

WELCOME

We will be starting soon

There is no sound until we begin

Please keep your phone and computer on mute
to support a pleasant experience for all

Crisis Response Training

Providing Support for Health Care Staff in Crisis Situations

Topic: Impact of COVID-19 on Trauma Survivors



Impact of COVID-19 on Trauma Survivors

Presented by

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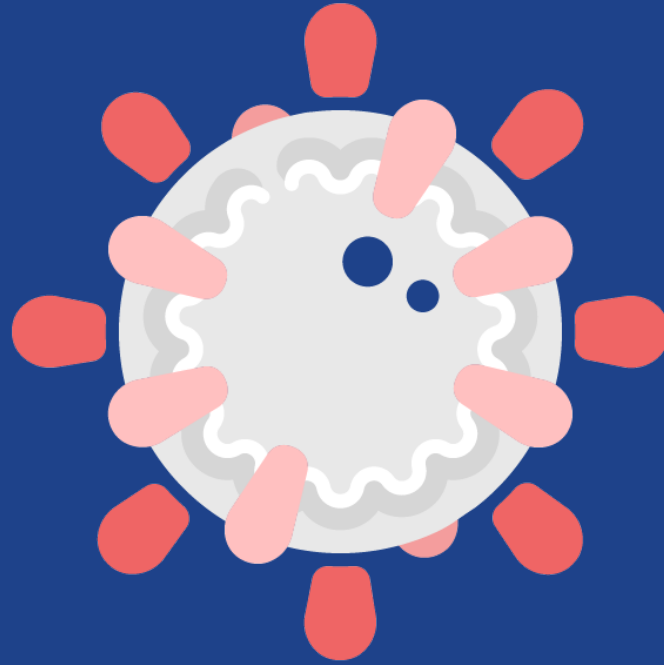
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Agenda

- Impact of COVID-19 on Trauma Survivors
- Self-Care and Wellness
 - Survivors
 - Health Care Professionals
 - Family & Significant Others
- Violence in the Home
- Resources for Trauma Survivors



Created by Aneeqe Ahmed
from Noun Project



Impact of COVID-19 on Trauma Survivors

Mental Health and COVID-19 in NYC



NYC Health Opinion Poll 2020

- Adults report symptoms of depression or anxiety due to COVID
- Feeling cut off and distant from people
- Financial stress, job loss and reduced work hours

More likely to report adverse mental health

- Healthcare workers
- Adults with children at home
- Adults with a family member with a chronic health condition
- **Adults fearful of intimate partner violence**

COVID-19 and Trauma Survivors

- Those with pre-existing mental health problems and experienced structural racism are more likely to experience adverse effects
- Individuals with trauma histories face additional challenges and feel the impact of COVID-19 more intensely
 - Triggering or re-activating past trauma symptoms and memories
 - Cut off from supports and ways of coping that helped them heal

