

STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM



NEW JERSEY SELF-ADVOCACY PROJECT



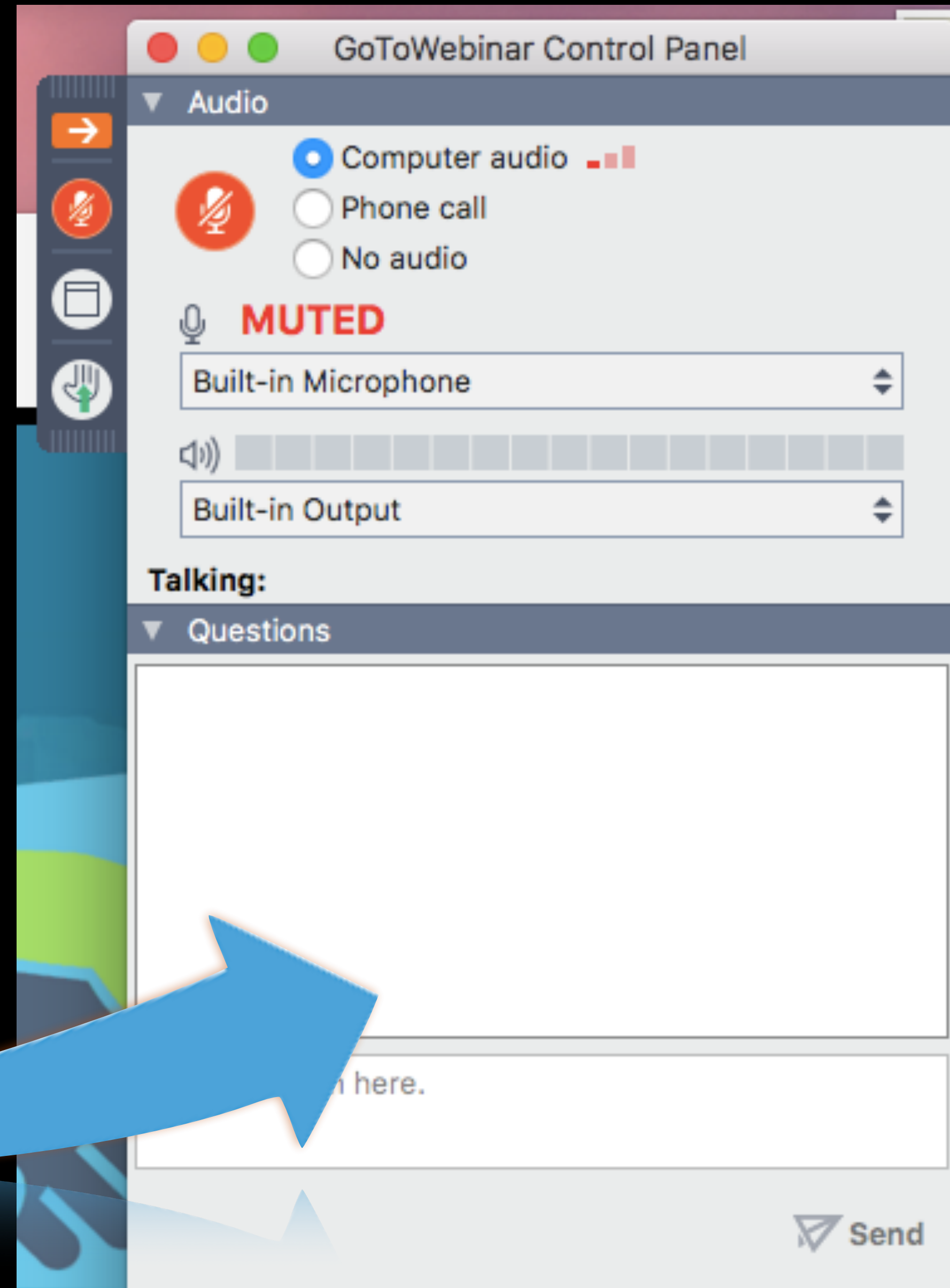
Can I Help You?

