

Emotional Health Planning

Chesterfield CSB

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Behavioral Health Equity Grant

Behavioral Health Equity Grant was requested through the DBHDS' Office. This grant is dedicated to creating policies and supporting programming that addresses behavioral health disparities across Virginia.

But.... Our CSB believes that everyone should have an equal chance to be emotionally healthy, even if it takes some out of the box thinking, longer therapy sessions and support for the caregivers.

How we made it happen

Our CSB partnered with Robin's Hope, to provide a voice to adults with developmental disabilities who have been traumatized; to help them create the ability to identify trauma and communicate what support they need. We did this by offering five psychoeducational sessions. The sessions are broken down by topic.

- Introduction to identifying trauma and Suicide Prevention
- Communicating your Emotions to caregivers
- Coping Skills
- Self Esteem and Substance Use Prevention
- Developing a plan

Our Goals



Help individuals become more aware of their emotions to prevent substance use and suicide.



Educate them how to process and cope with their feelings.

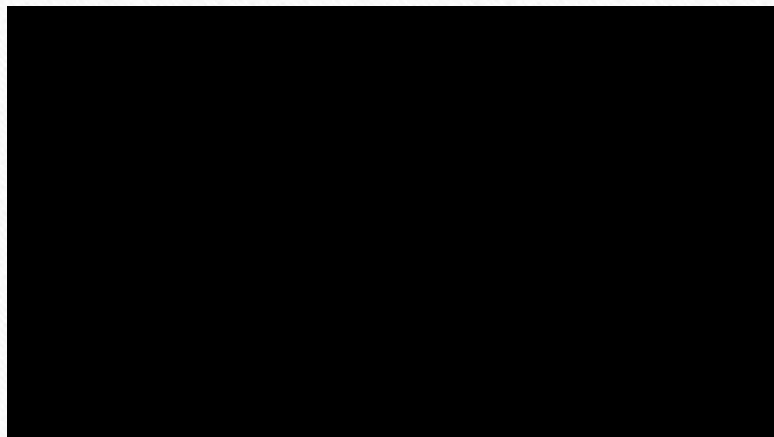


Provide them the tools to effectively communicate their emotions.



Plan for emotional support when going through emotions that negatively impact them.

Video



Session Rules

- Privacy
- Be respectful
- Share as much as you want



Feelings Check-In



Trauma Informed Care

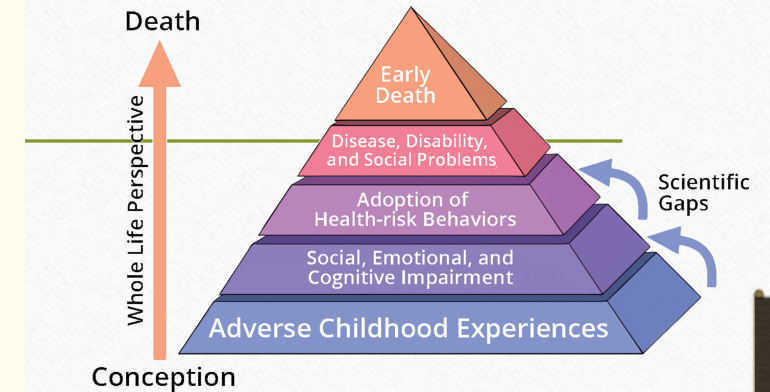
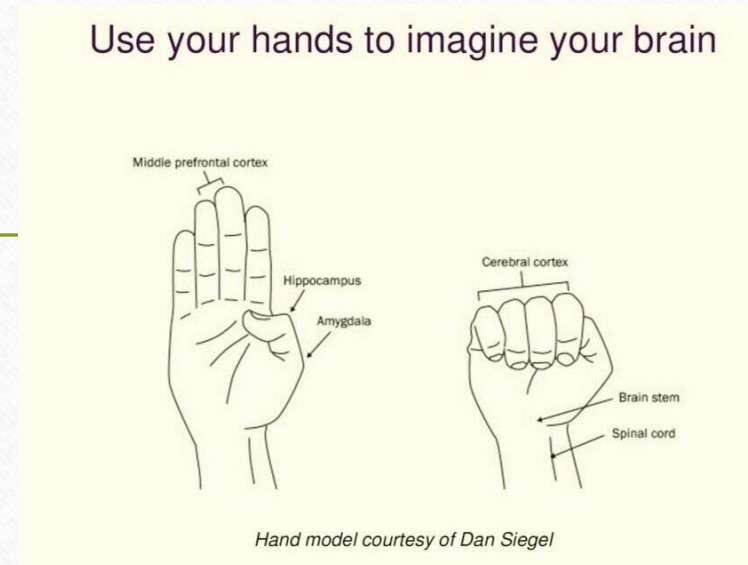
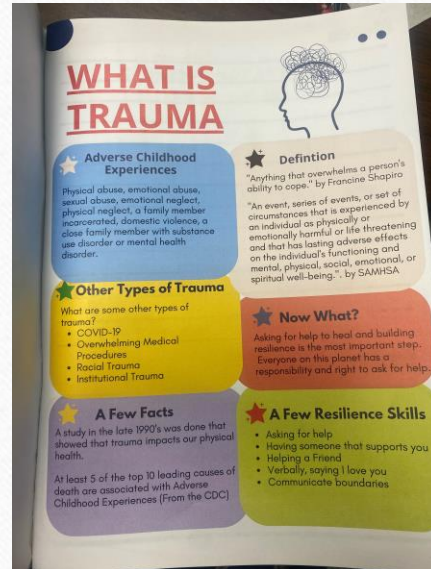
A group of people are seated at long tables in a classroom or meeting room, attending a presentation. A man in a blue t-shirt stands at the front near a large screen displaying two slides. The slides are titled "Know Your ACE Score" and "Advancing Trauma-Informed Approaches to Public Health". The room has a drop ceiling with fluorescent lights. The image is framed with a thin green border and decorative circles on the right side.

