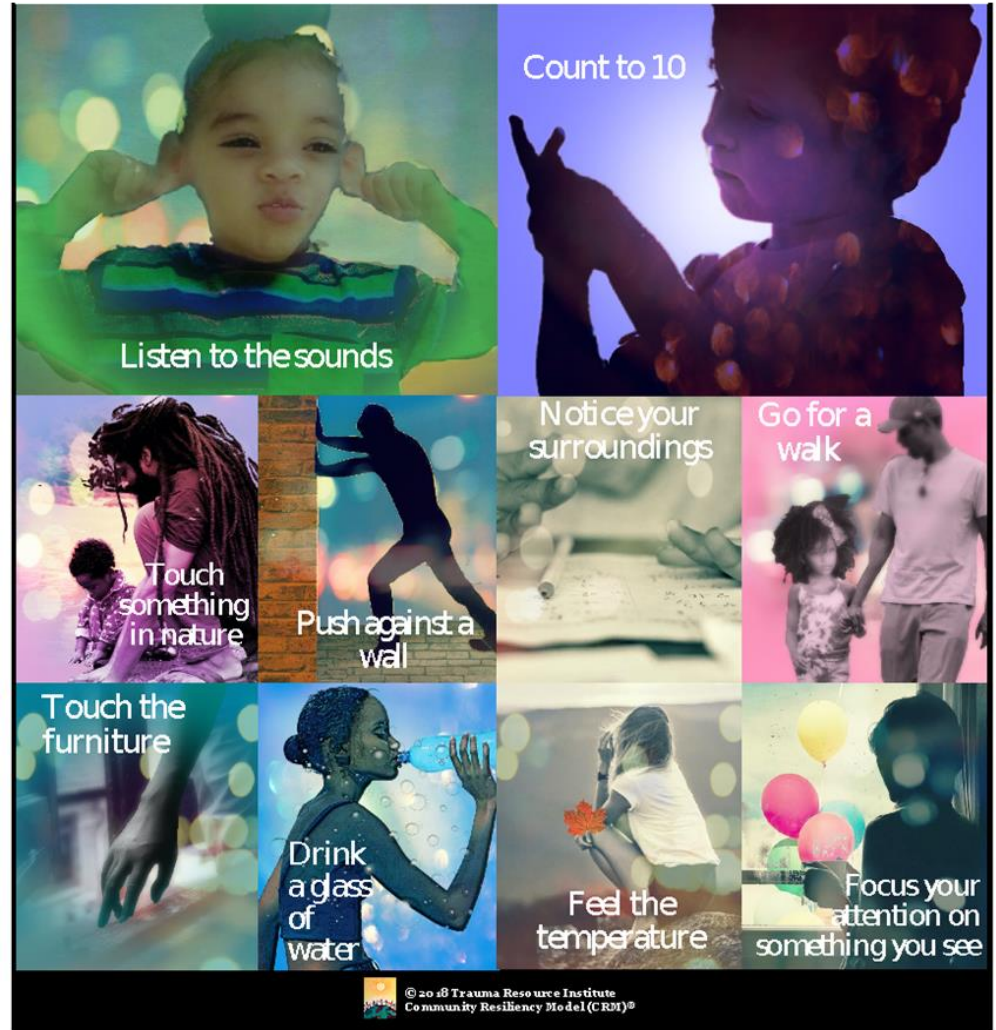


Before we begin, what are your questions?





Self Care is important—even here!





Stress

- What is happening in your body when you are stressed?
- What happens to a body in a constant state of stress?
- What helps people to shift out of survival mode?
- How can we use this information for self care?

Factors that Cause Distress



INTERSECTIONALITY*

The 'meeting place' where multiple experiences
and identities come together and INTERSECT

Ability
Status

Social
Class

Gender

Race

Other Identifiers (not an exhaustive

list):

