



NC Department of Health and Human Services

Division of Mental Health, Developmental Disabilities and
Substance Abuse Services

Trauma & Resilience: The SCOOP on Managing Stress

Victor Armstrong

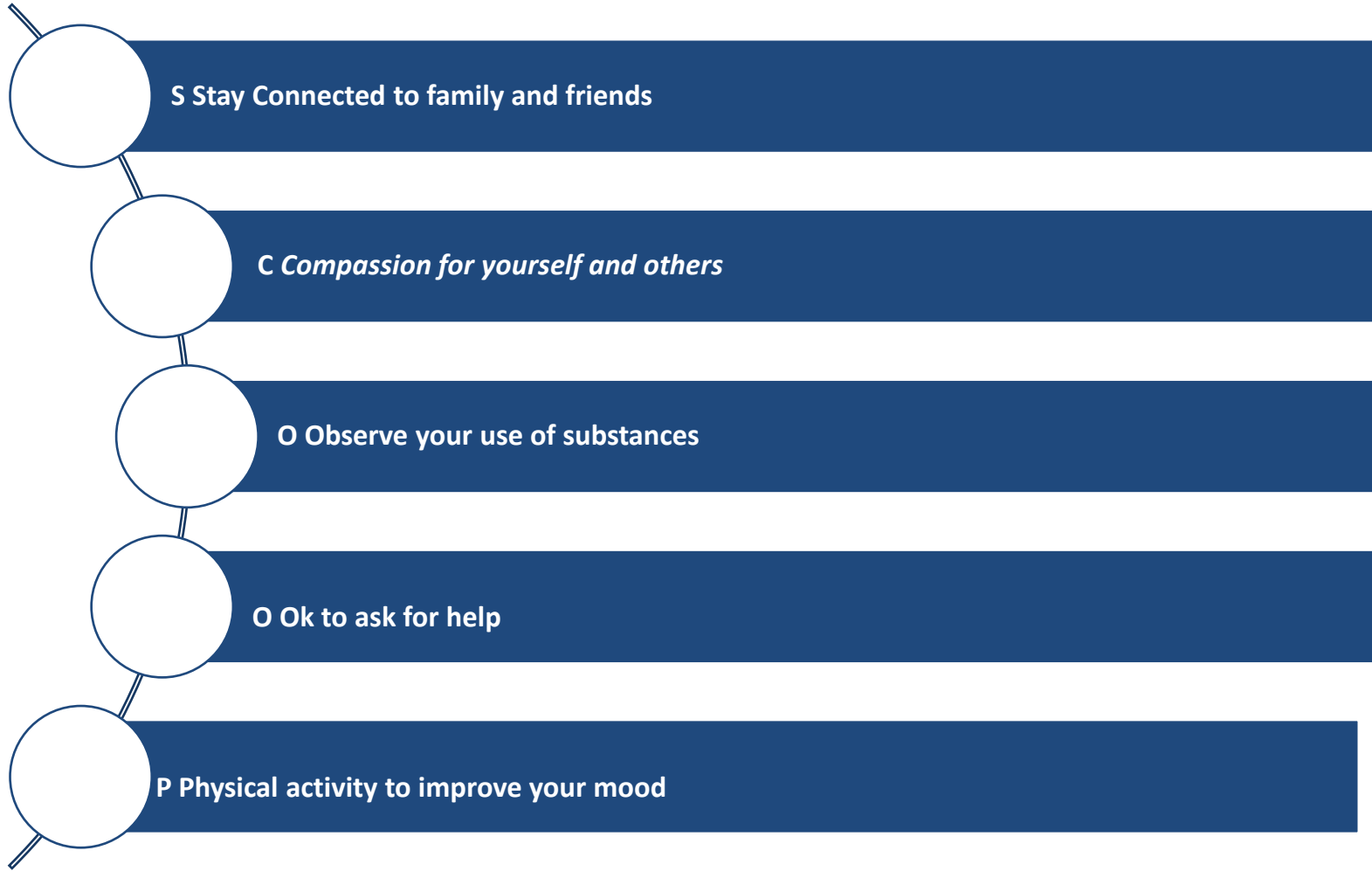
Director- Division of Mental Health, Developmental
Disabilities and Substance Abuse Services

February 3, 2021

Get the SCOOP on Managing Stress

It's important to make sure you are taking care of your mental health. Behavioral health is core to our overall health. The COVID-19 pandemic is an extraordinary event so it's normal that individuals are experiencing significant behavioral health impacts. There are actions you can take, and resources available, to help maintain your mental health.

