

A NEW NORMAL

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AGENDA:

HOW COVID-19 IS IMPACTING:

- OUR STUDENTS
- SCHOOL COMMUNITIES
- PERSONAL LIVES
- COPING “M”S
- PROFESSIONAL LIVES

TRAUMA-INFORMED GUIDELINES

TOOLS AND STRATEGIES FOR
MAXIMUM IMPACT

Q & A

IMPACT ON STUDENTS

More than 5 million students are currently enrolled in Texas schools.
100% have been impacted by COVID-19.



CURRENT SITUATION



IMPACT OF ISOLATION ON CHILDREN:

- Onset or increase of behavioral problems
- Attachment to caregivers
- Social skills regressions
- Crying spells
- Difficulties falling/ staying sleep
- Changes in eating patterns
- Temper tantrums
- Avoidance
- Increase anxiety/ sadness
- Vulnerability and fear of the unknown
- Rejection towards family members the child has not seen during the isolation
- Difficulties adjusting to new routines
- Suicidal ideations and self-harm thoughts and behaviors



THE IMPACT OF TRAUMA (PTSD) CAN MIRROR THE SYMPTOMS OF ADHD



Hypervigilance

Inattention

Detachment

Irritability

anger outbursts

Distractibility

Restlessness

Impatience

Impulsivity

A limited sense of future

Difficulty concentrating



IMPACT OF ISOLATION ON ADOLESCENTS AND ADULTS

- Anxiety
- Depression
- Changes in sleep patterns
- Changes in eating patterns
- Fatigue
- Fear of the unknown
- Irritability
- Increase vulnerability
- Verbal and physical altercations
- Crying spells
- Withdrawal
- Suicidal ideations
- Financial stressors



SCHOOL COMMUNITIES:

- Grief: Discuss the losses
- Resolution: A NEW NORMAL
- Plan: Our best, “for now...”
- Monitor & Adjust: Be flexible
- Self-Care: Daily, intentionally, modelled and normalized

“These circumstances are posing challenges for schools with regard to how they plan to continue serving students in the immediate-term, in addition to planning and building infrastructure to prepare for similar scenarios in the future,” - Texas A&M University education policy expert [Daniel Bowen](#).



PERSONAL LIVES

Stressors can include:

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of alcohol, tobacco, or other drugs.

**Everyone reacts differently
to stressful situations**



COPING SKILLS: THE “M”S



MEDIA

- Limit media time
- Recognize confusion, conflicting information
- Check the news, don't watch the news



MINDFULNESS

BE AWARE OF:

**thoughts>
emotions>
experience**

- **Replacement “preferred thought”**
- **Pendulate**



MOVE

- Get up!
Every 50 minutes
- Connect and check your body!
- Release the pressure!



MESSAGE

- Connect with others!
- Care
- Concerns
- Cry Out



MEDITATE

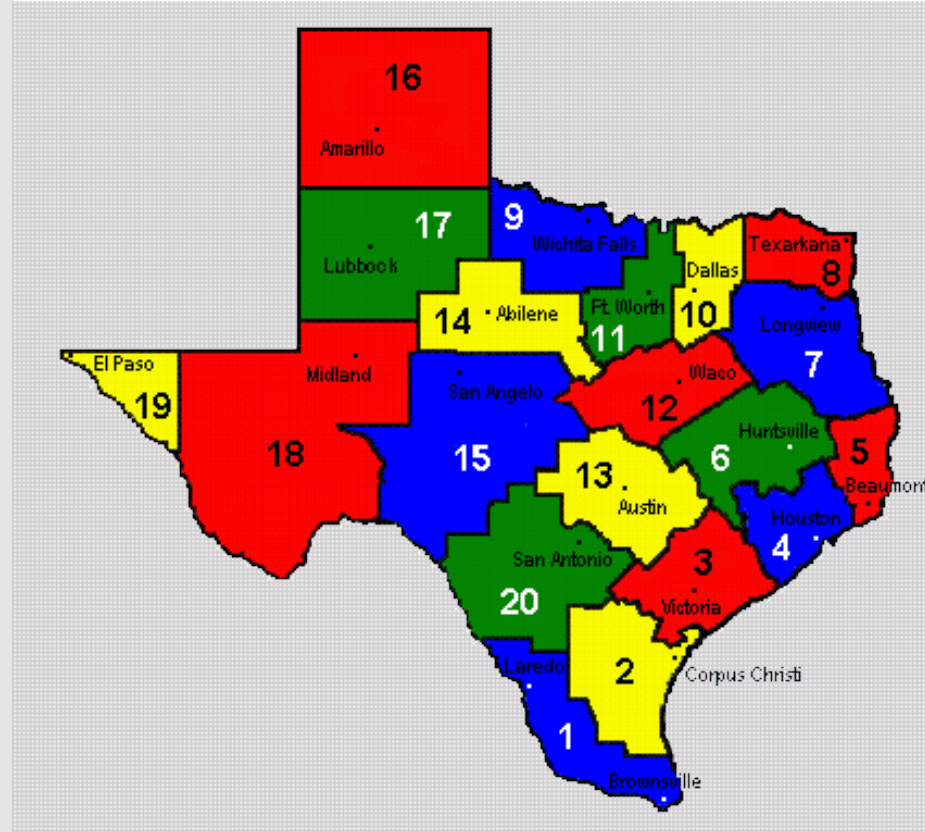
- Faith traditions
- Higher Power
- Meditate on timeless truths
- Be most vulnerable
- Silver Linings