Food/Home Insecurity

Age

Religion

Immigration Status

Biological Identification

Gender Identification

Sexual Orientation

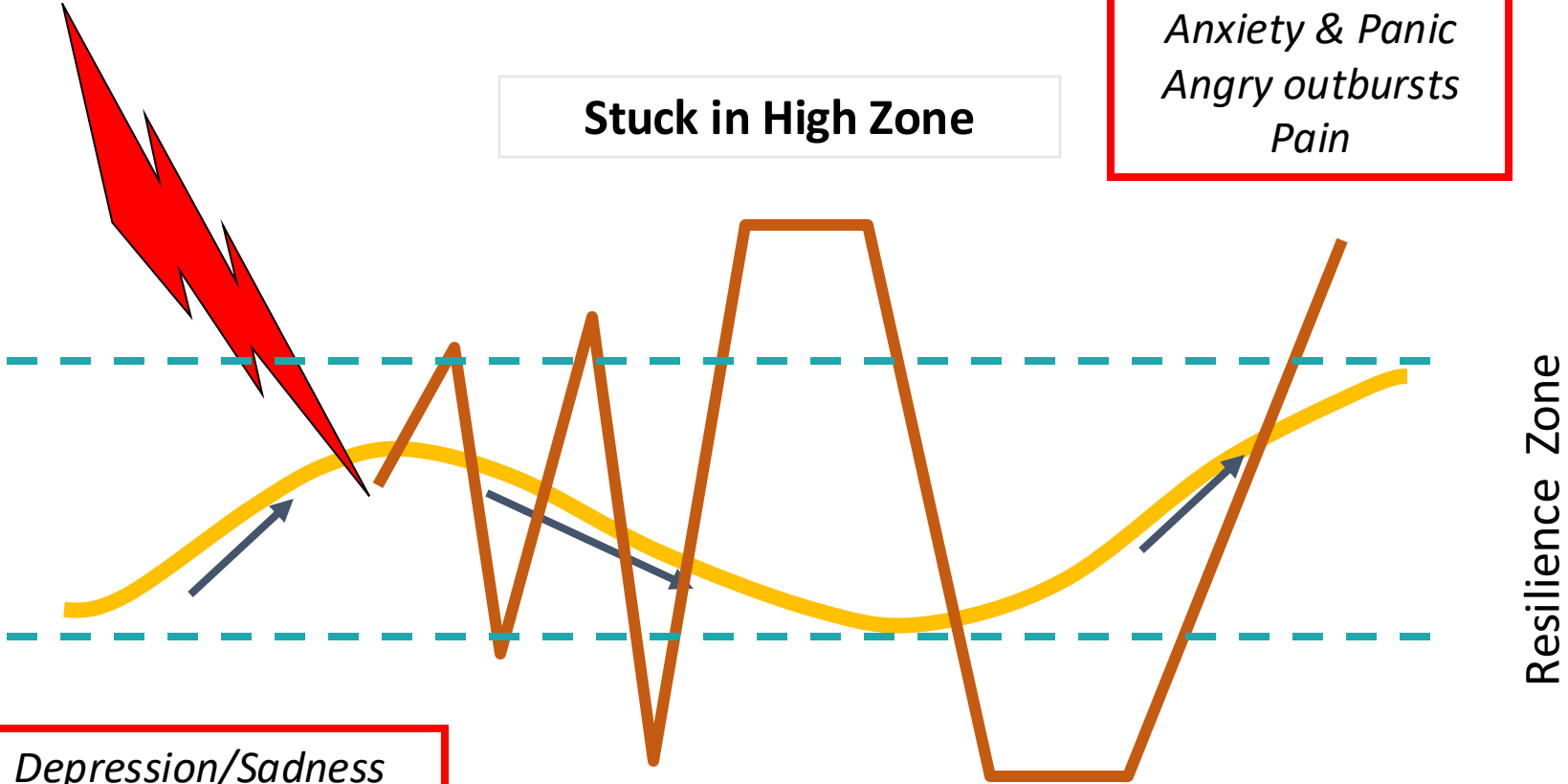
Education

*Term originally coined by Kimberle Crenshaw (1989)

Traumatic/Stressful Event
or
Stressful/Traumatic Reminders

Edgy
Irritable
Mania
Anxiety & Panic
Angry outbursts
Pain

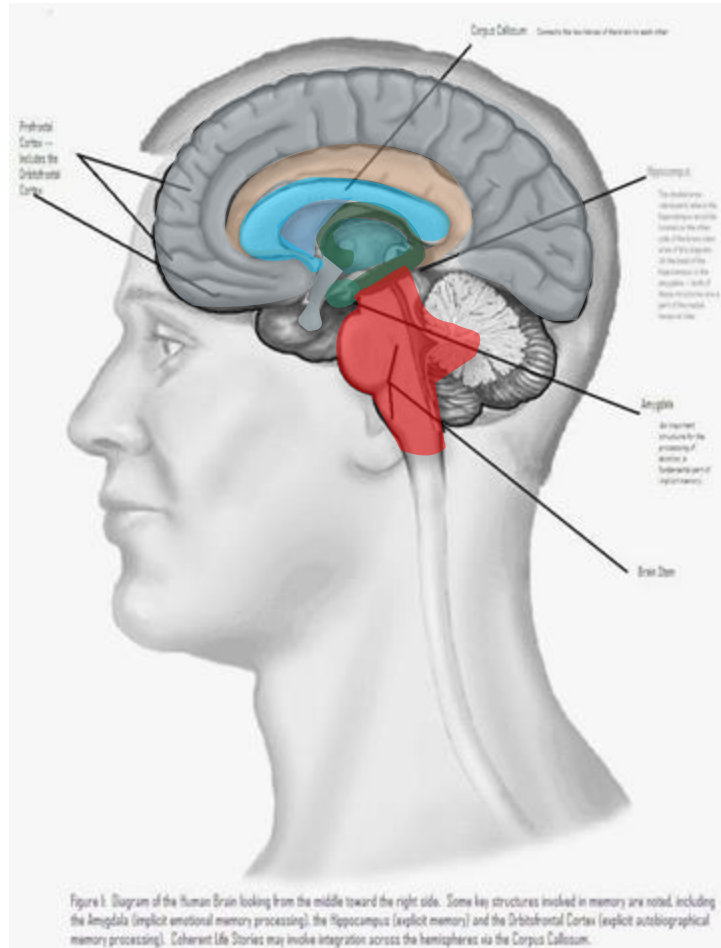
Stuck in High Zone



Depression/Sadness
Isolated
Exhaustion/Fatigue
Numbness

Stuck in Low Zone

Three Parts of The Brain



Cortex: Thinking

Integrates input from all 3 parts.
Cognition, beliefs, language, thought, speech.

