



Virginia Department of
Behavioral Health &
Developmental Services



VIRGINIA HOSPITAL
& HEALTHCARE
ASSOCIATION

An alliance of hospitals and health delivery systems

VDH VIRGINIA
DEPARTMENT
OF HEALTH

*To protect the health and promote the
well-being of all people in Virginia.*

Mental Health Awareness and the Rippling Effects of COVID- 19

Participant Handbook

CBERS 2022

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Stress

Stress can manifest in physical symptoms on an ongoing basis, regardless of your situation. Physical signs of stress can include:

- Chest tightness and feeling like you can't breathe
- Muscle tension, aches and pains
- Headaches
- Difficulty sleeping
- Restlessness and an inability to relax
- Heart palpitations
- Digestive issues

The effects of NOT managing episodic and chronic stress can lead to burnout, depression, and anxiety.



Reflective Questions for Journaling:

What type of stress do you encounter most in your life?

What is your current self-care routine?



Want to further assess your self-care? [Check out these checklists](#)

Make a list of activities you find joy, comfort, or relaxation.



Need any ideas for more activities? [Look Here](#)

What ways to give community care to others?

How can you receive community care from others?



[How to Develop Your Self-Care Plan?](#)

Burnout

Burnout is what happens when our coping strategies no longer work. People feel like they are at a dead end and don't feel much of anything at all. Things that used to make them happy or they enjoyed doing are no longer of interest.



[Burnout Self-Test](#)



[Professional Quality of Life \(PROQOL\) Scale](#)



Reflective Questions for Journaling:

Have you ever felt stuck?

What level of needing help are you currently at?

Do you supervise any employees at your current place of work or other organizations you work with such as volunteers?

Does your current supervisor take any of these actions? If not, do you feel comfortable suggesting they do?



[Complete the PROQOL Scale Questionnaire](#)

There are still many harmful attitudes and misunderstandings around mental health, which may make people ignore their mental health, fuel stigma, and make it harder to reach out for help. Take the mental health knowledge quiz and see if you can separate the myths from the facts.



[Test Your Mental Health Knowledge](#)

Depression

Characterized by a persistent feeling of sadness, irritability, and/or loss of interest or pleasure in your life. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living.



[Online Depression Self-Assessment \(PHQ-9\)](#)

Anxiety

Characterized by frequent, intense, excessive, and persistent worry and fear about everyday situations. These feelings interfere with daily activities, are difficult to control, are out of proportion to the situation, and can last a long time.



[Mental Health America's Anxiety Self-Assessment](#)

Grief and Loss

Our collective trauma has been a series of losses and an increase in uncertainty. Grief and loss can extend beyond death, such as loss of routines, work, certainty, the ability to plan or do things we normally could, faith in the common good or humanity, and other types of loss. Where there is loss, there is grief.



[Journal Guide for Grief](#)

Trauma

Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life-threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being. - SAMHSA definition 2014



Reflective Questions for Journaling:

What helps you feel physically safe in life?

What helps you feel emotionally safe at work?

What small moments have built the most trust in your relationships?

What would you need to feel more trust at work?

List what support you currently have in your life.

What additional support could be helpful for you at work?

How much voice, choice, and collaboration do you have in your life right now?

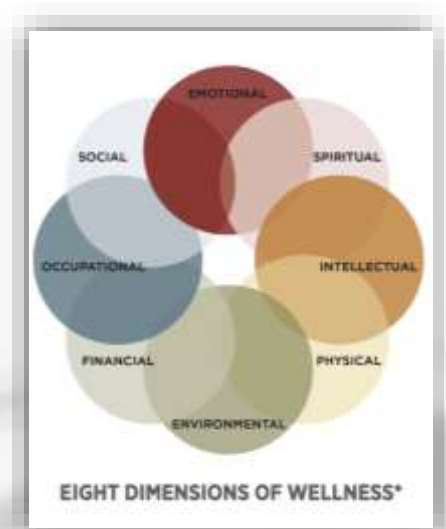
If you are a leader, how can you foster voice, choice, and collaboration?

How have these factors played a role in your life in the past?

How do these factors affect you at work?



[How to Manage Trauma](#)



Wellness

Wellness incorporates many different aspects of our internal and external world that are interconnected, including emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social needs.

Each of us has different ways of meeting these needs. The more needs are met, the better you will feel. If you have a good understanding of what your needs are, you are more able to find healthy ways of meeting these

needs in ways that work for you.



[SAMHSA Creating a Healthier Life: A Step-by-Step Guide to Wellness](#)

Mindfulness Meditation

Mindfulness meditation is a type of coping skill in which you are bringing your awareness fully to the present moment.



[10 Minute Mindfulness Meditation Video Practice](#)

Body Scan

Body scan is another form of meditation where you are checking in with your body.



[10 Minute Body Scan Meditation](#)

Loving Kindness Meditation

Loving kindness meditation is a practice where you are sending love and kindness to the world, your community, your family, and yourself.