"Anything that overwhelms a person's ability to cope." by Francine Shapiro

Trauma Informed Care

- What is trauma?
- Trauma Responses
 - ACES
- Coping w/ trauma responses
- Suicide Prevention





Trauma

Graphics, cartoons and animals were utilized to help individuals understand the concepts

Trauma Responses

Fight

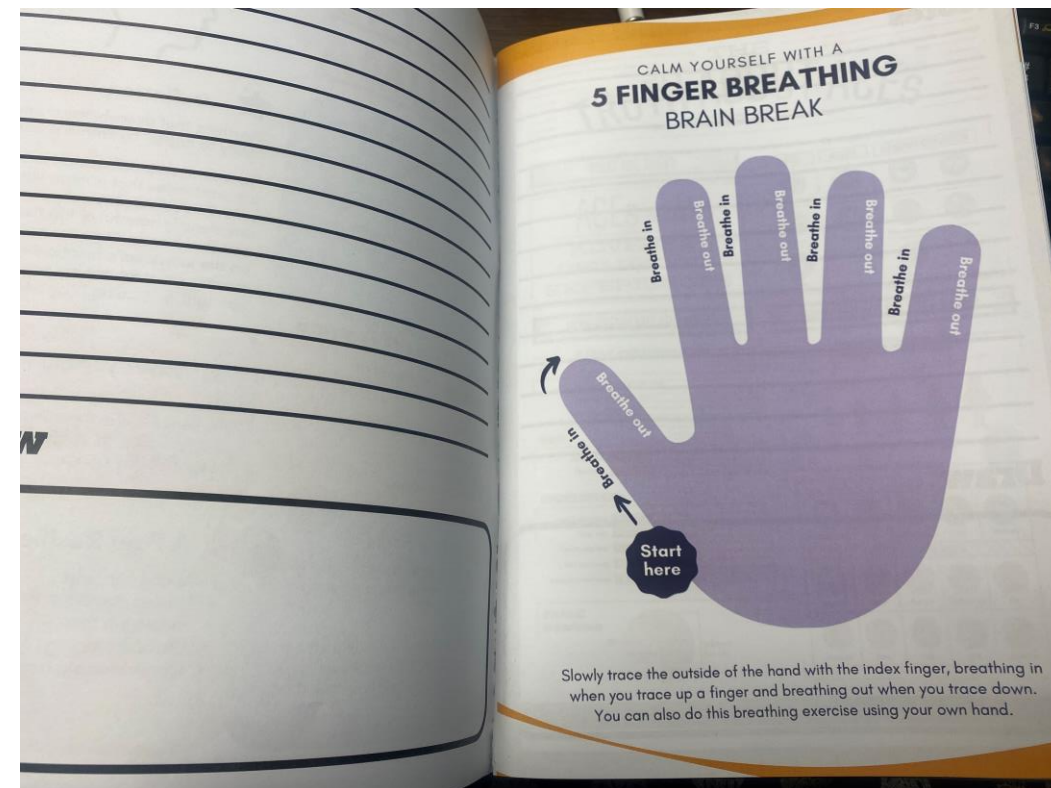


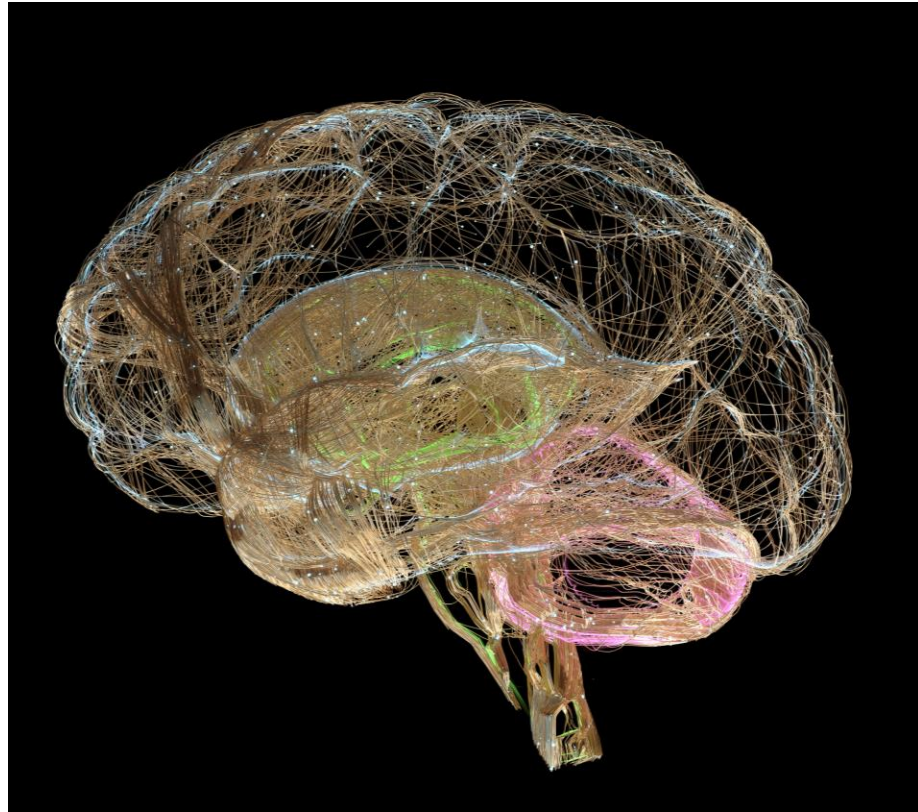
Flight



Freeze








Hack your brain!!!!

- 10-20 deep breaths-deep
- Visualize your goals
- Think of 3 things you are grateful.
- Silence your mind