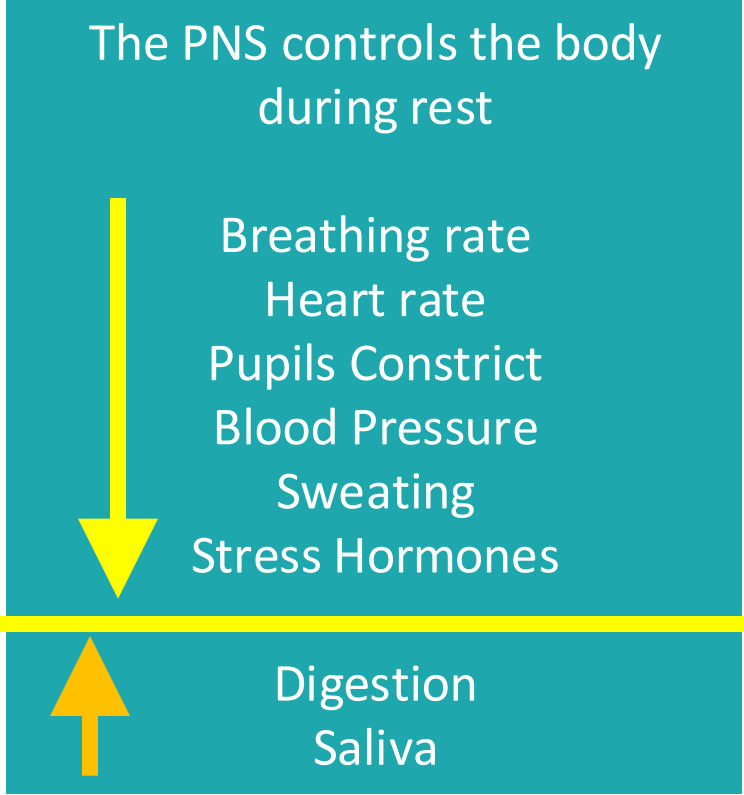
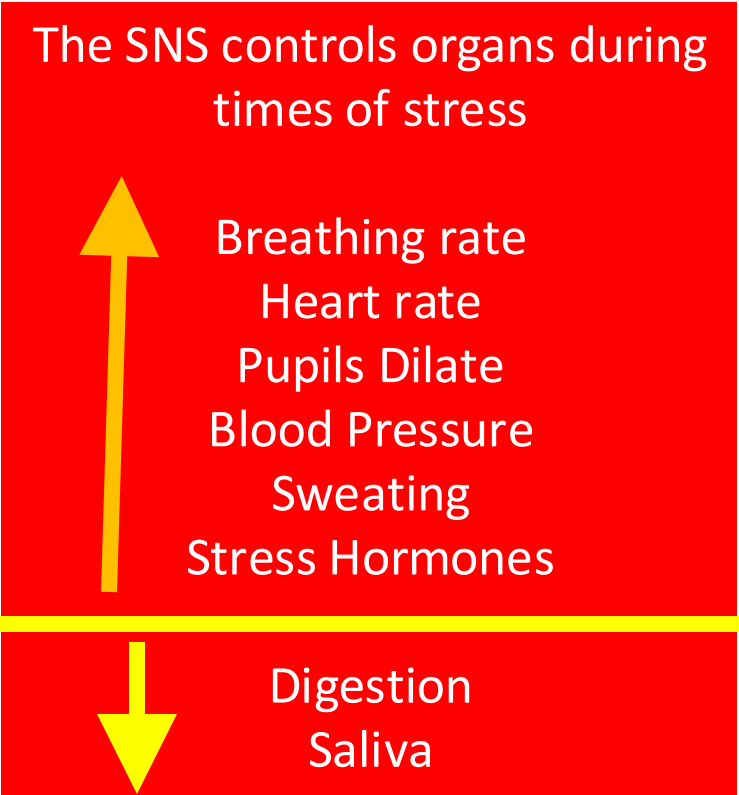
Limbic Area: Emotional

