



Building Community Resilience and Engagement in Hawai'i: Braving the Negative Impact of COVID-19 on Mental Health

Presented by: Mestisa C. Gass, PsyD

Learning Objectives:

- Identify the impact of COVID-19 on Mental Health
- Discuss ways to improve individual resiliency
- Discuss community engagement and resiliency
- Identify helpful tools for community engagement and resiliency



Hawaii Statistics

- COVID-19 has resulted in an increase in reports of anxiety and depressive symptoms
- COVID-19 has resulted in an increase in experience of severity of symptoms for those with pre-existing mental health issues
- 3.7% of HI residents live with a series mental health conditions
- 68.2% did not receive treatment
- Every other day someone in Hawai'i dies by suicide



Causes of Fatal Injuries in Hawai‘i, By Resident Age Group, 2015-2019

	0-14 yo (78)	15-29 yo (591)	30-44 yo (752)	45-59 yo (1,031)	60-74 yo (746)	75+ yo (916)	Total (4,114)
1	drowning 14	SUICIDE 252	SUICIDE 244	poisoning 394	poisoning 178	falls 566	SUICIDE 959
2	suffocation 14	<u>mvc*</u> occupant 95	poisoning 195	SUICIDE 240	SUICIDE 163	suffocation 90	poisoning 849
3	homicide 11	poisoning 65	<u>mvc*</u> occupant 59	drowning 61	falls 127	SUICIDE 65	falls 788
4	<u>mvc*</u> pedestrian 11	<u>mvc*</u> motorcyclist 43	homicide 53	falls 60	drowning 51	<u>mvc*</u> pedestrian 34	<u>mvc*</u> occupant 257
5	SUICIDE 8	homicide 31	drowning 43	homicide 50	suffocation 38	<u>mvc*</u> occupant 29	drowning 217

VULNERABLE GROUPS

- Individuals who contract COVID-19
- Individuals at high risk for contracting COVID-19
- Individuals with pre-existing medical, psychiatric, or substance use challenges
- Health care providers
- Certain age groups: keiki, teens, kupunas
- Caregivers
- Individuals with employment status changes
- Socially isolated individuals
- Marginalized groups
- Individuals experiencing being houseless



Community Resilience:

Community Rigidity vs Adaptability
Redundancy (availability of resources) Capital:

1. Human (self-efficacy)
2. Community (human services)
3. Economic (employment)
4. Political (leadership)

D. Abramson, L. Grattan, B. Mayer, C. Colton, F. Arosemena, A. Rung, "Resilience Activation Framework: A Conceptual Model of How Access to Social Resources Promotes Adaptation and Rapid Recovery in Post-Disaster Settings," *Journal of Behavioral Health Services Research* 42(1) (2015): 42-57.

HUMAN CAPITAL

Build Individual Resiliency:

- Learn, use, and share coping skills
- Focusing on self-care
- Plan ahead
- Take care of physical needs
- Engage in regular exercise
- Eat healthy
- Take breaks as needed
- Connect to social support system
- Remember you are doing your best and that is good enough.



COPING SKILLS

- Mindfulness
- Meditation
- Deep Breathing
- Progressive Muscle Relaxation
- Autogenic Training
- Grounding
- Aromatherapy
- Dive Response
- Intense Exercise



MINDFULNESS

- Present focus
- Radical acceptance
- Meditation/Prayer
- Single task vs Multi task
- Accessible, responsive, engaged
- Be a good listener



COMMUNITY ENGAGEMENT

- Create a seat at the table for stakeholders
- Encourage discussion and create opportunities for local voices
- Partner in your community
- Educate leaders, advocate for change
- Find knowledge keepers, share information with neighbors
- Consistency is key
- Acknowledge contributors
- Welcome new people



Factors to Consider:

- Socio-historical trauma that can impact trust
- Resources available and new possibilities
- Identify access to care issues
- Creative partnerships
- Effective communication
- Approach (limitations of expert role)
- Diversity factors
- System adaptability
- Growth Edges





FACTORS THAT NEGATIVELY IMPACT MENTAL HEALTH

- Disconnection from Meaningful Work
- Disconnection from Other People
- Disconnection from Childhood Trauma
- Disconnection from Status & Respect
- Disconnection from Nature
- Disconnection from Hope



Johann Hari, *Lost Connections: Uncovering the Real Causes of Depression-and the Unexpected Solutions* (New York: Bloomsbury, 2018).