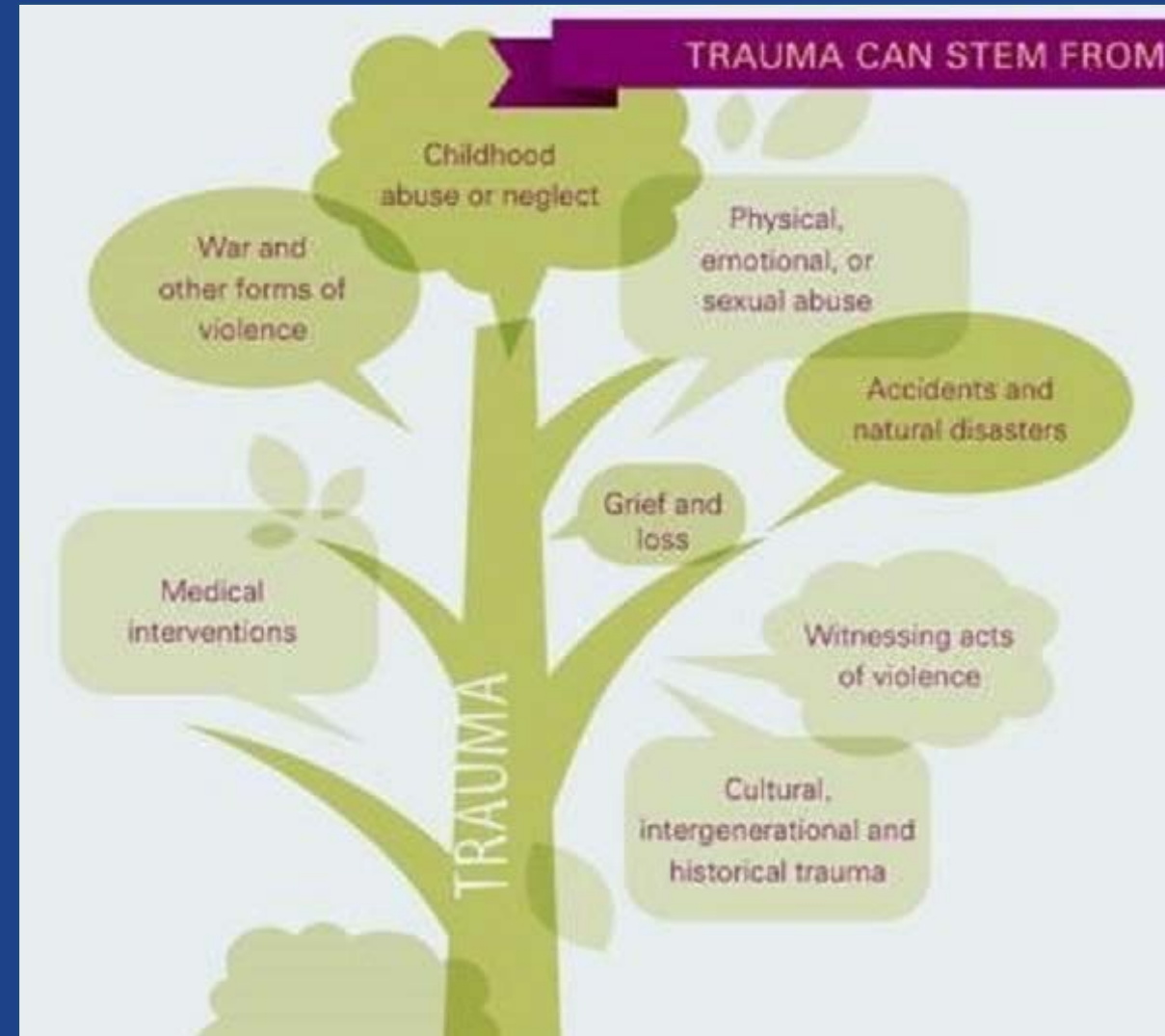


Trauma

Experiencing or witnessing a serious injury, threat of death and/or violation of personal integrity

The experience evokes:

- Intense fear, helplessness or horror
- Extreme stress, overwhelming one's ability to cope



Types of Trauma

- **Individual:** Physical injuries, illness, assault
- **Group:** First responders, military service members
- **Community & Culture:** Neighborhoods, schools, towns, and reservations
- **Historical trauma:** Generational trauma; slavery, the Holocaust
- **Collective trauma:** Earthquakes, hurricanes, nuclear reactor meltdown; COVID-19

Complex Trauma

- The pervasive impact, including developmental consequences, of exposure to multiple or prolonged traumatic events
- This often sets off a chain of events leading to subsequent or repeated trauma exposure in the adolescence and adulthood

90%

Experienced 1 or more trauma
for posttraumatic stress disorder

53%

Physical or sexual assault

52%

Violent death of a close
family member or friend

51%

Disaster

48%

Accident or fire

33%

Witnessed physical or
sexual assault

32%

Threat or injury to a close
family member or friend

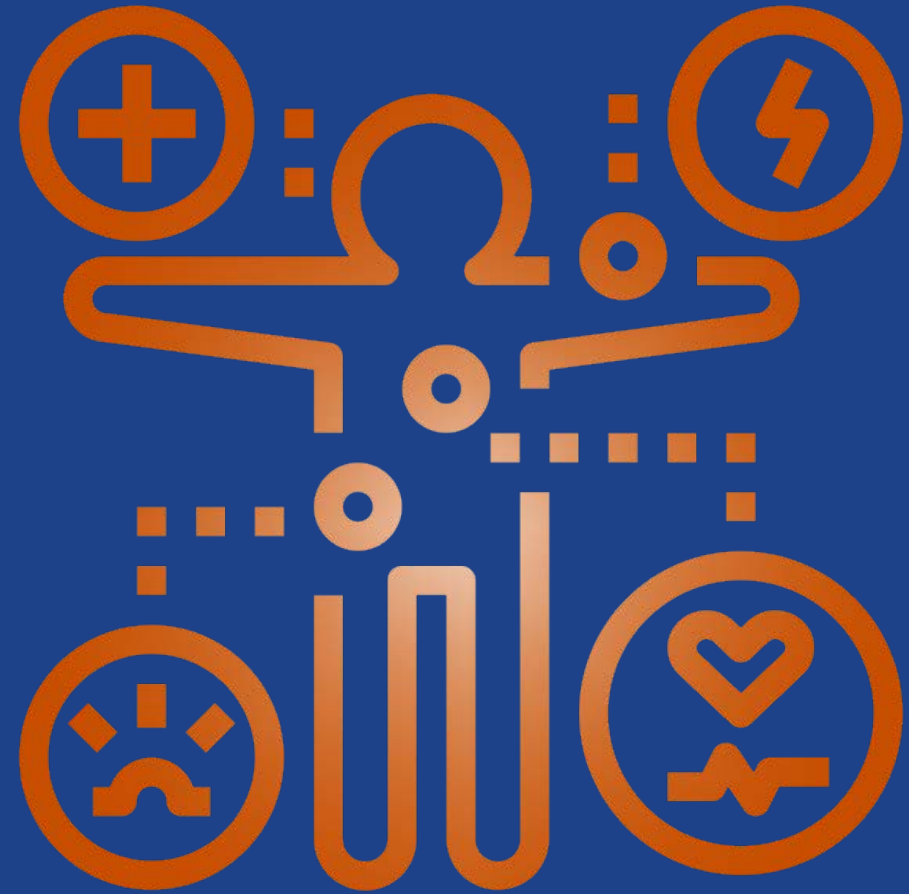
Trauma Survivors



- Medical Trauma
- PTSD
- Veterans
- Intimate Partner Violence
- Sexual Assault
- Substance Use
- Homeless
- Trafficked Persons
- Refugees, Undocumented Persons