[5 Minute Guided Loving Kindness Meditation](#)

Self-Talk



[15 Ways to Practice Positive Self-Talk](#)



[25 CBT Techniques and Worksheets](#)



[Gratitude Journal: A Collection of 66 Templates, Ideas, and Apps for Your Diary](#)

Resources:

Virginia Based Behavioral Health and Substance Abuse Disorder Resources

[Local Community Services Boards](#)

[VA COPES COPES Resources](#)

Revive: Opioid Overdose and Naloxone Education (OONE) program for the Commonwealth of Virginia. REVIVE! provides training on how to recognize and respond to an opioid overdose emergency use

[GRAPLE: Addiction Loss & Grief Recovery](#)

[Certified Recovery Resources/Residencies in Virginia](#)

[Curb the Crisis Recovery Services](#)

[Full Circle: Grief support for families, children and individuals](#)

REACH: Virginia crisis system of care that is designed to meet the crisis support needs of individuals who have a developmental disability and are experiencing crisis

[List of Trauma-Informed Care Providers in Virginia](#)

[COVID 19 Resource Page: NAMI Virginia Website](#)

National Behavioral Health and Substance Abuse Disorder Resources

National Suicide Prevention Lifeline: 800-273-8255

Peer Recovery Warmline Mental Health America: 1-800-400-6428

SAMHSA's National Helpline: 1-800-662-HELP (4357)

Copline: Provides confidential, 24/7 peer mental health support to law enforcement officers who are struggling with trauma, depression, or other forms of stress

Asian LifeNet Hotline: 1-877-990-8585 Asian American Suicide Prevention and Education (Cantonese, Mandarin, Japanese, Korean, and Fujianese)

The Trevor Project: provides crisis intervention and suicide prevention for LGBTQ youth, call 1-866-488-7386

[Trans Lifeline](#) primarily serves transgender people experiencing a crisis (including people who may be struggling with their gender identity and are not sure that they are transgender), 1-877-565-8860

[Veterans Crisis Line](#) connects Veterans in crisis and their families and friends with a qualified, caring Department of Veterans Affairs. Veterans and their loved ones can call 1-800-273-8255 and Press 1, [chat online](#), or send a text message to 838255 (support for [deaf and hard of hearing](#) individuals is available)

[Postpartum Support](#): 800-944-4773

[Mental Health Match](#): provides a free matching tool to help find you licensed therapists who are best matched to your needs.

Guides and Additional Resources:

[Support for Employees](#)

[Stress and Coping](#)

[Parenting During COVID-19 Resources Kit](#)

[Understanding Compassion Fatigue](#)

[Building your resilience](#)

[Psychological First Aid](#)

[SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach](#)

[Why It's Time to Turn Self-Care into Community Care for Deeper Healing by Minaa B](#)

[Coronavirus Anxiety Scale \(CAS\)](#)

[Acute Stress Disorder Scale DSM-5](#)

[PTSD Checklist for DSM-5 \(PCL-5\)](#)

[The Different Types of Social Support](#)

[Professional Quality of Life: Elements, Theory, and Measurement](#)

[What Supervisors and Managers Do Continuum](#)

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[Stuck On An Escalator – Release Your Trapped Emotions!](#)

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Gentry, J.E. & Baranowsky, A.B. (2013). [Compassion Fatigue Resiliency A New Attitude.](#) Compassion Fatigue Treatment & Resiliency- Program with Legs: The ARP, CFST, & CF Resiliency Training

Royal, K (2020). [Leading your workplace with home through COVID 19.](#) Gallup.

[Center for Advancing Health Policy and Practice Self-Assessment Tool: Self-Care](#)

African American Mental Health Resources:

[Melanin and Mental Health](#)

[Therapy for Black Girls](#)

[Black Female Therapists](#)

[Inclusive Therapists](#)

[Black Mental Wellness](#)

Latinx Mental Health Resources:

[Latinx Therapy](#)

[National Alliance for Hispanic Health](#)

[Sana Mente](#)

[Therapy for Latinx](#)

Indigenous Mental Health Resources:

[We R Native](#)

[One Sky Center](#)

[Inclusive Therapists](#)

[Indian Native Services](#)

Asian American Pacific Islander Mental Health Resources:

[Asian Mental Health Collective](#)

[South Asian Mental Health](#)

[Asians for Mental Health](#)

[National Queer Asian Pacific Islander Alliance](#)

LGBTQ Mental Health Resources:

The Trevor Project -- Text START to 678678

[The National Center for Transgender Equality](#)

[The Association of Gay and Lesbian Psychiatrists:](#)

[Trans Lifeline](#)

[PFLAG](#)

LGBT National Help Center -- 888-843-4564

SAGE LGBT Elder Hotline -- 877-360-5428

LGBT National Youth Talkline -- 800-246-7743

[It Gets Better Project](#)