PREVENTION EFFORTS

- Include screenings for mental health, psychoeducation on self-care, and where to find psychosocial support
- Should focus on high risk groups
- Should be available for everyone
- Early intervention with youth



HELPFUL TOOLS

- Advocacy
- Creating a strong online presence
- Collaboration
- Trainings
- Early intervention with youth
- Use of art and culture to decrease stigma

ADVOCACY:

- Mental Health Task Force
- Statewide Prevent Suicide Hawai'i Task Force
- Oahu Prevent Suicide Hawai'i Task Force

Prevention is key.

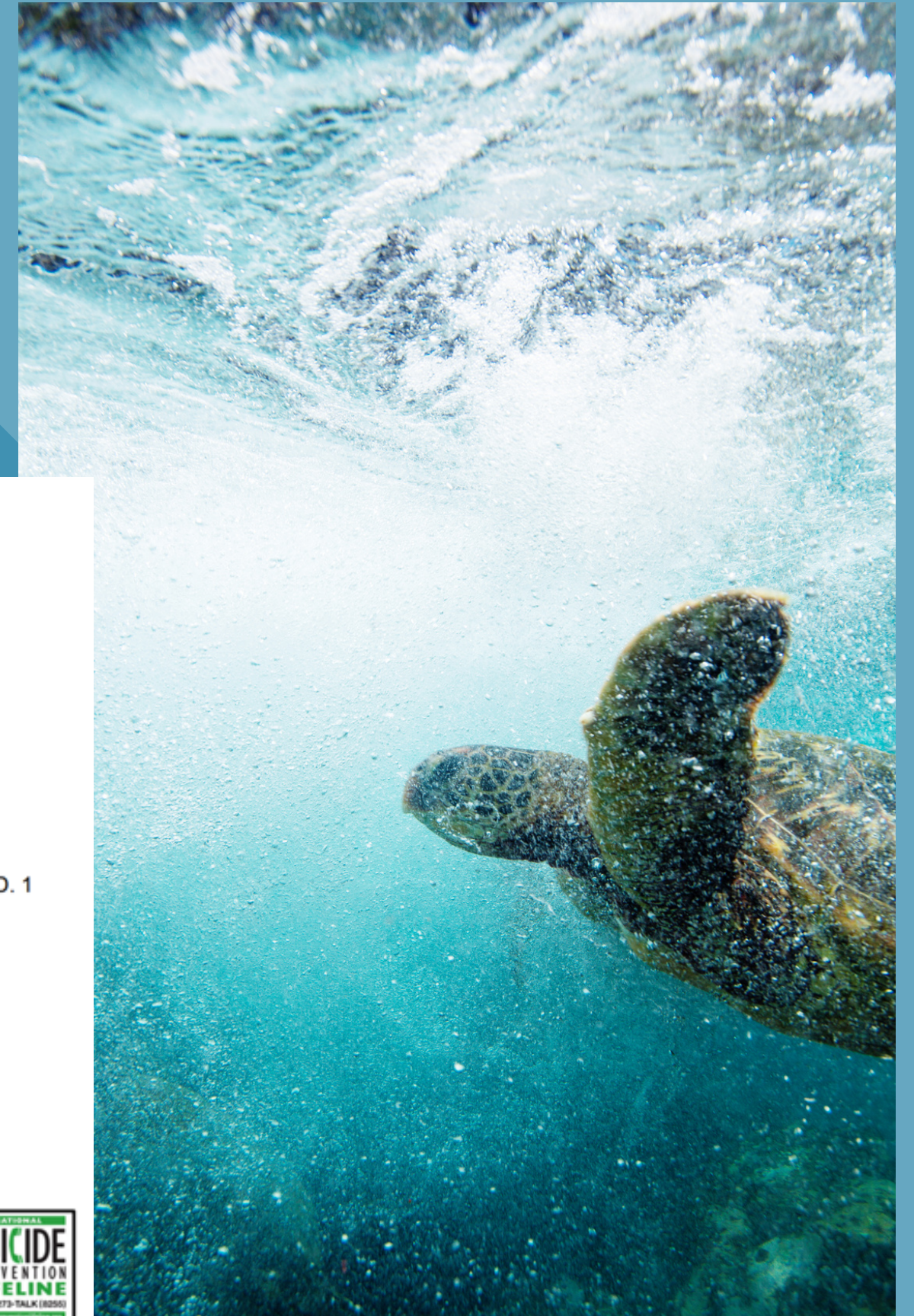


REPORT TO THE HAWAII STATE LEGISLATURE TWENTY-NINTH LEGISLATURE, 2018 STATE OF HAWAII

IN RESPONSE TO:
HOUSE CONCURRENT RESOLUTION (HCR) 66, H.D. 1, S.D. 1
of the Twenty-Eighth Legislature, 2016
*(requesting the Prevent Suicide Hawai'i Taskforce
to recommend a strategic plan to reduce suicides in Hawai'i
by at least twenty-five percent by 2025)*



Submitted By:
The Prevent Suicide Hawai'i Taskforce
(PSHTF)
December 28, 2017