7 Reactivation Signs

- Intrusive Memories
- Sleep Problems
- Being on Constant Guard
- Difficulty Coping with Emotions
- Feeling Numb
- Avoidance
- Negative Thoughts

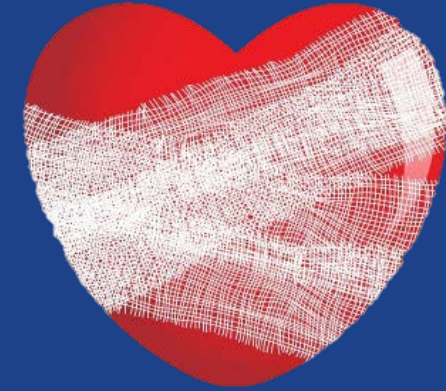


Factors Mediating Trauma Impact



- Direct or indirect exposure
- Origin of trauma
- Age when trauma occurred
- Social support
- Reactions of others
- Frequency, duration, severity

Grief & Trauma Loss



- Common after trauma
- Acute grief vs. chronic bereavement (grief lasting 6+ months)
- Risk factors
 - Loved one's death from a disaster (unexpected, untimely, sudden, shocking)
 - Concurrent crises or stressors (i.e. reactivating PTSD)
 - Perceived lack of social support
 - High levels of ambivalence
 - Extreme dependent relationships prior to the loss



Self-Care & Wellness

Trauma Survivors

Awareness

- Checklist of symptoms and distress level
- Track eating, sleep, physical movement

Re-assess

- Implement tools, strategies, supports
- Try and cultivate new coping tools

Seek professional support

PERSONAL
CRISIS PLAN

SOME GOOD WAYS TO DISTRACT MYSELF ARE:

I KNOW I'M TRIGGERED WHEN I NOTICE

SAFE PEOPLE I CAN REACH OUT TO:

1. _____

2. _____

3. _____

COPING SKILLS I CAN USE:

WAYS TO KEEP MYSELF & MY SPACE SAFE:

OTHER RESOURCES I CAN USE TO GET MYSELF CARE

1

2

3

crisis text line:
text HOME to 741741

FIND MORE PRINTABLE MENTAL HEALTH WORKSHEETS @ LINDSAYBRAMAN.COM

@LINDSAYBRAMAN

1. Self-check

What is my body telling me?



What am I feeling?



What are my thoughts?

2. Reality-check

Name the Emotion



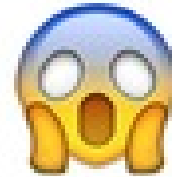
How are you feeling?



