

**Parent and Community Support
Event
01-12-22**



The logo features a stylized graphic of a blue and red curved shape above the text "wellpoint" in a bold, lowercase sans-serif font, with "care network" in a smaller font below it.

1



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Follow us on social



A row of six circular social media icons: Instagram (orange and pink), Facebook (blue with white 'f'), YouTube (red and white play button), LinkedIn (blue with white 'in'), Twitter (light blue with white bird), and TikTok (black with white and red 'd').

@WellpointCare

2



Jody Pahlavan, Psy.D., Vice President of Clinical Services
jpahlavan@wellpoint.org

- Master of Science Degree, Clinical Psychology, Marquette University
- Doctorate Degree, Clinical Psychology, Wisconsin School of Professional Psychology

With more than 25 years of clinical experience, Dr. Pahlavan oversees the development and operation of clinical services, assuring ongoing strategic growth, clinical excellence and sustainability. For 10 years, she operated a private outpatient practice specializing in the provision of clinical services for children and adolescents. She has extensive experience in the provision of clinical services in acute care settings, serving as an Attending Psychologist for inpatient, partial hospital and intensive outpatient units for 25 years. Dr. Pahlavan has served as director of outpatient services and Chair of Psychology services at two psychiatric hospitals, leading extensive program development and expansion projects. She has a passion for mentoring new clinicians, serving as the Training Director of an APA-accredited psychology internship program for many years.



Sara Daniel, MSW, LCSW, Vice President of Educational Services
sdaniel@wellpoint.org

- Masters Degree in Social Work – UW-Milwaukee
- Bachelors Degree in Political Science -UW-Whitewater

Sara Daniel has been helping school districts and early care settings work with students affected by trauma, mental health issues and behavioral challenges for 20 years. She is currently a senior coach and consultant for the Wisconsin Department of Public Instruction *Trauma Sensitive School Initiative* and the co-author of the *Trauma Sensitive Schools Learning Module Series*. She has worked with countless school districts nationwide and trained thousands of school staff on the *7ei of Trauma Sensitive Schools*. Sara is also certified in the Neurosequential Model of Therapeutics (NMT) and is the leader of the Adverse Childhood Experience (ACE) Interface Master Trainer Project for the State of Wisconsin.

3

Introduction

- Addressing the impact of trauma, prevent adversity and promote resilience
- Serve 5,000 Wisconsin children, youth and adults each day
- Focus on 5 Pillars of Stability are: Health, Education, Housing, Employment and Caring Connections
- 171 year history



Wellpoint Care Network

To facilitate equity, learning, healing and wellness by restoring the connections that help children, youth and families thrive.



4

Welcome

- Introduction
- Timeline
- Our space
- Taking care

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5

Agenda

1. Introduction and Prayer
2. The role of adults in supporting children
3. Potential challenges and healing strategies
4. When to seek support
5. Community Resources

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6

Grounding 5,4,3,2,1



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7

Name it to tame it

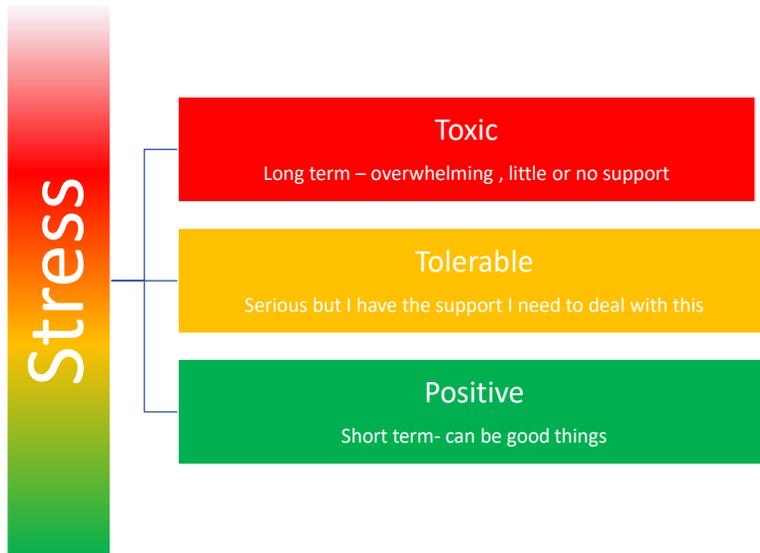
- Fear of getting sick
- Waukesha parade tragedy
- Community mass violence and safety concerns (tik tok, school shootings)
- Overwhelming needs
- Feelings of loss of control or efficacy
- Compassion fatigue
- Covid fatigue
- What else?