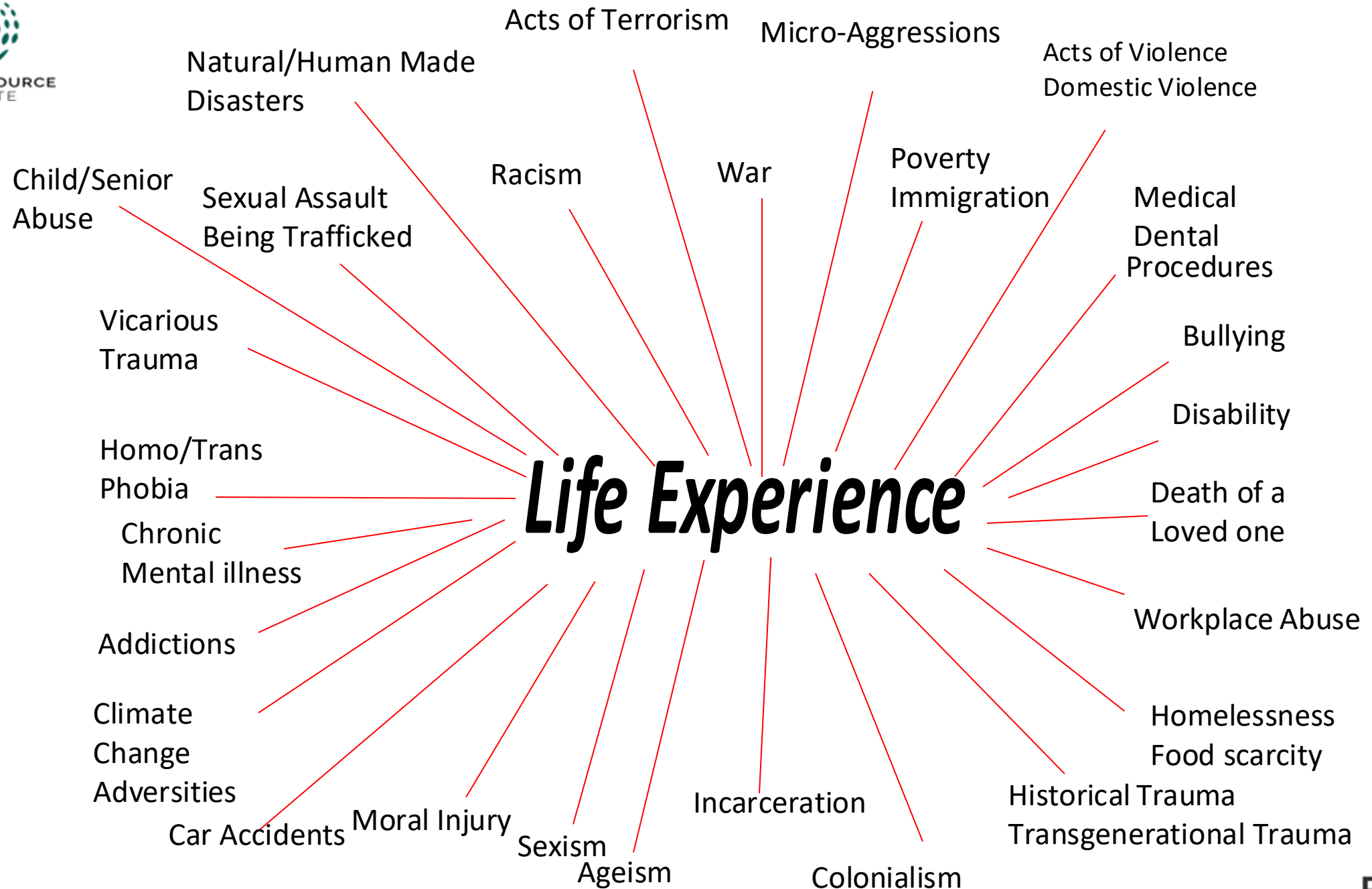
Assesses risk.
Expression and mediation of emotions and feelings, including emotions linked to attachment.

Survival Brain: Instinctual

Carries out “fight, flight, & freeze.”
Unconscious.
Digestion, reproduction, circulation, breathing - responds to sensation.