Mental Health First Aid

STAY HEALTHY AT HOME WEBINAR SERIES

NOVEMBER 24, 2020 FROM 2 - 3 PM

TYPE YOUR
QUESTIONS,
COMMENTS,
FEEDBACK
IN THE
QUESTIONS
BOX



INTRODUCTION



- ▶ Erin Smithers, the Information/Referral Coordinator of the [New Jersey Self-Advocacy Project \(NJSAP\)](#)
- ▶ NJSAP has been a Division-funded program of The Arc of New Jersey since 1983
- ▶ NJSAP supports the state's largest network of individual self-advocates and self-advocacy groups
- ▶ NJSAP provides comprehensive training and resources to self-advocates, Direct Support Professionals, and agency personnel

TODAY, WE WILL DISCUSS:

- **Mental Health First Aid 101**
- **Warning Signs and Symptoms**
- **Stress Reducing Tips**
- **Support Resources**



**RESOURCES IN
THIS TRAINING
ARE SPECIFIC TO
NEW JERSEY.**

TRIGGER WARNING

**IF ANYONE YOU
KNOW NEEDS
IMMEDIATE HELP**



CALL 911!

MENTAL HEALTH

FIRST AID

101

First Aid

Help given to a sick or injured person until full medical treatment is available



Mental Health First Aid

Understanding and responding to signs of mental illnesses.



Certification

Mental Health First Aid
Program



Psychological First Aid

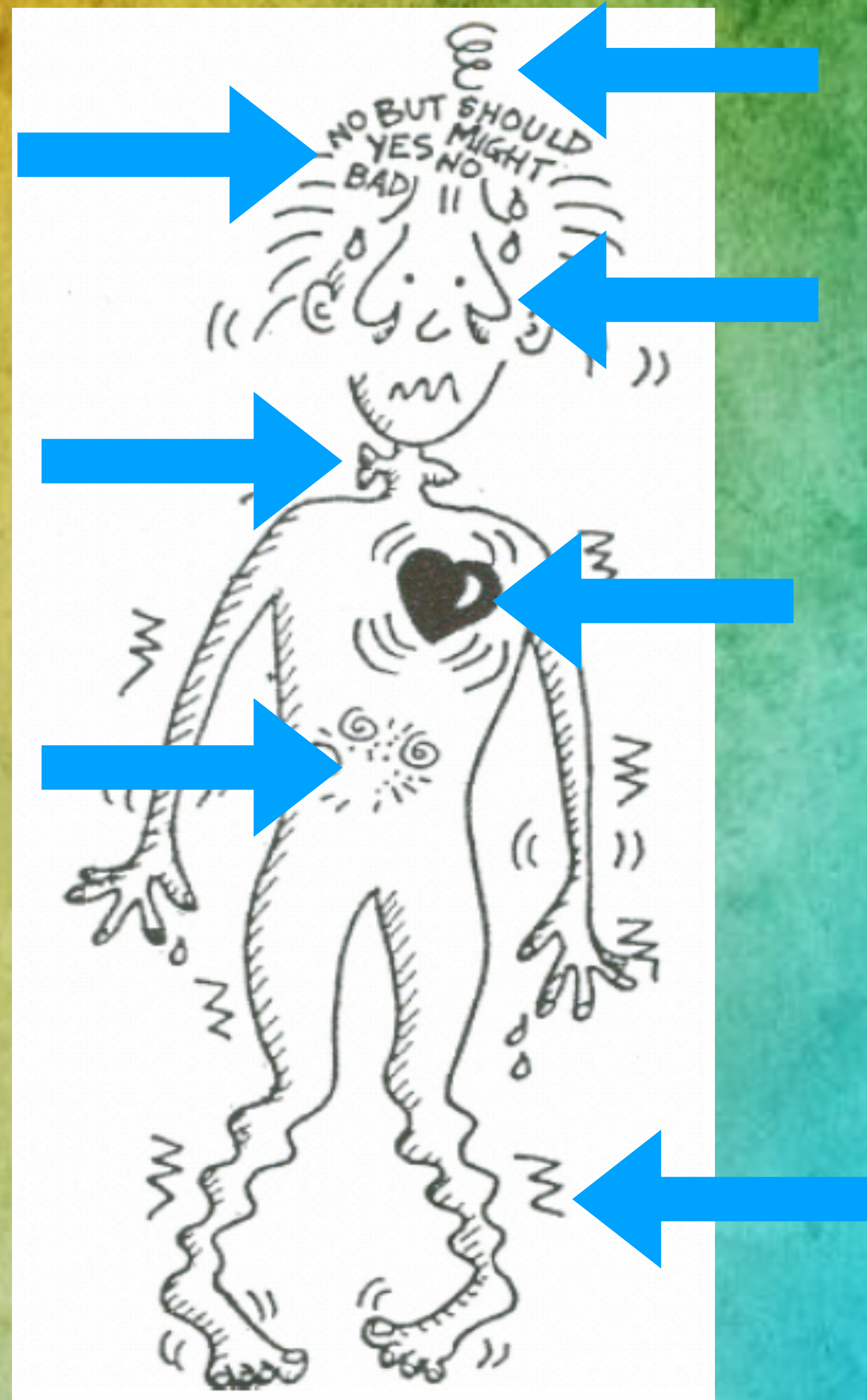
Why Mental Health First Aid?