SCOOP means. . .



Why SCOOP

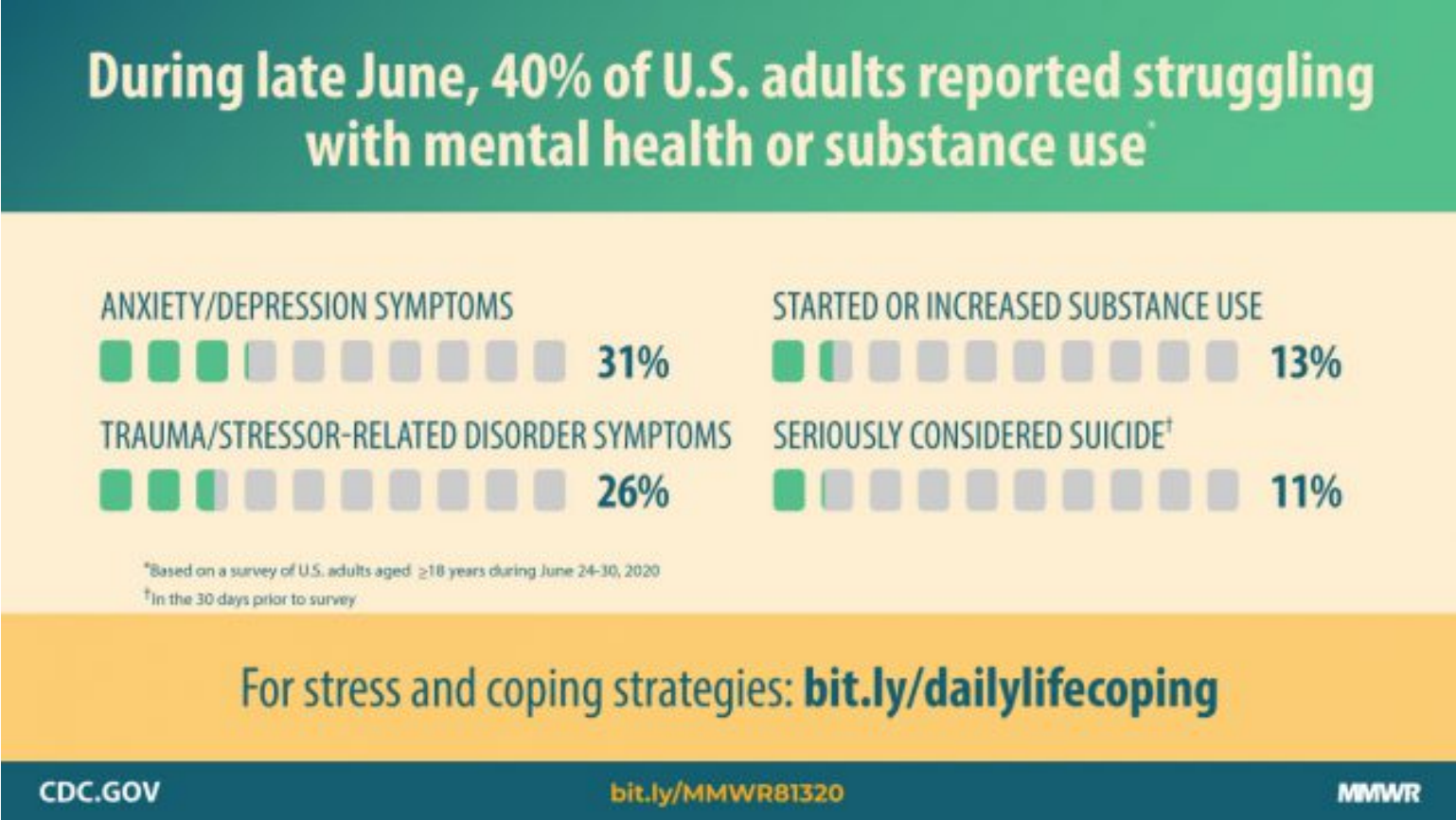
**SCOOP is an Evidenced Based Best Practice Model
for Managing Stress**



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COVID-19 Impact on Behavioral Health

What is the data telling us?



Stress: An Embodied Experience

“We have learned that trauma is not just an event that took place sometime in the past; it is also the imprint left by that experience on mind, brain, and body. This imprint has ongoing consequences for how the human organism manages to survive in the present. Trauma results in a fundamental reorganization of the way mind and brain manage perceptions. It changes not only how we think and what we think about, but also our very capacity to think.”