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8

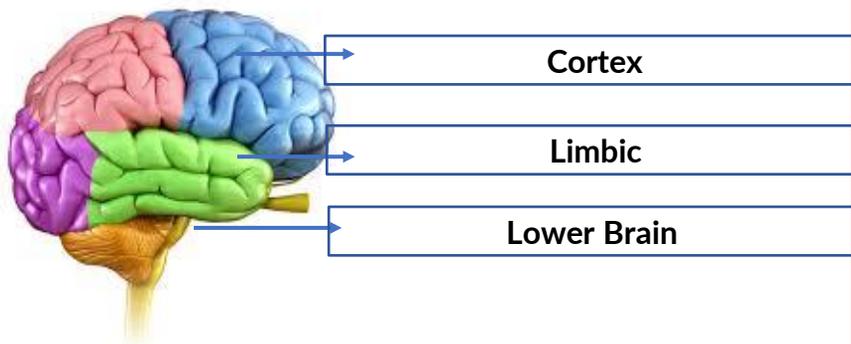
Types of Stress



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9

Neurobiology of Stress

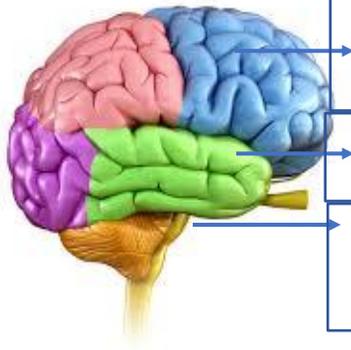


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Adapted from Conscious Discipline, Trauma-Informed, Evidence-Based Programs from Dr. Becky Bailey
<https://consciousdiscipline.com/>

10

Critical Questions



Cognitive: Thinking, learning,
planning, remembering
"Can I learn?"

Relational: Emotional state
"Am I loved?"

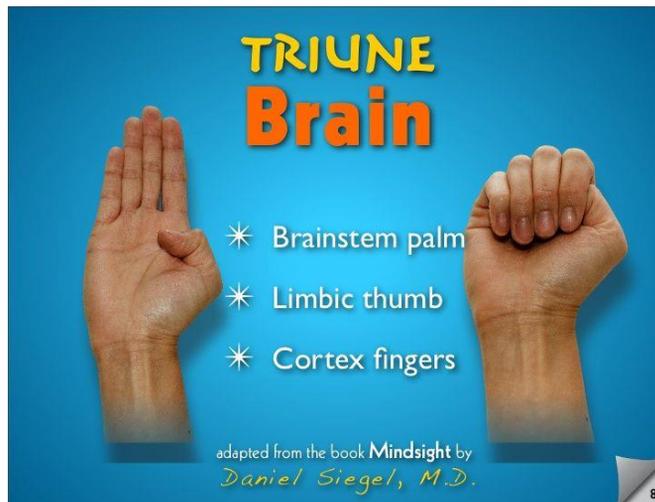
Survival: Sensory processing and
integration
"Am I safe?"

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Adapted from Conscious Discipline, Trauma-Informed, Evidence-Based Programs from Dr. Becky Bailey
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11

Flipping your Lid



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12

Co-regulation

- Attuned and responsive
- Paying attention to your internal state
- Slowing down breathing
- Observing your own thoughts and internal messages



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13

Strategies for Adult Regulation

- Singing
- Dancing
- Art, coloring, mandalas
- Bouncing a basketball
- Running /Walking
- Exercising
- Petting a dog or cat
- Spend time in nature
- Writing/Journaling
- Reading/ listening to a book/podcast
- Listen to music
- Enjoying a warm cup of coffee or tea



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14

Strategies for Adult Regulation Relationship

- Seek out positive relationships
- Assumption of positive intent
- Unconditional positive regard
- Interest in life outside of work
- Predictable structure, routines, and responses
- Safety (emotional & physical), Ok to take risk
- Effective praise
- Attunement
- Sharing self
- Access counseling or EAP services

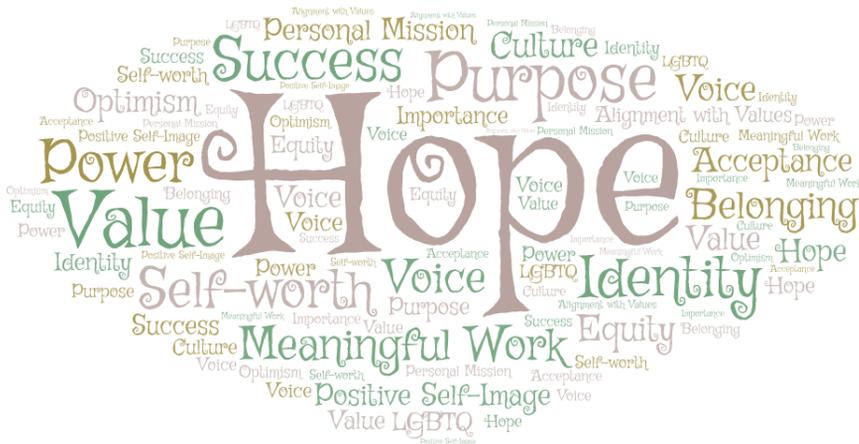
Connection is why we're here. We are hardwired to connect with others, it's what gives us purpose and meaning to our lives, and without it there is suffering.