How can MHFA help?

RECOGNIZING
SYMPTOMS

**Can You Recognize
Any Symptoms?**



GIVING HELP

Be Prepared

- **Develop a crisis plan**
- **Understand Stressors**
- **Learn De-escalation techniques**



Crisis Plan Example

Patient Safety Plan Template

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

1. _____
2. _____
3. _____

Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

1. _____
2. _____
3. _____

Step 3: People and social settings that provide distraction:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Place _____ 4. Place _____

Step 4: People whom I can ask for help:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

Step 5: Professionals or agencies I can contact during a crisis:

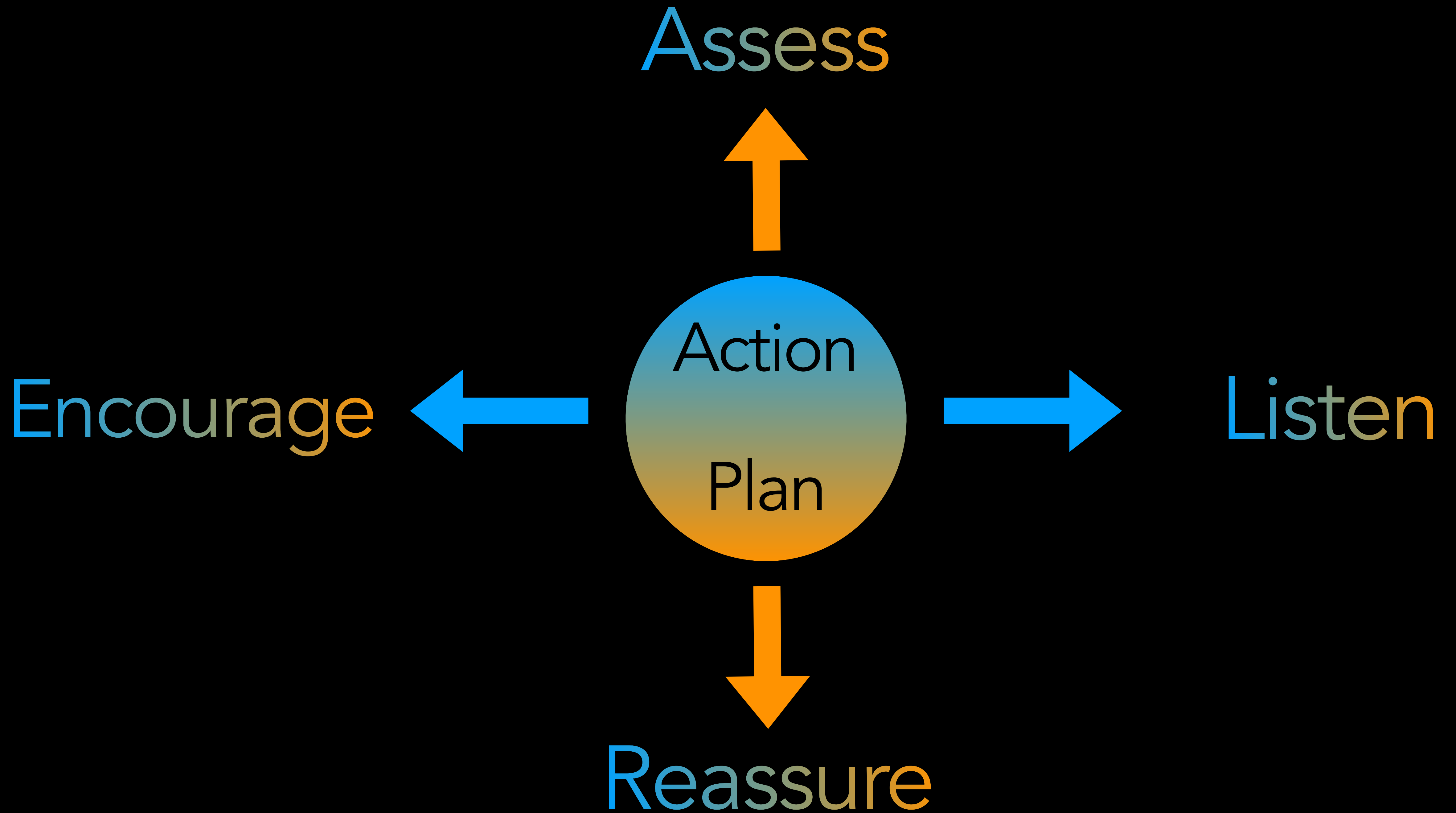
1. Clinician Name _____ Phone _____
Clinician Pager or Emergency Contact # _____
2. Clinician Name _____ Phone _____
Clinician Pager or Emergency Contact # _____
3. Local Urgent Care Services _____
Urgent Care Services Address _____
Urgent Care Services Phone _____
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

Step 6: Making the environment safe:

1. _____
2. _____

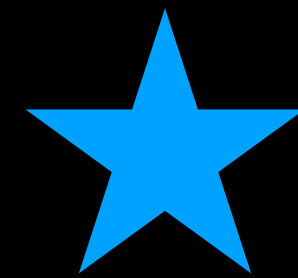
Safety Plan Template ©2008 Barbara Stanley and Gregory K. Brown, is reprinted with the express permission of the authors. No portion of the Safety Plan Template may be reproduced without their express, written permission. You can contact the authors at bhs2@columbia.edu or gregbrow@mail.med.upenn.edu.

The one thing that is most important to me and worth living for is:



Recovery

Recovery is the process in which people are able to live, work, learn, and participate fully in their communities.



Recovery implies the reduction or complete remission of symptoms.

REMEMBER:

Listen, Express Concern, Reassure

- Start The Conversation
- Stay Calm
- Reassure Realistically



NAVIGATING A
MENTAL HEALTH
CRISIS

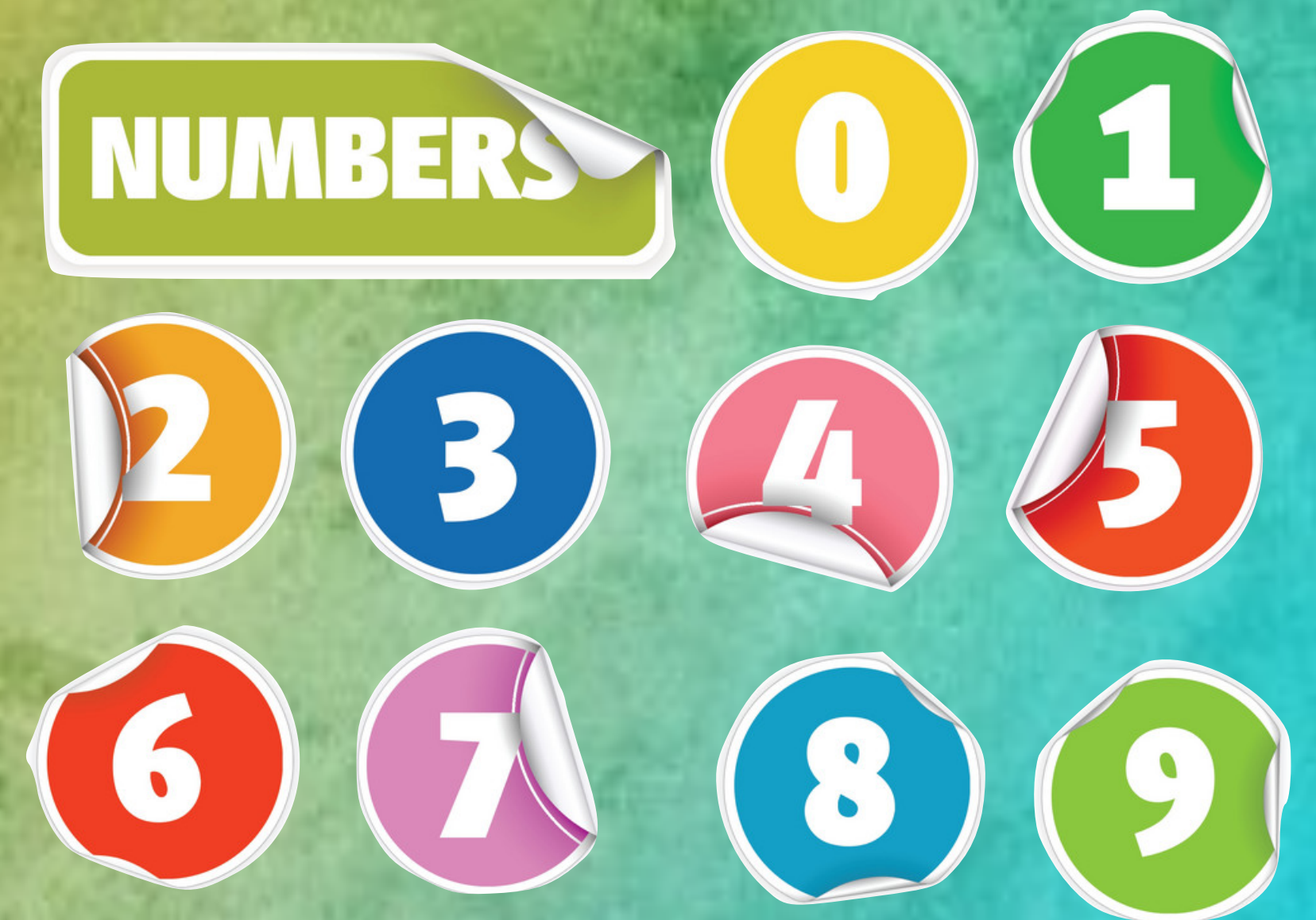
Coping Skills

- **Counting**
- **Grounding**
- **Deep Breathing**
- **Imagery**



Counting

- **Counting Backwards**
- **Count Random Sequence of Numbers**
- **Count Specific Items**



Grounding

- 5, 4, 3, 2, 1 Technique
- Categories
- Alphabet

focus

Deep Breathing

- **5-10**
- **Diaphragmatic**
- **Lion's Breath**



Imagery

- **5 senses**
- **Mindfulness
Meditation**





Coping Skills



Coping means to invest one's own conscious effort, to solve personal and interpersonal problems, in order to try to master, minimize or tolerate stress and conflict. The psychological coping mechanisms are commonly termed coping strategies or coping skills. These are meant as a guide and should be tailored specifically for the person who needs them. It's important to understand that some techniques might work better than others and it varies per person and by the situation you are dealing with.