happy



embarrassed



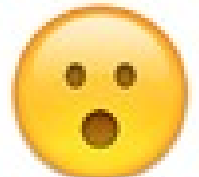
scared



nervous



goofy



surprised



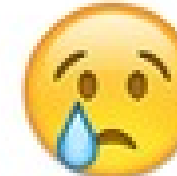
quiet



annoyed



cool



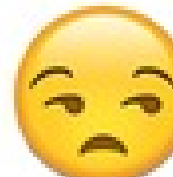
sad



tired



excited



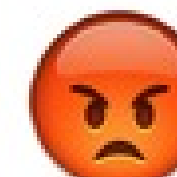
bored



sick



frustrated



angry

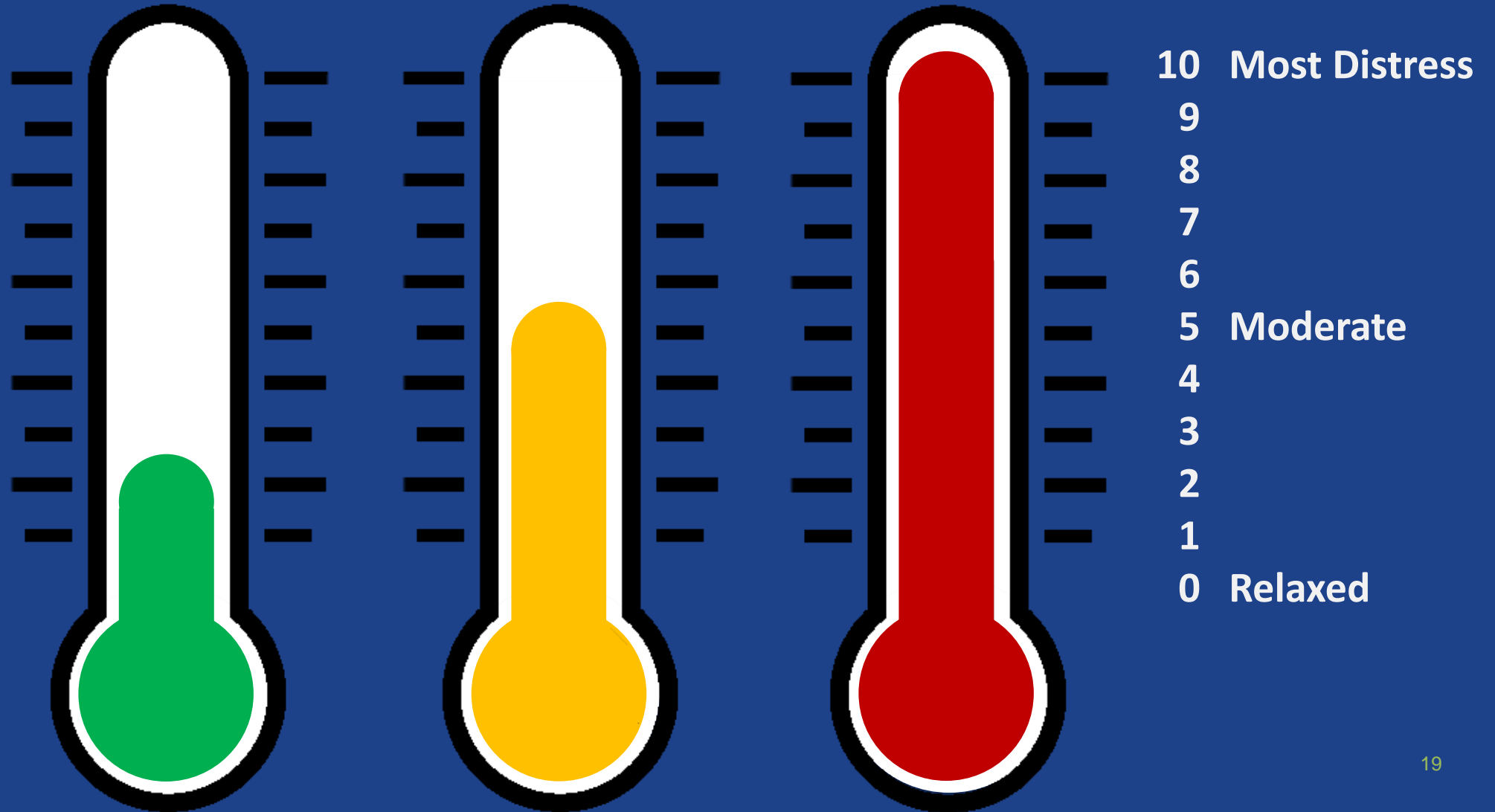


funny



proud

Measure & Monitor



Self-Care Tips



- Take short breaks during the day
- Set short term goals; break long term goals down into smaller ones
- Set boundaries; say no to things that add more stress (if possible)
- Stay connected with emotions and how they feel in your body
- Stay aware of your surroundings
- Allow others to be a support system
- Stay creative and flexible
- Use breathing techniques (4-4-4)
 - Breathe in for 4 secs, hold breath for 4 secs, breathe out for 4 secs
- Meditate for 1, 5 or 10 min.

Medical & Mental Health Providers

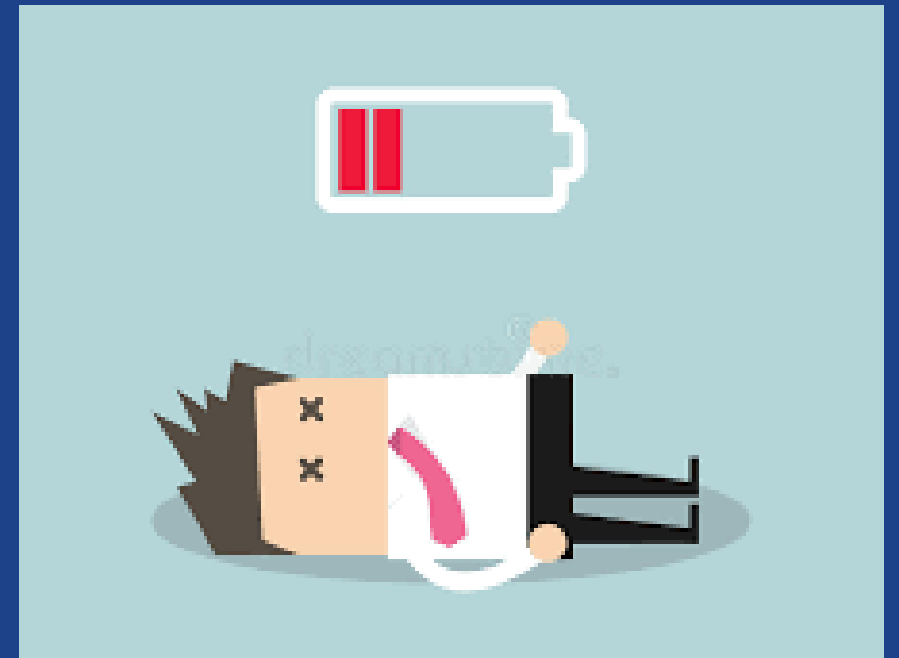
- **Ask** survivors how they are coping with COVID-19
- **Provide psychoeducation** to normalize triggers for past trauma
- **Understand triggers** and their meaning
- **Recognize** changes in the patient-provider relationship



Compassion Fatigue

Characterized by a gradual lessening of compassion over time

- “burnout”, “secondary trauma” and “vicarious trauma”
- Physical, emotional or mental exhaustion combined with doubts about your competence and the value of your work



Family Members & Significant Others

Observe

- Observe noticeable changes in the survivor's behaviors

Check-in

- Check-in with the survivor is re-activated for past trauma

Support

- Provide support and develop a coping plan with the survivor

Family Members & Significant Others

- Self-care is important for you too
- Added emotional labor taking care of your personal concerns and for your loved one
- If you are feeling overwhelmed, seek support through your social networks or a mental health professional