Social Media

- Focus on community interconnectedness and address stigma
- Identify target age groups
- Brand social media campaigns, accounts, and groups (Format, colors, font)
- Clear goal, familiarize yourself with the app, utilize search engines, and review data
- Share free online resources
- Social media sandwiches



Social Media

- Use reliable resources
- Fact check
- Make social media sandwiches
- Share resources that are useful for your community
- Don't overcheck
- Take breaks

Make social media
SANDWICHES



@LIVENAAU

COLLABORATION



- State agencies: Department of Health, Department of Education, Department of Defense
- Faith groups
- Other Non-profits
- Community mental health centers
- Direct service providers

TRAININGS

- Trauma-informed trainings for direct care providers
- Crisis Intervention Training (CIT) for the police department
- Mental Health First Aid trainings

MHAH trainings:

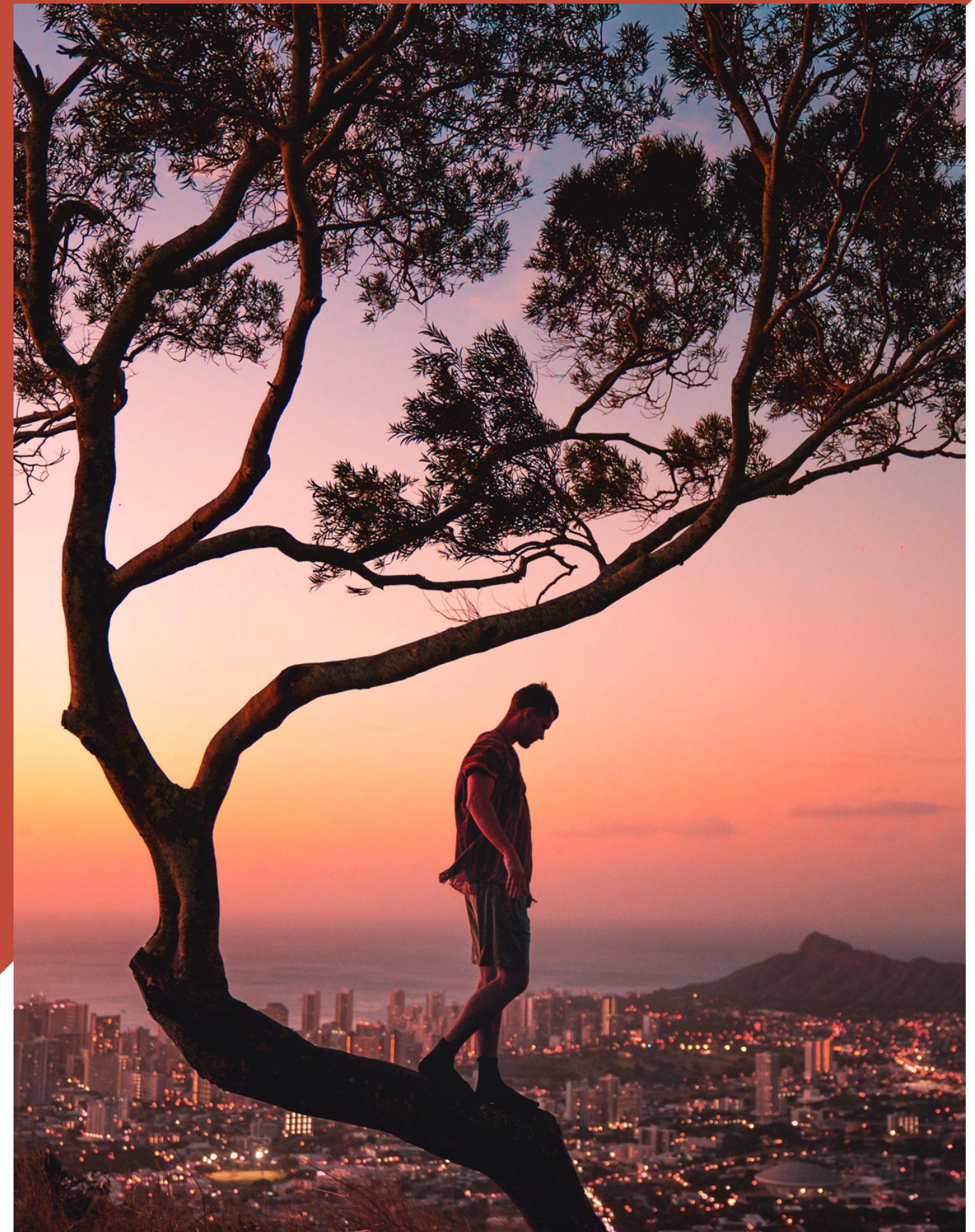
- Self-care
- Coping Skills
- Anxiety & Stress
- Mindfulness