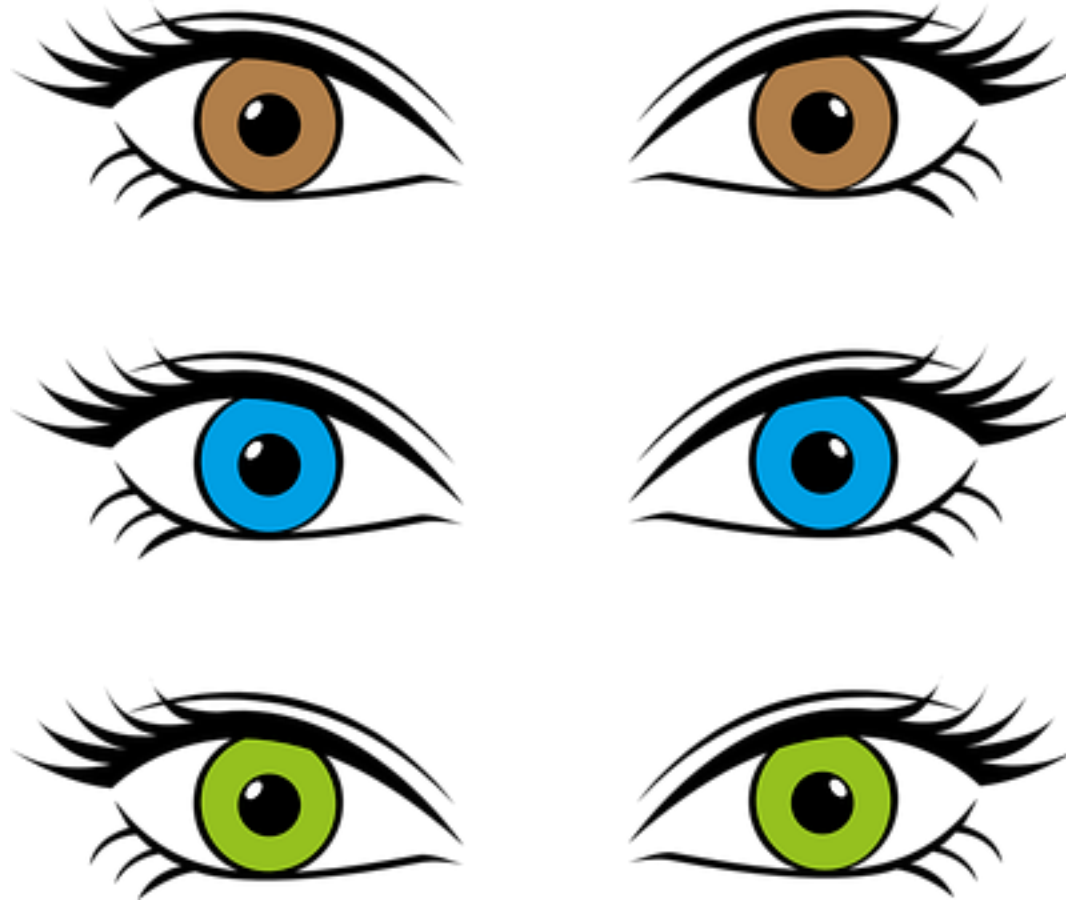
The Autonomic Nervous System



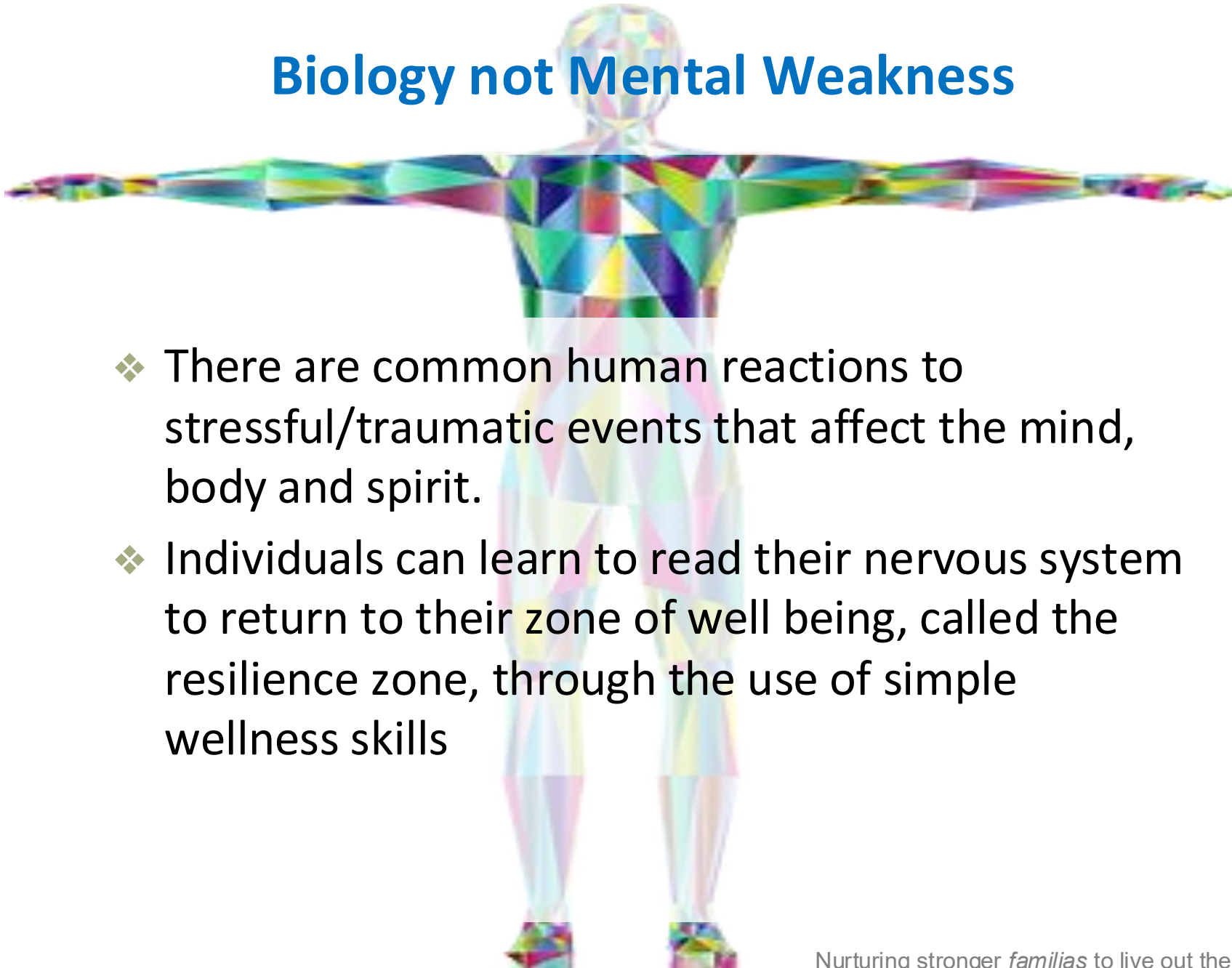


Perception of an event as life-threatening trains our nervous system
to protect us in the future