Violence in the Home



Violence in the Home during COVID

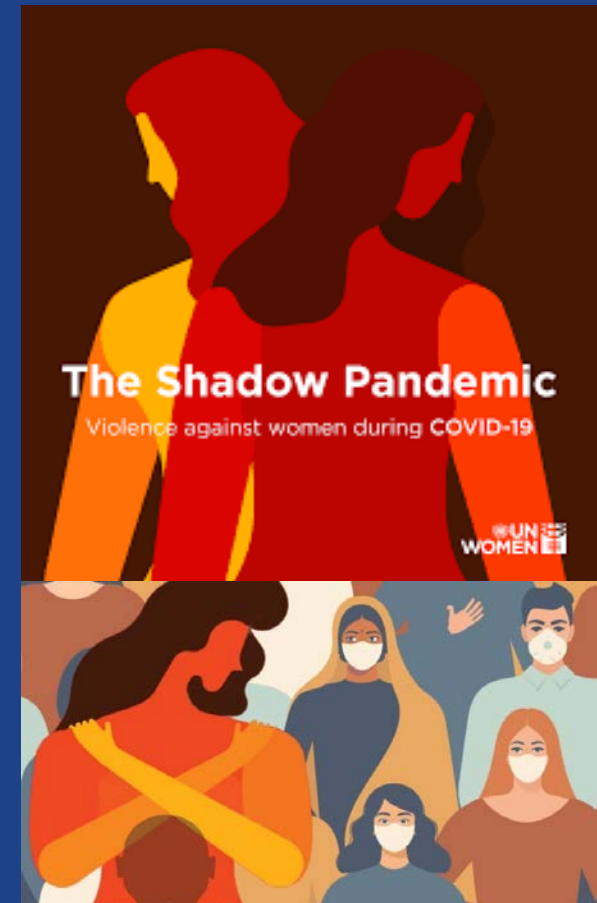
- Social isolation increases the risk for abuse at home including child abuse and neglect, intimate partner violence, and elder abuse
- Victims of violence may be unable to access help due to limited outside social contact
- Unable to seek victim services, shelter, or legal services



Intimate Partner Violence (IPV)

Physical, emotional, sexual, financial, or immigration-related abuse by former or current partner

- March 2020, NYC Police Department saw 10% increase
- IPV agencies have seen cases increase by 2 to 3 times
- Challenges
 - Programs, shelters may be full or services limited
 - Fear of COVID exposure seeking shelter or calling 911
 - Travel restrictions impact a victim's escape or safety plan



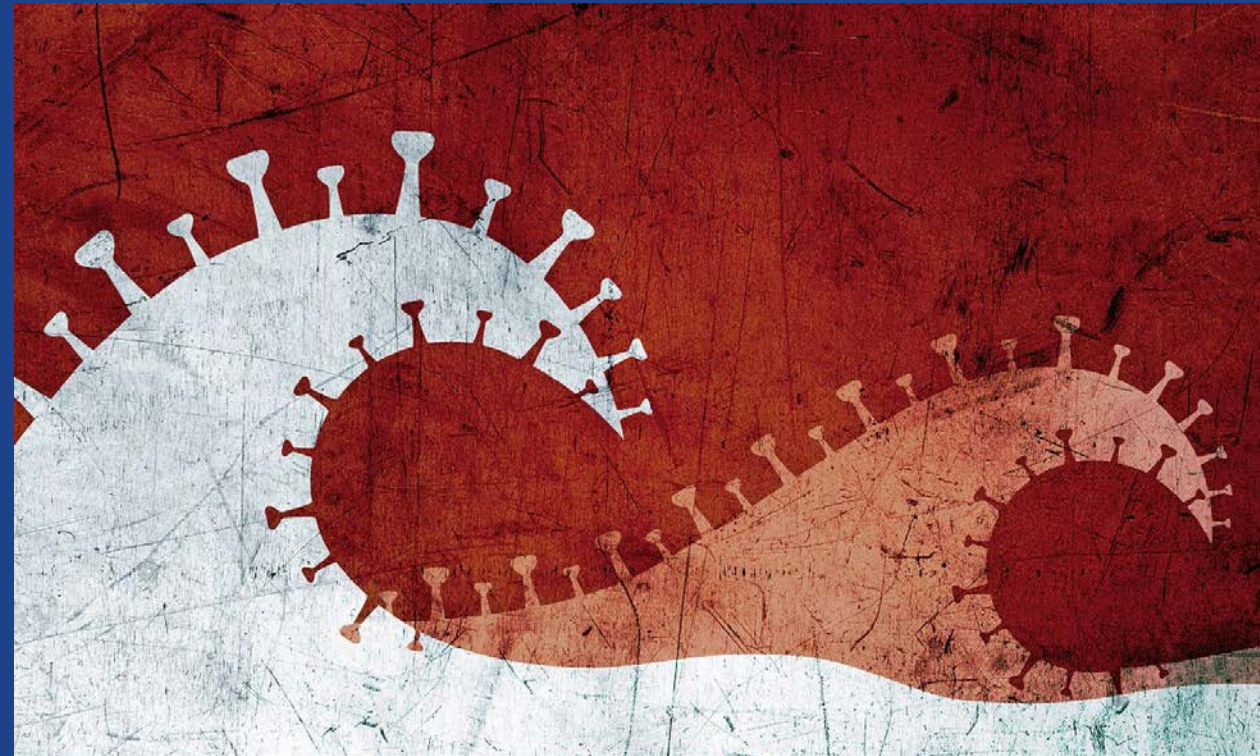
Impact of Past Disasters & Epidemics on IPV