Brené Brown

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15

Strategies for Adult Regulation: Reason to be



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16

My Emotional Regulation Plan



Our mission is to facilitate **equity, learning, healing** and **wellness** by restoring the connections that help children and families thrive.

17

Depression



A common and serious medical illness that negatively affects how you feel, the way you think and how you act. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can decrease your ability to function at work and at home.

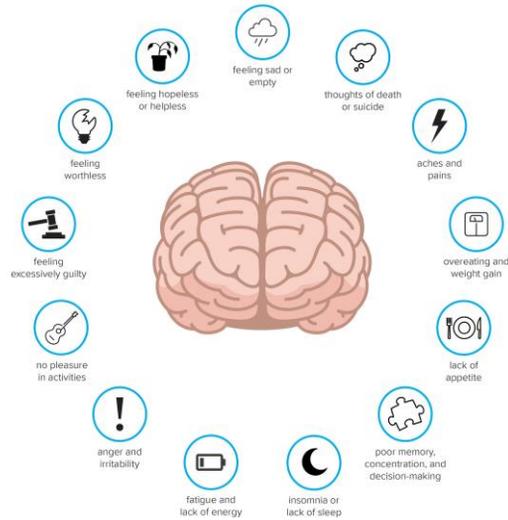
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18

Signs and Symptoms of Depression

- Persistent sad, anxious or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, feeling "slowed down"
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping
- Low appetite and weight loss or overeating and weight gain
- Thoughts of death or suicide, suicide attempts

MEDICALNEWS TODAY Common Symptoms of Depression



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19

Helpful Strategies

- Take care of your physical health
- Take a closer look at your thoughts
- Identify unhelpful behaviors and replace them with healthy, helpful behaviors
- Practice self-compassion
- Reach out and stay connected
- Do things that make you feel good
- Get moving



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20

Signs to pay attention to

Anxiety

The persistent and excessive worry about a number of different things.

Worry more than seems warranted about actual events or may expect the worst even when there is no apparent reason for concern.



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21

Signs and Symptoms of Anxiety

- Feeling nervous, irritable, or on edge
- Having a sense of impending danger, panic or doom
- Hyperventilation, sweating, and/or trembling
- Feeling weak or tired
- Difficulty concentrating
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems

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22

Helpful Strategies

- Take care of your physical health, diet, exercise
- Breathe quietly and slowly
- Cool down anxious thoughts
- Get some perspective
- Soothe your system
- Talk it out
- Don't ignore it
- Wait it out
- Be Mindful



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23

Post-Traumatic Stress Disorder (PTSD)

A serious condition that can occur in people who have experienced or witnessed a natural disaster, serious accident, terrorist incident, sudden death of a loved one, war, violent personal assault such as rape, or other life-threatening events.



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24

Signs and Symptoms of PTSD

- Re-experiencing the trauma through intrusive distressing memories of the event, flashbacks, and nightmares.
- Emotional numbness and avoidance of places, people, and activities that are reminders of the trauma.
- Increased arousal such as difficulty sleeping and concentrating, feeling jumpy, and being easily irritated and angered



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25

Helpful Strategies



- Educate yourself about PTSD and Anxiety
- Build your Anxiety Management Skills
 - Breathing
 - Relaxation
 - Grounding
- Get back into your life
- Face your fears
- Know when to ask for help

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26

When is it time to get help?

- Interferes with personal or professional relationships
- Creates persistent sleep issues
- Stops you from doing things you enjoy
- Interferes in your ability to concentrate
- Isolates you from others
- Symptoms are unrelenting
- Causes you to have suicidal thoughts or engage in unhealthy coping such as drug/alcohol use



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27

Other resources

#1 Connect:

“I've noticed _____, how can I help?”
(describe behavior)

#2 Referral

- School counselor
- Mental health services
- **IMPACT 2-1-1** is a central access point for people in need. During times of personal crisis or community disaster, the free, confidential helpline and online resource directory make it easy for residents to get connected to information and assistance. Available 24 hours / every day

Dial 2-1-1. (In Milwaukee, Waukesha, Kenosha, Racine, Ozaukee, Washington, Dodge, Jefferson and Walworth counties)

<https://www.impactinc.org/impact-211/> for resources and live chat on your device

- Text your zip code to TXT-211 to speak via text

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28

Crisis resources

Waukesha County Crisis Intervention
(262)548-7666 M-F 8:00-4:30 pm

- Mobile assessment
- Suicide assessment
- Other risk assessment
- Safety planning
- Crisis de-escalation
- Phone support
- Information & referrals
- Community education
- Crisis planning
- Screening for involuntary court intervention

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29

Apps

Apps for IOS or Android



To promote regulation and reduce anxiety through music, affirmations, and meditation



Center for Mental Health and Addiction



Sets up a safety plan and support network

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30

Thank you!

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