— Bessel A. van der Kolk, [The Body Keeps the Score: Brain, Mind, and Body in the](#)

[Healing of Trauma](#)



STAYING CONNECTED to Friends and Family . . .

It's more than logical, and **more than** just "a *feel-good* thing."

It is **CRITICAL** to health, *including* mental health!

Research has supported the importance of **social and community connection** since before the pandemic!



The Implications of COVID-19 for Mental Health and Substance Use (Kaiser Family Foundation)

(August 21, 2020 Panchal, Kamal, Orgera et al)

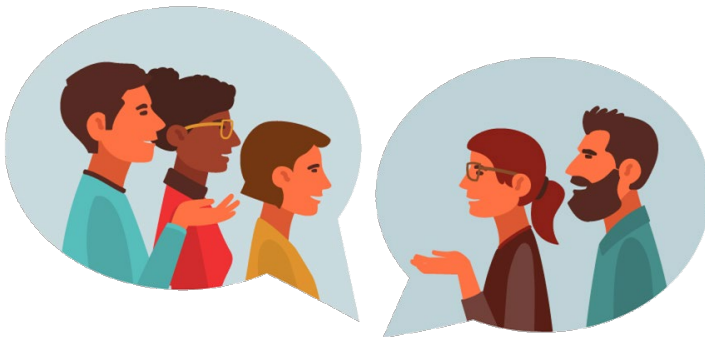
Health risks associated with social isolation in general and in young, middle and old age ("Plos One" journal)

(July 18, 2019 Hammig, Oliver)

Ways to Connect

Some Ideas

- Porch Visits
- Socially distant walks/rolls outside
- Virtual/Social Media Meet-Ups
- Zoom Dinner “Parties”
- Phones Calls
- Text Messages



Social Media Opportunities

-  [MeetUp](#)
-  [Facebook](#)
-  [Twitter](#)
-  [Google Meet](#)
-  [NextDoor](#)
-  [HouseParty](#)

Compassion & Empathy

Compassion: To be concerned about the suffering or misfortune of others.

Empathy: To have the ability to understand or imagine and be sensitive to the feelings of another person.



Source: <https://youtu.be/1Ewgu369Jw>

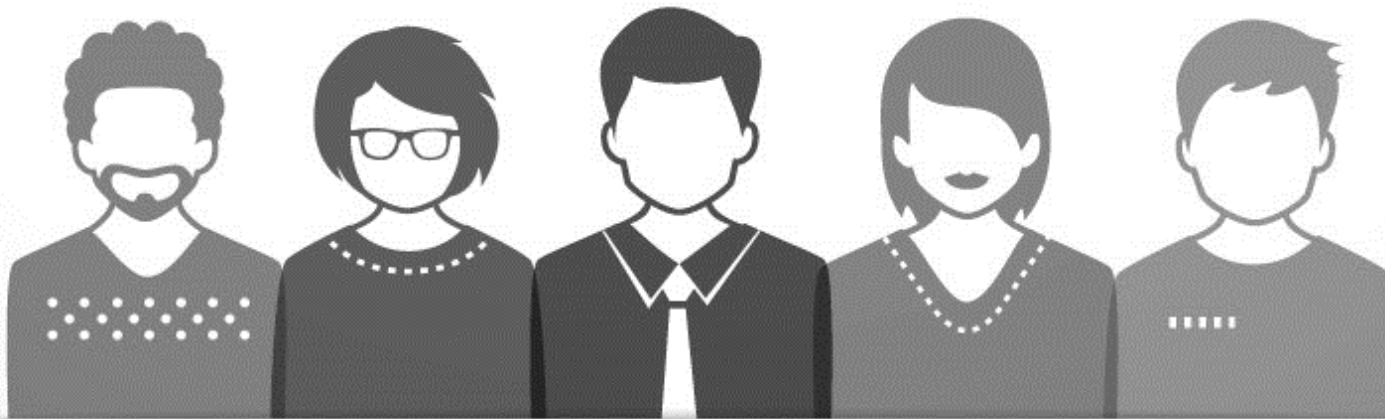
“O” Observe Your Use of Substances

- In this extraordinary time of increased stress, it is more important than ever that we take care of ourselves and our loved ones
- It is tempting to turn to the use of substances to manage stress
- Observing, moderating or terminating our use of substances is a part of taking good care of our physical, emotional and spiritual selves



What is a Substance Use Disorder

Substance Use Disorder is an “equal opportunity disorder”. It can effect people regardless of race, ethnicity, socio-economic status, employment, etc.