Counting

Counting gives you time to relax and calm down before responding to a situation.

Try these methods:

- **Counting Backwards:**
Count backwards from 10 to 0.
- **Counting Random Sequence of Numbers**
Count from random numbers you aren't used to like from 157 to 203.
- **Counting Specific Items:** This is also a method of grounding. For example, count how many chairs are in the basement or count how many times someone on the TV says the word 'no'.

Grounding

Grounding techniques help you turn your attention away from negative thoughts, memories, or worries, and refocus on the present moment.

- **54321 Technique:**
Purposefully take in the details of your surroundings using each of your senses. What are **5** things you can **see**? What are **4** things you can **feel**? What are **3** things you can **hear**? What are **2** things you can **smell**? What is **1** thing you can **taste**?
- **Categories**
Choose 3 categories and name as many items as you can in each category. Spend a few minutes on each category to come up with as many items as possible.
- **Alphabet**
Pick a category and name an item for each letter of the alphabet.

Designed and distributed by The New Jersey Self-Advocacy Project, a program of The Arc of New Jersey
This infographic is made as part of our Healthy Lifestyles Project, funded by The Horizon Foundation for New Jersey



Coping Skills



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Deep Breathing

Deep breathing reverses the fight or flight response and sends messages to the brain to begin calming the body.

- **5-10:**

Breathe in slowly for at least 5 seconds. Hold your breathe for 5-10 seconds. Breathe out very slowly. Repeat the process until you feel calm.

- **Diaphragmatic:**

Place one hand on your chest and one hand on your belly. Slowly inhale through your nose, feeling your stomach pressing into your hand. Keep your other hand as still as possible. Slowly exhale keeping your upper hand completely still.

- **Lion's Breath:**

Be in a comfortable seated position. Press your palms against your knees with your fingers spread wide. Inhale deeply through your nose and open your eyes wide. At the same time open your mouth wide and stick out your tongue, bringing the tip down toward your chin. Exhale by making a long 'ha' sound.

Imagery

- **5 Senses:**

Think of a place that's calming for you; the beach, playing with a pet, a friends house, another country you visited on vacation. Paint a picture using your 5 senses:

What do you see?

What do you hear?

What can you feel?

What can you taste?

What can you smell?

- **Mindfulness Meditation**

This can help with getting rid of unwanted imagery. To practice mindful meditation, sit or lay down in a comfortable position. Close your eyes and bring your attention to your breathing. Relax your muscles and just sit with your breath. It's normal for your thoughts to wander; acknowledge your thoughts without judgement and then return your attention to your breathing. Practice until you feel calm again.