EARLY INTERVENTION

- Teaching self-care and mindfulness (webinars)
- Become a Defender
- Youth Suicide and Bullying Prevention (middle school and high school versions)
- Youth Suicide and Bullying Prevention Train the Trainer (T4T)

Work with the Department of Education, Children's Mental Health Division, public and private schools, and other youth serving groups



ART & CULTURE

JOIN THE HAWAII ARTS ALLIANCE &
MENTAL HEALTH AMERICA OF HAWAII
FOR THE:

HEALING ARTS SERIES



Session 4: The Art of Speaking Truth with Dr.
Manulani Aluli Meyer

Ho'opono is the first discipline found in
Ho'oponopono, the art of healing relationships
within ritualized discussion. This workshop
introduces Hawaiian principles, practices
and proverbs on how to do this within your own
life, and within the life of your 'ohana.



01

National Suicide Prevention Lifeline
1-800-273-8255

02

Hawaii CARES
1-800-753-6879

03

Mental Health America of Hawai'i
mentalhealthhawaii.org

04

Hawai 'i Chapter of the National
Alliance on Mental Illness
www.namihawaii.org

05

Hawai 'i Chapter of the American
Foundation for Suicide Prevention
afsp.org/chapter/hawaii





Mental Health America of Hawai'i
 Education and Advocacy Organization
 O'ahu: (808) 521-1846 | Maui: (808) 242-6461
mentalhealthhawaii.org

**Hawai'i Coordinated
 Access Resource Entry
 System (CARES)**

Hawai'i's 24/7 crisis
 and referral line
 O'ahu: (808) 832-3100
 Toll Free: 1-800-753-6879



**HAWAI'I
 CARES**



**National Suicide
 Prevention Lifeline**
 24/7, free and confidential
 1-800-273-TALK (8255)
suicidepreventionlifeline.org

CRISIS TEXT LINE |

Crisis Text Line of Hawai'i
 Free 24/7 support at your fingertips
 Text ALOHA to 741741
crisistextline.org



National Disaster Distress Helpline
 24/7 emotional support related to any
 natural or human-caused disaster
 Call: 1-800-985-5990 or Text: TalkWithUs to 66746

The TREVOR Project
 National 24/7 hotline for
 LGBTQ Youth
 Call: 1-866-488-7386
 Text: START to 678-678
thetrevorproject.org



Kokua Life
 Free suicide prevention
 app for Hawaii



Child Welfare Services
Child Abuse or Neglect
 O'ahu: (808) 832-5300 | Toll Free: 1-888-380-3088
Child Trafficking
 O'ahu: (808) 832-1999 | Toll Free: 1-888-398-1188



**Domestic Violence
 Action Center**
 O'ahu: (808) 531-3771
 Toll Free: 1-800-690-6200
 Text: (605) 956-5680
domesticviolenceactioncenter.org