A photograph of a woman with long dark hair and glasses, wearing a light-colored sleeveless dress, standing and holding papers in a meeting room. She is addressing a group of people seated at tables. In the background, a man in a green shirt and a baseball cap sits at a table with a laptop and a green can. A large screen on the wall displays a presentation. The word "Communication" is overlaid in a large, black, serif font across the center of the image.

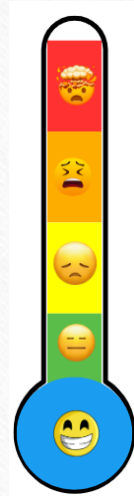
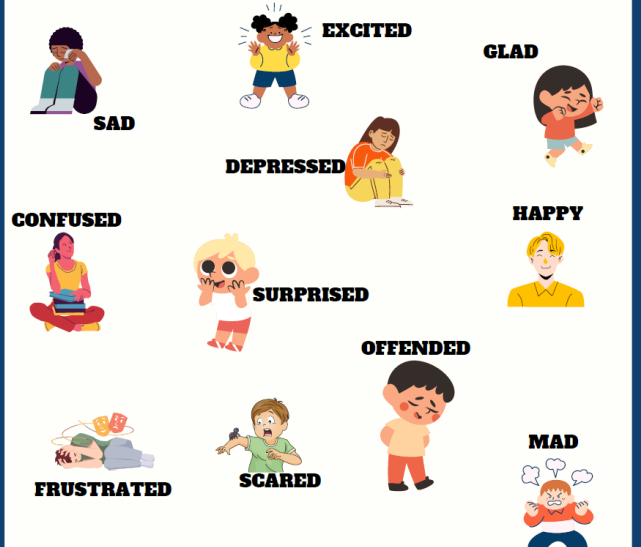
Communication