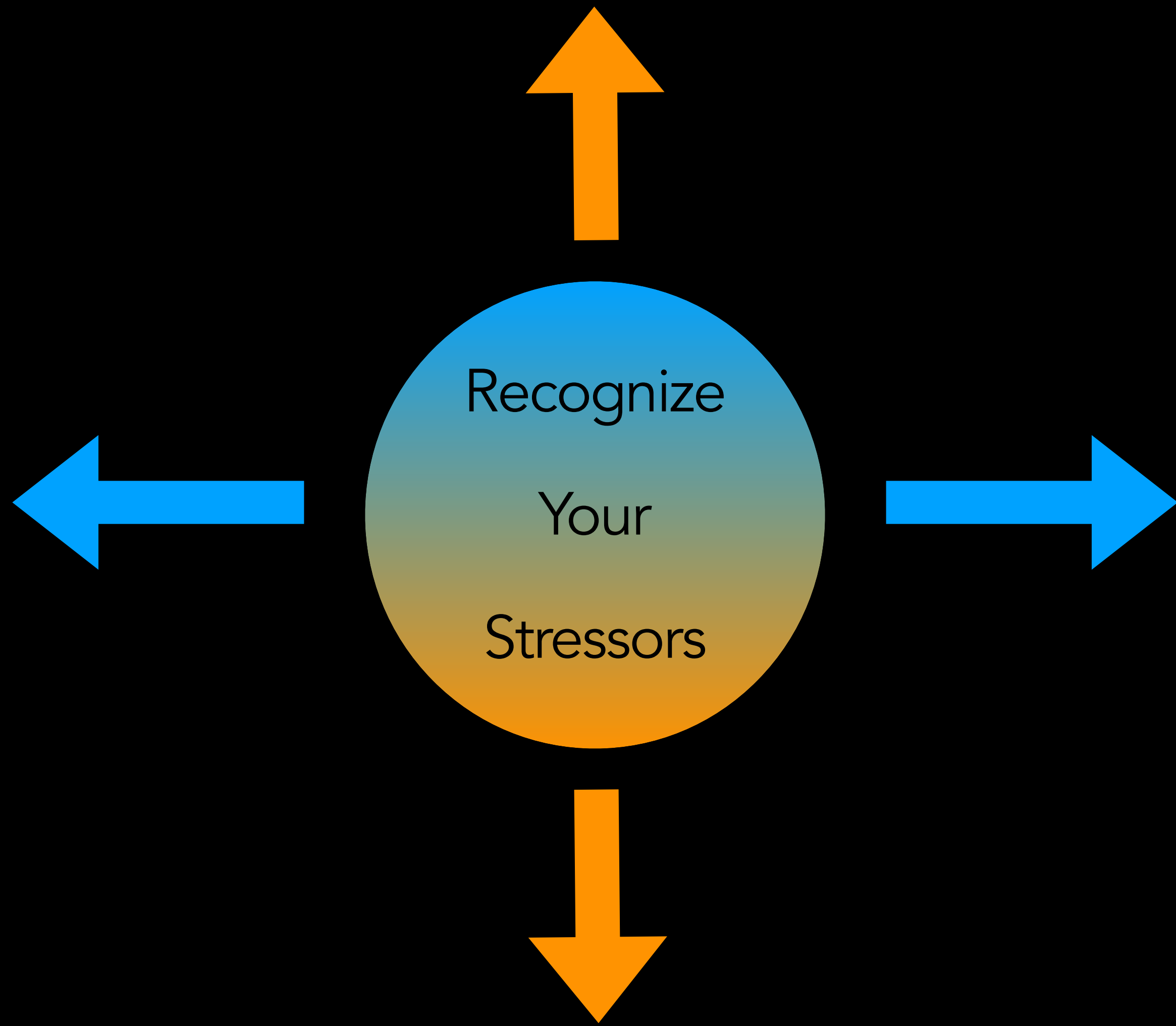
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[HTTPS://TRINITASRMMC.ORG/TRINITAS_CARES.HTM](https://trinitasrmmc.org/trinitas_cares.htm)

STRESS REDUCING
TIPS

How likely is it that this will come to pass?



What resources
are available?

What can
I control?

What can't I control?