b



Biology not Mental Weakness

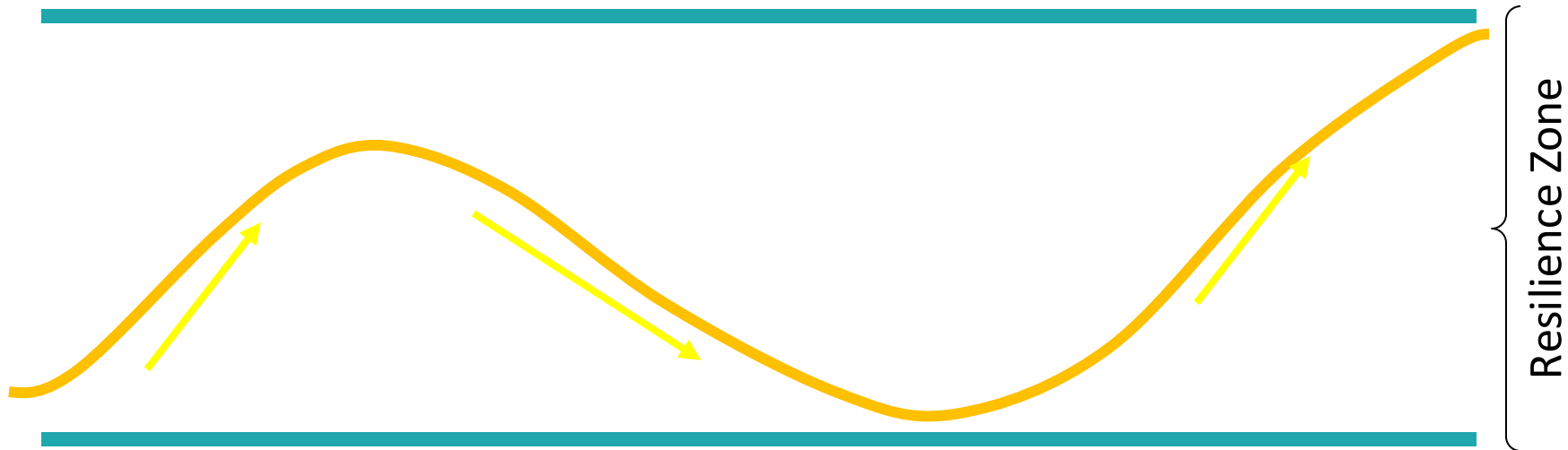


- ❖ There are common human reactions to stressful/traumatic events that affect the mind, body and spirit.
- ❖ Individuals can learn to read their nervous system to return to their zone of well being, called the resilience zone, through the use of simple wellness skills


Some people have narrow Resilience Zones and little things bump them out of their zones.













Other people have a wider Resilience Zone and have the ability to tolerate stressful situations and stay inside their Resilience Zones.



Help Now!



Resilient Zone

| | |
|---|---|
|  Listen to the sounds |  Count to 10 |
|  Touch something in nature |  Push against a wall |
|  Touch the furniture |  Drink a glass of water |
|  Notice your surroundings |  Go for a walk |
|  Feel the temperature |  Focus your attention on something you see |

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Community Resiliency Model (CRM)[®]

**HELP NOW!
RESET NOW!**

**What works for
you?**

Would it be helpful to walk together?

Sometimes it helps, in order to get rid of nervous energy, to push against a wall with your hands or with your back.

Would you like to do that with me?

Can I offer you a glass of water?

Sometimes it can help to look around the room, focusing on what call your attention. Is there a color that you like?

When I'm not feeling well, it's been helpful to me to remember a moment in my life better than this one. What brings you joy or peace or calm?

When I'm really anxious, sometimes it helps me to count down from 20. Would you like to try with me?





Stress

- Stress affects the mind, body, and spirit
- Survival mode is nature's way of keeping us alive
- Returning to your resilience zone when you aren't in danger is important
- Everyone's stress signals and recovery tools are different
- Taking care of yourself is the first step to taking care of others



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Mental Health

- What is mental health?
- How do we know when our mental health or that of another person needs attention?
- What might be sources of support around mental health?



Definitions

Mental Health

- key component of health & wellbeing
- having feelings that fit the context and managing those emotions well
- allows people to
 - cope with the stresses of life,
 - realize their abilities,
 - learn well and work well,
 - contribute to their community
- underpins our abilities to make decisions, build relationships and shape the world

Mental Illness & Mental Health Disorders

- health conditions that involve changes in emotions, thoughts or behaviors (or a combination).
- disrupt the person's ability to function—
 - in relationships,
 - at work/school,
 - daily activities caring for themselves.
- each person has different experiences, even people with the same diagnosis.