Past trends for violence, physical and mental health of IPV victims

- Social isolation, economic instability, increased relationship conflict

Hurricane Katrina

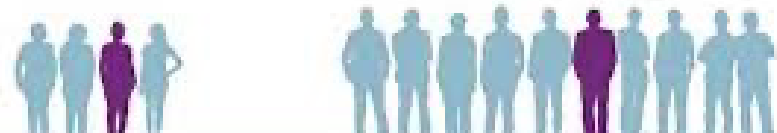
- 4.6 cases per 100,000/day to 16+ cases
- 1 yr later, displaced victims had poorer mental health than non-victims



Abusers use COVID to control, frighten, or manipulate another person

- Withhold COVID information and personal protective equipment
- Prevent seeking medical, legal, or counseling services; withhold health insurance
- Monitor calls, video, texts; shut off phone or internet service
- Cyberstalk, troll on social media
- Shame or blame others or become physically violent if abuser has COVID

About **1 in 4 women** and **1 in 10 men** experienced contact sexual violence, physical violence, and/or stalking by an intimate partner and reported an IPV-related impact during their lifetime.



Safety Plan during COVID



- Create a plan for current situation, to leave, or after leaving
- Make a list of support people to check-in regularly
- Identify the “safest room” (no weapons, a way out of the home)
- Take breaks outside if possible (go to isolated areas)
- Document instances of harassment, stalking or threats
- For survivors, block social media from former abusers

Safety Planning during COVID (continued)

- Keep an emergency bag with important documents, medications, keys in case there is a need to escape
- Use “code words” with support people to communicate safely
 - If abuser is near (“My show is on”, “I have to put dinner on the stove”)
 - Create an emergency code word when help is needed
 - If you are the support person, ask “yes” or “no” questions
- Seek services or agencies with private platforms (chat, “quick exit”)



Additional Safety Planning Resources

NYC Anti-Violence Project

- [When Staying Home Isn't Safe](#)

National Domestic Violence Hotline

- [Interactive Guide to Safety Planning](#)

Interactive guide to safety planning

[Introduction](#) [Basics](#) [Home](#) [School](#) [Job](#) [Technology](#) [Partner](#) [Children](#) [Emotional](#)

SAFETY ALERT: The Interactive Guide to Safety Planning requires you to enter information into an online form. Before you begin, be sure that the computer you are using is in a safe location and is not being monitored by your partner. [Click here](#) to learn more about how an abusive partner can monitor your computer.

If you are using a school or work computer, remember that the information you enter may be monitored by your school or employer.

If it is not safe for you to enter information into the computer, you can still read through the safety plan and think about your answers to the questions.