PROFESSIONAL LIVES



BE THE EXPERT

- Know your Wheelhouse
- Function as an Expert
 - Learn from Others
- Consider OUTSIDE the box ideas
- BE PATIENT WITH YOU!



GROW TO FIT

- Face REALITY
- BE confident
- See the BIG picture
- KNOW your “why”
- LEAD
- Share HOPE

“Through failure, I gained resilience and learned that a strong vision sees no barriers.”

-Winnie Hart, an [Entrepreneurs' Organization \(EO\)](#) member in Houston

STRATEGIES FOR IMPACT

CONSIDER *THE NEW NORMAL*



- Brain Function
- Emotional Reactions
- Physical Reactions
- Behavioral Reactions
- Cognitive Reactions



- Active Listening
- Empathetic Listening / Empathetic Responses
- Strategies for Community Support/Inclusion
- Cultural Perspectives



INDIVIDUAL/COMMUNITY NEEDS

"The pessimist complains about the wind. The optimist expects it to change. The leader adjusts the sails." -- John Maxwell

TRAUMA-INFORMED GUIDELINES

 DECREASES Attachment/Safety	INCREASES Attachment/Safety 
Comparisons “You think that is bad, John knows 3 people with Coronavirus.”	Normalize “It is normal to feel...”
Minimizing “What are you complaining about, you got a Coronacation.”	Empathize “I am so sorry that happened. It must be very difficult for you.”
Platitudes “When I was a senior, we really had it bad, we weren’t worried about missing prom, we were worried about being drafted to war.”	Ask questions “What is the worst part about social distancing/Coronavirus for you?”
Reframing too soon “Don’t worry, soon your mom will find a new job. It will be even better than her old job!”	Sooth senses Play music, dim lights or use a lamp, diffuse essential oils or use a calming air freshener, display peaceful pictures or photographs, have sweet “treats” available
Business as usual “We are behind because of the days off; we need to stay busy.”	Create containers Allow free writes, doodles, free draws, role plays, “draw your hurt, fear, pain...”



ADDITIONAL RESOURCES & PRESENTATIONS

WWW.CLEARHOPEWELLNESS.COM

COVID-19 RESOURCES & TODAY'S
SLIDES

HEATHER@CLEARHOPEWELLNESS.COM

- LPC, CSC, CTP-C
- TRAINER FOR STARR/TLC
TRAUMA-INFORMED SCHOOLS
- CEU PROVIDER: LPC, LCSW, LMFT

SOURCES:

- <https://tea.texas.gov/texas-schools/general-information/overview-of-texas-schools>
- <https://today.tamu.edu/2020/04/01/covid-19-is-reshaping-the-k-12-education-landscape/>
- https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschoools-childcare%2Ftalking-with-children.html
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- <https://www.inc.com/entrepreneurs-organization/10-steps-to-effective-coronavirus-crisis-leadership.html>
- <https://www.johnmaxwell.com/blog/what-crisis-leaders-do-well/>