Communicating your Feelings

- “I” Statements
 - Positive Communication
- Describing Emotions
- Feelings Thermometer



Feelings Banks



Communication

Role play and Video examples help reinforce communication concepts. Opportunities to practice the concepts in real time.





Coping

Coping skills are defined as the conscious or unconscious strategies used to reduce unpleasant emotions.

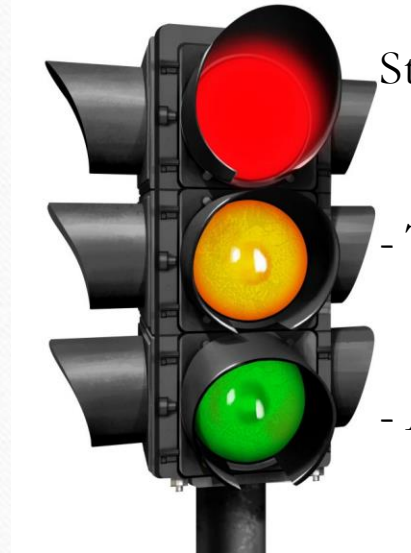
Coping Skills

- Identifying Triggers
- Coping Skills/Strategies
- Debrief and Reassess
 - Coping Toolkit



Coping Skills

Individuals learn the tools that they already have and can develop to manage their emotions.



Stop!

Pause and take a breath

- Think!

Check in with yourself/others

- Act!

Use coping strategies or positive communication





A woman with glasses and a bun is looking down, possibly at a desk or a piece of paper. A large, out-of-focus arm is in the foreground, partially obscuring the view. The background is a plain, light-colored wall.

Self Esteem

What we think about ourselves!

Building Self-Esteem

- Positive Affirmations
- Ways to build Self Esteem
 - Self Esteem and Substance Use
 - Healthy Relationship





Self Esteem



Positive self talk



Educated the individual of being aware of negative self-talk, utilizing coping skills and affirmations to increase self-esteem.



Your Plan

- What can you do with your plan?
- Give it to your caregiver.
- Use it to remind you of the skills you have learned.
- Use it to empower you to take charge of your emotional health.

Preferred Hospital

Psychiatrist/Therapist/ Behavior Specialist

Service Providers

Friends



Graduation

Opportunities for Socialization and Fun



Built Relationships and Networks





Objectives Accomplished

Provided individuals with developmental disabilities skills to have emotionally healthy feelings, behaviors, and thoughts.

Educated them on how to identify and implement coping skills that will provide them some control over their emotions.

Provided these individuals with tools that may help them communicate what they need from their primary caregivers to cope with life's challenges.

Feedback

Emails and calls from family members describing the individuals as calmer.

Received emails from providers asking when other individuals can start the program.



What's Next.....

- DBHDS has requested a continuation of the program.
 - Refresher course
 - Won NaCO 2023
- Workshop Introducing the Program
December 14th
- Helping other providers/CSB's launch a similar program.



**WANT TO LEARN MORE ABOUT THE
EMOTIONAL HEALTH PLANNING PROGRAM?**

JOIN US FOR A WORKSHOP!

The program is geared towards helping individuals with ID/DD to develop skills to live a more emotionally healthy lifestyle. This workshop is to give more information about the program to providers in the community interested in doing this program for the ID/DD individuals they support.

Workshop is on December 14, 2023

8:30am-12pm

at the CTC on Hull Street Road, Enter Door 20
13900 Hull Street Rd N, Midlothian, VA 23112

SIGN UP HERE



Come to our Workshop!

**Why is this
important !!**

The Emotional Health Planning Team

Amy Loving



Marissa Bell



Stephanie Williams

Cary Whiteside

Terrie Martin



Heather Pate





Questions???

Questions!!!!

For More Information about Emotional Health Planning:

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