When you exit the safety plan, your information will not be stored

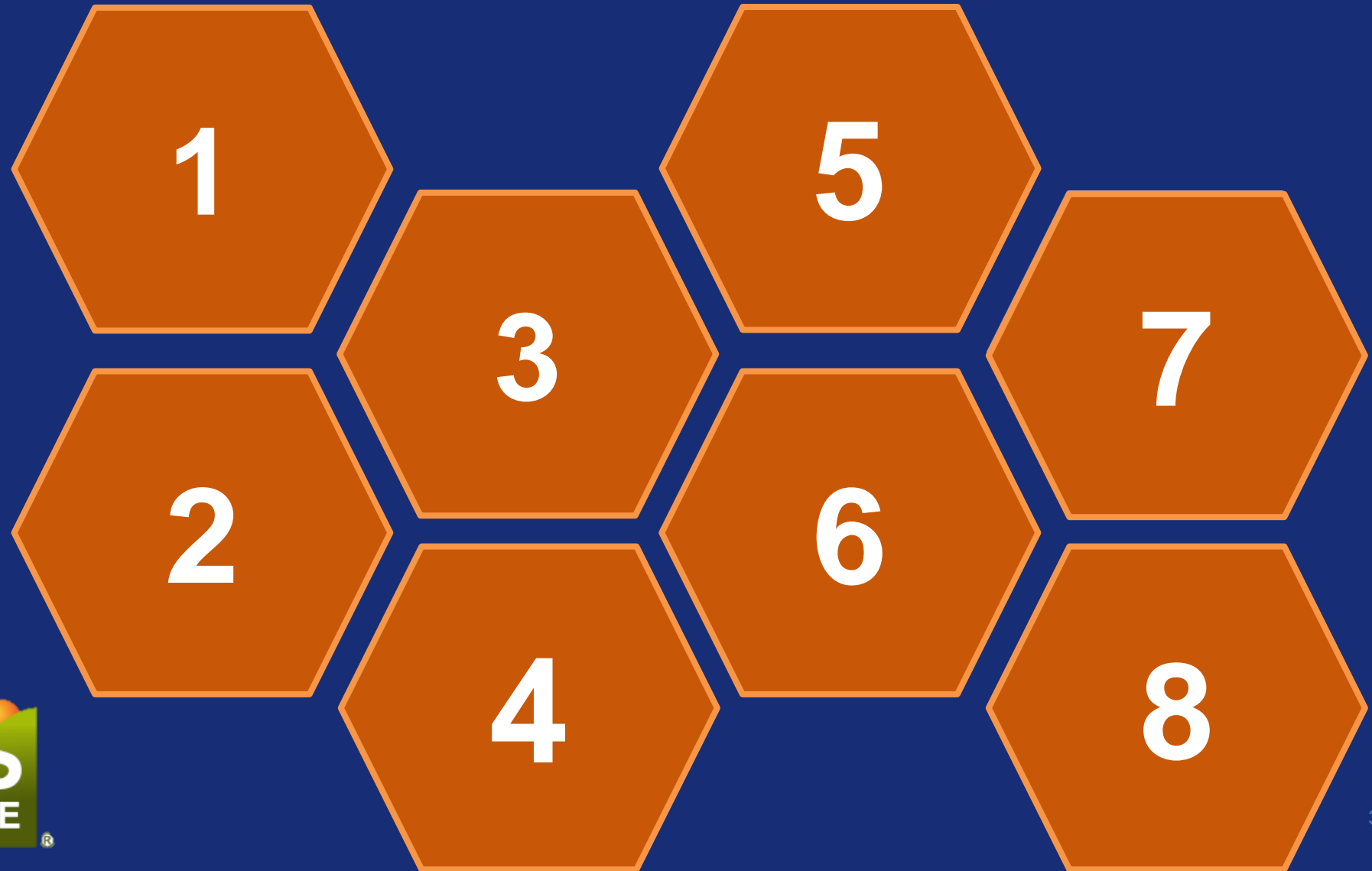


Call 1.800.799.SAFE (7233)



Chat live now

Loved Ones Living with Violence



Loved Ones Living with Violence



RESPECT the Person's Choices

good friends
are like stars.

you don't always see them,
but you know they're always there

(old saying)

- Talking about their experiences does not mean they are ready to take action or leave
- Let the person decide what is best for them, even if you disagree
- Offer options, your support, and information about resources—not your opinion on what they should or shouldn't do

**Leaving an abusive relationship
can be the most dangerous time.**

Resilience & Hope

Trauma does not define a person

Creative ways to connect and support others
and ourselves

Remind yourself (or your loved one or patient)
how you got through the past traumas

“If you were born with
the weakness to fall
you were born with
the strength to rise.”

RUPI KAUR
Milk and Honey



You are here today because you are a survivor!

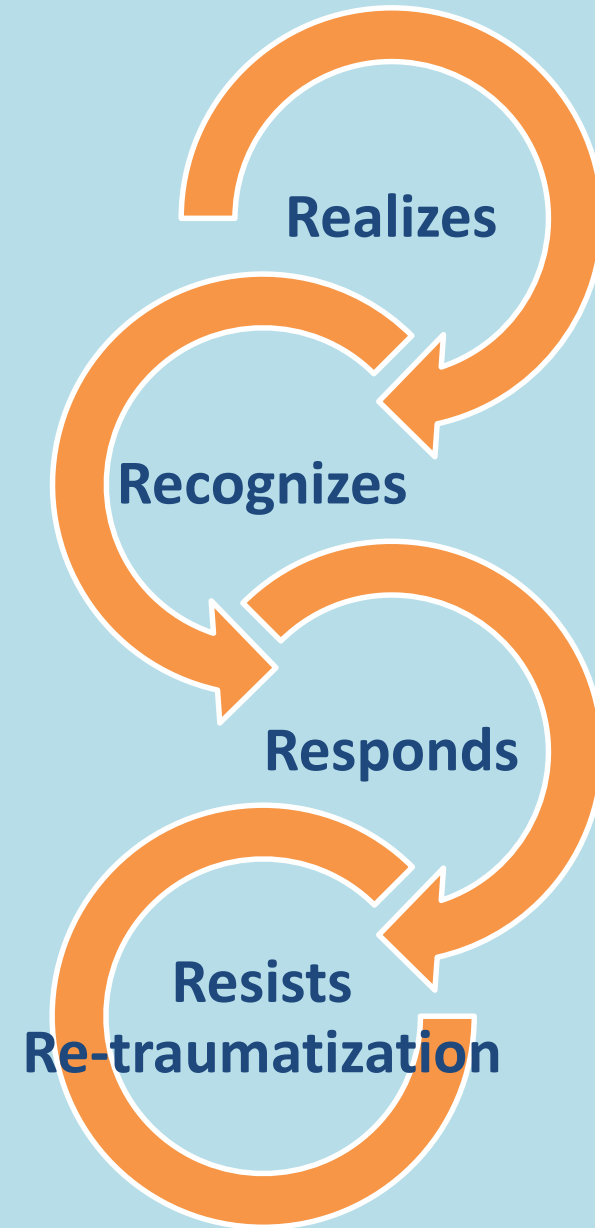
Resources for Trauma Survivors



Trauma Informed Care

An organizational response to the needs of trauma survivors that ensures the environment, policies and practices will not re-traumatize or re-victimize survivors

Source: Substance Abuse and Mental Health Services Administration,
<https://www.samhsa.gov/nctic/trauma-interventions>




Employee Supports

NYC HEALTH+ HOSPITALS | **INSIDER**

HOME CENTRAL OFFICE EMPLOYEE RESOURCES CENTER FACILITIES

COVID-19 Resource Hub

[CLICK HERE TO VIEW](#)