Mental Illness Facts

Common

- Almost 1 in 5 (19%) U.S. adults experienced a form of mental illness
- One in every 12 (8.5%) have a diagnosable substance use disorder

Affects adults and children

Different factors contribute, including:

- Stress (environment, abuse, trauma, poverty, discrimination)
- Biological factors (genes, hormonal changes, chemical imbalances in the brain)
- Drug and alcohol use



Recovery

Mental illness is treatable.

The vast majority of people with mental illness manage to function with daily living.

The situation of people with a mental health problem can be greatly improved through the support of their social network or community.

Flourishing Mental Health

Thriving with illness:
I am functioning well and
enjoying my life.

Thriving in health:
I am functioning well and
enjoying my life.

Surviving with illness:
I am not functioning well
and I am not happy.

Surviving without illness:
I am not functioning well
and I am not happy.

Diagnosed
Severe
Persistent
Mental
Illness

No
Diagnosed
Mental
Illness

Languishing Mental Health



Mental health problems have to do with personal characteristics, such as being weak, lazy, or not wanting to change.

Myth or Fact?



There are effective treatments to treat mental health problems.

Myth or Fact?



There are many things that I can do to help or support a person with mental health problems.

Myth or Fact?



Mental health problems are illnesses like diabetes or high blood pressure.

Myth or Fact?



People with mental health problems tend to be violent, aggressive or dangerous.

Myth or Fact?



Only adults have mental illnesses.

Myth or Fact?



Understanding Mental Health Conditions

Mental illness

- Mood disorders

- Psychotic Disorders

- Personality Disorders

Addiction/Substance Misuse

- Alcohol and Other Drugs

- Gambling



Mood Disorders



Depression

Feels sad or empty

Reduced ability to enjoy anything

Feelings of hopelessness or worthlessness

Tearful

Irritable

Weight loss or gain

Can't sleep or sleep too much

Fatigue or loss of energy almost every day

Persistent physical symptoms that don't respond to treatment, like chronic pain

Can't think or concentrate

Recurrent thoughts of death



Bipolar Disorder—Highs & Lows

Depressive episodes

- Loss of interest or pleasure
- Fatigue
- Feelings of hopelessness or worthlessness
- Can't think or concentrate
- Social disconnection
- Recurrent thoughts of death

Manic episodes

- Inflated self-esteem or grandiosity
- Racing thoughts, flight of ideas
- Pleasure seeking without thinking about the consequences
- Reduced need for sleep
- Distractibility
- Increase in goal-directed activity
- More talkative



Anxiety Disorders

Generalized Anxiety Disorder

Panic Disorder

Post-Traumatic Stress Disorder (PTSD)

Phobias

Obsessive-Compulsive Disorders (OCD)



Anxiety Disorder Symptoms

Uncontrollable worry
Excessive nervousness
Racing heart rate
Muscular tension
Problems concentrating
Stomach pain or digestive problems
Difficulty sleeping
Avoidance of things that cause fear



Panic Disorder





Trauma

Avoiding reminders of the trauma, including memories

Excessive crisis response

Irritability, anger & other negative emotions

Intrusive memories of the traumatic event

Nightmares and other sleep problems

Guilt about events in the past

Could have occurred before, during or after immigration



Trauma





Psychotic Disorders

Hearing sounds or voices that others don't hear

Seeing images, people or ghosts that others don't see

Strange behaviors

Social disconnection

Changes in sleep, including inversion of day and night

Changes in appetite

Little attention to personal hygiene

False sensory perceptions

Sense that one is being observed or followed

False perception of orders the person feels compelled to obey/unable to resist

Disorganized speech

Rare disorder—about 1% of people will develop this during their lifetimes



Addiction

Lose control
over substance
use or behavior

Use in a high
risk way

Social or work
problems

Physical
effects



Cultural Idioms of Distress

Socially and culturally acceptable or sanctioned means of expressing suffering

- Nervios (Nerves) Latin American
- Susto (Fright) Latin American, Mexican, Central and South American
- Ataque de Nervios (Attack of Nerves) Caribbean, Latin American
- Dhat/Jiryan/Skra Prameha/Shen-K'uei (Vital Fluid Loss) Indian, Sri Lanka, China
- Shenjing shuairuo (Weakness of Nerves) China
- Taijin kyofusho (Fear of Interpersonal Relations) Japan

(<https://www.ncbi.nlm.nih.gov/books/NBK248426/table/appe.t1/>)



Cultural Idioms of Resilience

Socially and culturally acceptable or sanctioned means of expressing strength, courage, and perseverance

- Sí se puede (Yes you can)
- En la lucha (In the struggle)
- Echale ganas (Making an effort)
- En la union esta la fuerza (Strength in numbers)
- Querer es poder (Where there is a will, there is a way)
- La cultura cura (Culture cures)