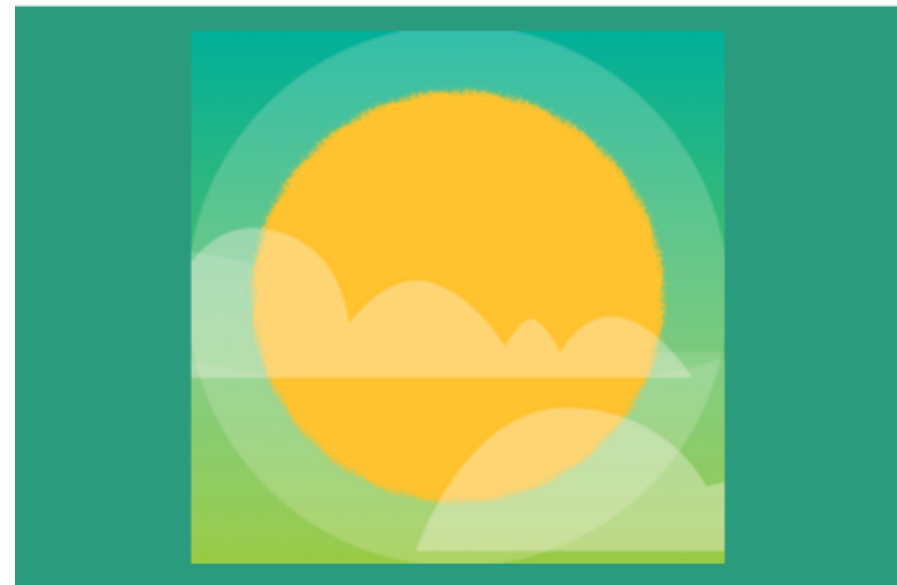


Sex Abuse Treatment Center
 Kapiolani Medical Center for Women & Children
 27/7 Hotline: (808) 524-7273
satchawaii.org/contact

COVID CoACH



The COVID Coach app was created to support self-care and mental health during the COVID-19 pandemic.



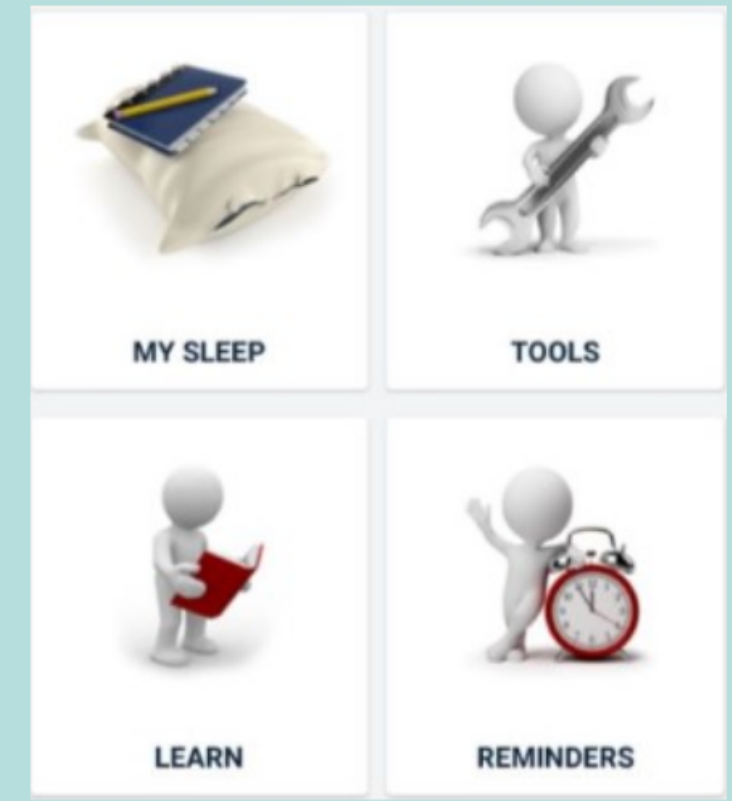
It is available on Itunes and Google Play.



The CBT-i Coach app is designed to help people experiencing symptoms of insomnia, who would like to improve their sleep.



It is available on Itunes and Google Play.





mentalhealthhawaii.org

1136 Union Mall #208
Honolulu, HI 96813

808-521-1846 (Oahu)
808-242-6461 (Maui)