THANK YOU HEALTH CARE HEROES 

COVID-19 Resource Hub




 Personal Protective Equipment (PPE)

 COVID-19 Guidances and Policies

 Employee Resources & Wellness

Contact Us

-  PPE Hotline
Phone # 442-3333
-  Anonymous Support
Phone # 442-3333
-  Emotional and Subtle PPE
Phone # 442-3333
-  Questions about COVID-19
Phone # 442-3333
-  Questions?
Health + Hospitals
to order any
Contact Us



Emergency Services



Domestic Violence

- Call **800-621-HOPE** (4673)

Rape & Sexual Assault

- Call **212-227-3000**

Suicide Prevention Hotline

- Call **800-273-TALK** (8255)
- Text **“Start”** to **741-741**

Substance Abuse & Mental Health Services Administration Helpline

- Call **800-662-HELP** (4357)

VetConnectNYC

- [//www1.nyc.gov/site/veterans/get-help/get-help.page](http://www1.nyc.gov/site/veterans/get-help/get-help.page)
- Call 311 to connect to services
- Crisis Line: **800-273-8255**

Resources for Trauma Survivors



Futures without Violence

- [COVID-19 and the Impact on Survivors of Human Trafficking, Domestic Violence & Sexual Assault](#)
- [Resources for Safety & Support during COVID-19](#)

NY State Coalition Against Domestic Violence

- www.domesticviolenceanddisaster.org/dv-and-covid-19

NYC Mayor's Office to End Domestic & Gender-Based Violence

- [Resources for Survivors during COVID-19](#)

NY City Alliance Against Sexual Assault

- www.svfreenyc.org/covid-19-update/

NYC H+H Counseling & Advocacy

re·sil·ience:

the ability to bounce back when faced
with stress or pressure.

Bellevue Hospital Center

- Victim Services Program

Gouverneur Health

- Team Medical Social Workers

Harlem Hospital

- Center for Victim Support

Jacobi Medical Center

- Family Advocacy Center

Lincoln Medical Center

- Child Advocacy Center

North Central Bronx Hospital

- Sexual Assault Treatment Program

Queens Hospital Center

- Sexual Assault-Domestic Violence Program

NYC Family Justice Centers

- Gouverneur
- Kings County Hospital Center
- Lincoln Medical Center
- Queens Hospital Center

NYC H+H Sexual Assault Response Teams (SART)

Bronx

- Jacobi Hospital
- Lincoln Medical Center
- North Central Bronx Hospital

Brooklyn

- Coney Island Hospital
- Kings County Hospital
- Woodhull Medical Center

Manhattan

- Bellevue Hospital Center
- Harlem Hospital Center
- Metropolitan Hospital

Queens

- Elmhurst Hospital
- Queens Hospital Center





Thank you

peace

it does not mean to be in a place where there is no noise, trouble, or hard work. it means to be in the midst of these things and still **be calm in your heart**

~unknown

Additional Resources

CDC: Support for People Experiencing Abuse

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/abuse.html>

Domestic Violence in NYC

- <https://gothamist.com/news/total-number-domestic-violence-murders-year-surpasses-all-2019s-count>
- <https://nypost.com/2020/07/26/domestic-violence-soared-during-coronavirus-in-nyc-report-shows/>

Mental Health Impact of COVID

- <https://www1.nyc.gov/site/doh/about/press/pr2020/new-data-on-covid-19-mental-health.page#:~:text=COVID%2D19%20is%20having%20an,in%20the%20previous%20two%20weeks>

Shadow Pandemic

- <https://www.unwomen.org/en/news/in-focus/in-focus-gender-equality-in-covid-19-response/violence-against-women-during-covid-19>

SAMHSA: Intimate Partner

- <https://www.samhsa.gov/sites/default/files/social-distancing-domestic-violence.pdf>

Research Literature

- Mazza, M. G., De Lorenzo, R., Conte, C., Poletti, S., Vai, B., Bollettini, I., Melloni, E. M. T., Furlan, R., Ciceri, F., Rovere-Querini, P., & Benedetti, F. (2020). Anxiety and depression in COVID-19 survivors: Role of inflammatory and clinical predictors. *Brain, Behavior, and Immunity*, 89, 594–600.
<https://doi.org/https://doi.org/10.1016/j.bbi.2020.07.037>
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- Thibaut F, van Wijngaarden-Cremers PJM. Women’s Mental Health in the Time of Covid-19 Pandemic. *Front Glob Women’s Heal*. 2020;1(December):1–6.
- Gosangi B, Park H, Thomas R, Gujrathi R, Bay CP, Raja AS, et al. Exacerbation of Physical Intimate Partner Violence during COVID-19 Pandemic. *Radiology*. 2021;298(1):E38–45.
- Kaukinen C. When Stay-at-Home Orders Leave Victims Unsafe at Home: Exploring the Risk and Consequences of Intimate Partner Violence during the COVID-19 Pandemic. *Am J Crim Justice*. 2020;45(4):668–79.
- Sánchez OR, Vale DB, Rodrigues L, Surita FG. Violence against women during the COVID-19 pandemic: An integrative review. *Int J Gynecol Obstet*. 2020;151(2):180–7.