Self-Care is important



Make a self-care plan

SELF-COMPASSION



Tips to Relieve Stress

Exercise

Take a nap

Play with a pet

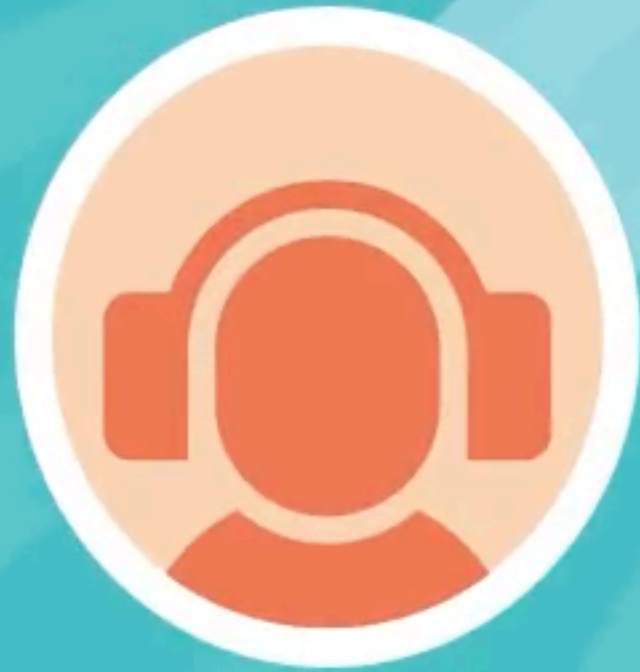
Meditate

Listen to music



7

Ways to Reduce Stress



**Understand that stress relief
looks different for everyone!**

EMERGENCY
RESOURCES

MENTAL HEALTH HOTLINES

HELP IS AVAILABLE 24/7 THROUGH PHONE CALL, TEXT, AND ONLINE CHATS USING THE RESOURCES BELOW.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

If you or someone you know is in crisis, whether they are considering suicide or not, please call the toll free Lifeline to speak with a trained crisis counselor 24/7. The National Suicide Prevention Lifeline connects you with a crisis center in the Lifeline network closest to your location. Your call will be answered by a trained crisis worker who will listen empathetically and without judgment. The crisis worker will work to ensure that you feel safe and help identify options and information about mental health services in your area. Your call is confidential and free.

National Alliance on Mental Illness (NAMI): 1-800-950-NAMI (6264)/Crisis Text Line: Text NAMI to 741-741

The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health conditions, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance. Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

National Sexual Assault Hotline: 1-800-656-HOPE (4673) / Online Chat: <https://hotline.rainn.org/online>

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is also available at their Online Hotline. Free help, 24/7.

NJ MentalHealthCares Help: 866-202-HELP (4357) / (TTY 877-294-4356)

Their line staff offers telephone counseling, information and referral and assistance in helping to get the behavioral health services needed by you or a loved one. The New Jersey MentalHealthCares Helpline is funded by the New Jersey Division of Mental Health and Addiction Services. Assistance is available in many languages. A TTY line is available for the deaf and hearing impaired at (877) 294-4356 Hours of operation are Monday thru Friday 8 a.m. to 8 a.m.

**Everyone needs support at
some time. If you need help,
it is available to you.**

STAY UP TO DATE
WITH NJSAP



Click [here](#) to
join the NJ
Self-Advocacy
Project's
email list.



Live Healthy,
Together



Foundation for New Jersey

Register [here.](#)

NEW Request a training on the
NJSAP homepage:

<https://www.arcnj.org/programs/njsap/trainings.html>



EVERYTHING IS AVAILABLE ON:



www.arcnj.org/programs/njsap/videos.html



<https://www.instagram.com/newjerseysap/>



<https://www.facebook.com/NewJerseySAP/>






<http://www.twitter.com/njsap>

Resources

- ▶ NJSAP: <http://www.arcnj.org/programs/njsap/>
- ▶ NJSAP Webinars: <https://www.arcnj.org/programs/njsap/webinars.html>
- ▶ NJSAP Youtube: www.arcnj.org/programs/njsap/videos.html
- ▶ NJSAP HLP: www.HealthyLifestylesProject.org
- ▶ Mental Health First Aid Course: <https://www.mentalhealthfirstaid.org/about/>
- ▶ American Red Cross Class: <https://www.redcross.org/take-a-class/coronavirus-information/psychological-first-aid-online-course>
- ▶ Mental Health Association in NJ: <https://www.mhanj.org>
- ▶ NJ Emergency Screening Center for Mental Health Crisis: https://www.nj.gov/humanservices/dmhas/home/hotlines/MH_Screening_Centers.pdf
- ▶ National Sexual Assault Online Hotline: <https://hotline.rainn.org/online>
- ▶ NAMI Mental Health Crisis Guide: https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis/Navigating-A-Mental-Health-Crisis?utm_source=website&utm_medium=cta&utm_campaign=crisisguide
- ▶ Trinitas CARES Program: https://trinitasrmc.org/trinitas_cares.htm

QUESTIONS?

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NewJerseySAP/](https://www.facebook.com/NewJerseySAP/)
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- ▶ NJSAP Website: [http://
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