The Good News

People can and do recover from substance use disorder

Harm reduction techniques can help those who use of substances is causing problems at work, home or in their community

No one must recover alone. There are people and organizations that care about you and want to be supportive

Struggling is Normal



Ok to ask for help.

Struggling is normal. Asking for help is empowering.

P- Physical Exercise

- **Physical exercise boosts your mood your mood and lowers anxiety**



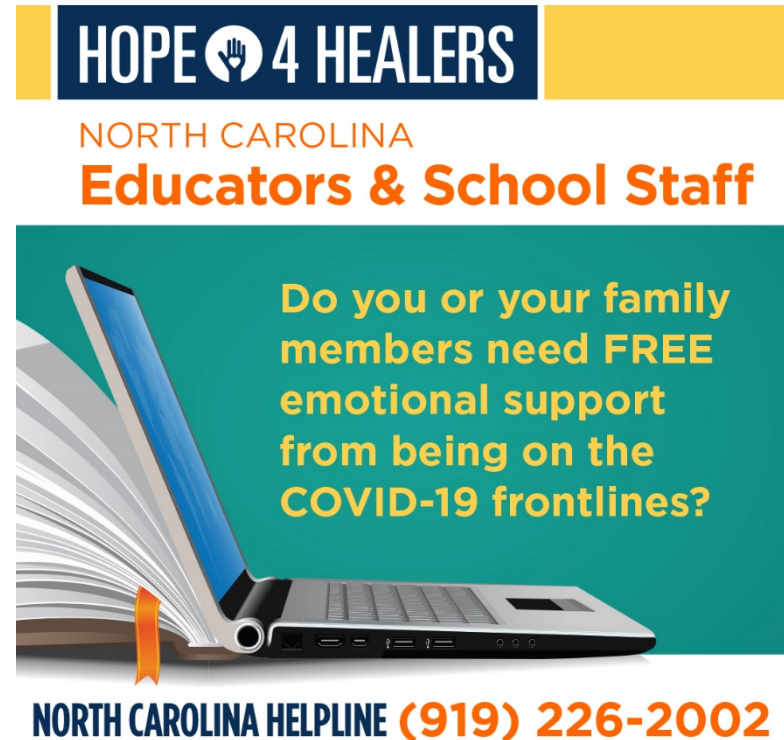
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The Mental Health Benefits of Exercise

Exercise is one of the most effective ways to improve your mental health. Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood.

Hope4NC & Hope4Healers

- COVID-19 Questions for Behavioral Health & IDD
<https://tinyurl.com/COVID19-BHIDDQs>
- Hope4NC: 1-855-587-3463
- Hope4Healers: 919-226-2002
- If you or someone you know is in crisis, first call the LME/MCO Crisis Lines (directory included at the end of this presentation), 9-1-1 and ask for a CIT Officer, or Call Customer Service & Community Rights at 1-855-262-1946 or 919-715-3197



HOPE 4 HEALERS

NORTH CAROLINA
Educators & School Staff

Do you or your family members need **FREE** emotional support from being on the **COVID-19 frontlines?**

NORTH CAROLINA HELPLINE (919) 226-2002



- S Stay connected to family and friends.** Social connections build resiliency.
- C Compassion for yourself and others.** Self-compassion decreases trauma symptoms and stress.
- O Observe your use of substances.** Early intervention can prevent problems.
- O Ok to ask for help.** Struggling is normal. Asking for help is empowering.
- P Physical activity to improve your mood.** Exercise boosts mood and lowers anxiety.

HOPE  4 NC HELPLINE 1-855-587-3463

#SCOOP4Stress

What is Your Reason?

Get Behind the Mask



Whatever Your Reason

<https://covid19.ncdhhs.gov/materials-resources/whatever-your-reason>



Cualquiera Que Sea Tu Razón:

<https://covid19.ncdhhs.gov/materials-resources/cualquiera-que-sea-tu-raz%C3%B3n>

COVID-19 Resources

[Prevent and Protect toolkit](#)

[COVID-19 Community Readiness: Helping Meet Needs for Persons Living with Behavioral Health Issues, Intellectual/Developmental Disabilities, and Traumatic Brain Injuries](#)