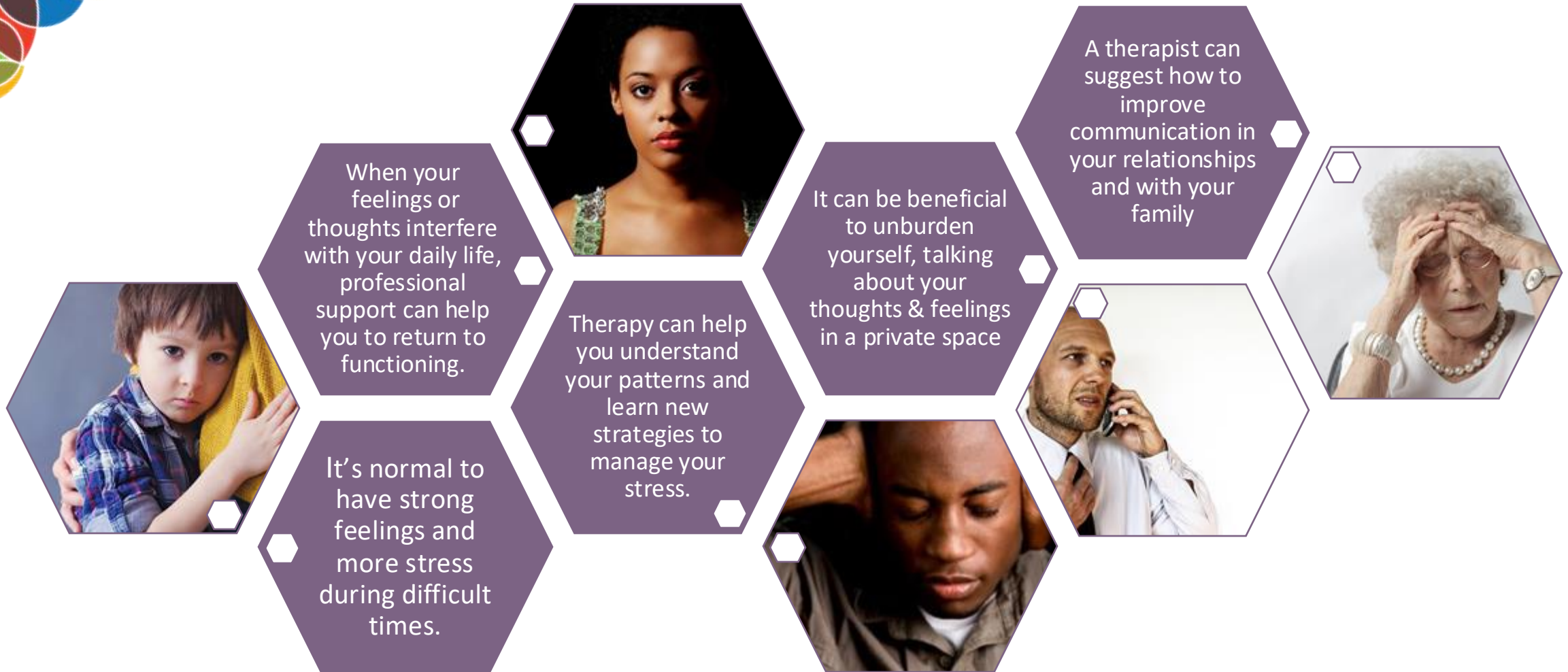


Where might people seek support?





Talking about therapy





Mental Health

- Mental health is an important part of total well-being
- We can learn what people need from what they do and say
- Talking about mental health opens doors to hope and understanding
- People heal with the support of their networks and therapy



Wrapping up

Talk to someone at your table and share three things with each other:

- One thing this presentation reinforced that you already knew
- One new thing you learned
- One thing you wonder about



As we wrap up, any questions?

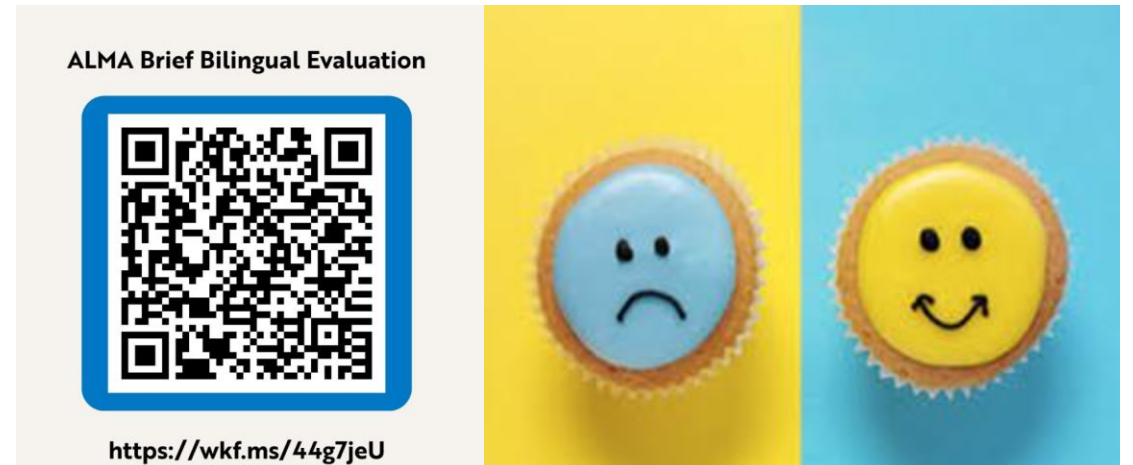




A Brief Evaluation

We want to hear your opinions about our time together. Your responses help us to improve our trainings and classes in the future

This brief evaluation is anonymous







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