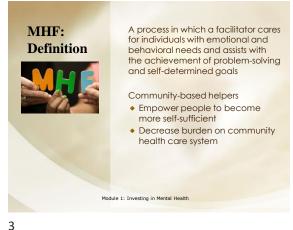


Impact of Family stress is often ignored • Significant impact on family Mental Stress, quality of life Distress and Pressures of providing on-Disorders on going caregiving Expenses for treatment are **Families** paid by family, not the government Family exposed to stigma and discrimination • Families should be involved in treatment Module 1: Investing in Mental Health

2



Step 2: Listen, listen, listen! **Learn About** • Respond to the person's story and situation the Person Continue to listen and respond as this will lead to learn even more about the person and the situation Listen, listen, listen! Module 1: Investing in Mental Health



Focusing on • A person may be unable to specifically name their feelings **Feelings** Physical symptoms may mask emotions (headaches, stomachaches, fatigue, sore muscles, loss of appetite) Information about the problem can be discovered by exploring feelings Paying attention to feelings can increase a person's desire to change Module 1: Investing in Mental Health 6

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Explore:

• When you listen, you look like you are paying attention. You use your tone of voice, your expression, your posture, eyes and gestures.

• Use Handout #2 to show ways to look like you are listening and ways that do not look like you are listening.

Module 1: Investing in Mental Health

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Guidelines
for Asking
Questions

Avoid asking multiple
questions without allowing
time for a response

Always listen to the
person's response

Change questions into
statements when you can



Recommended
Actions
(if the person is not aware of reality)

• Check with the person's caretakers to offer support

• Refer the person to someone who can help

• Offer to help connect caretakers to other resources

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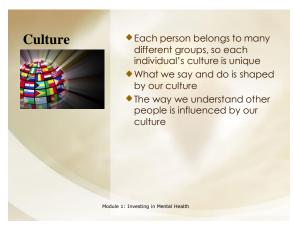




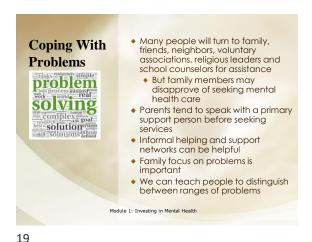


 Throughout life, people grow Life Stages and change Basic human life stages: Infancy Childhood Adolescence Adulthood Older adulthood Cultural contexts determine expectations at each life stage Module 1: Investing in Mental Health

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Stress, Stress: Heightened reaction to **Distress** and something Disorder (pot on the stove with the burner on) Distress: Stronger reaction (pot boiling over) Disorder: Reaction interferes a lot with being able to function (pot that has boiled for so long it catches fire) Module 1: Investing in Mental Health

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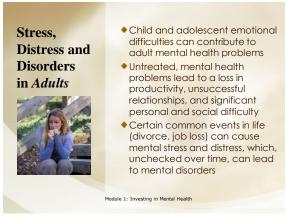


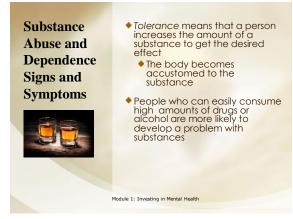
Goal Setting
 Helps focus attention, action and problem-solving efforts
 Helps stimulate energy and effort
 Provides incentives for accomplishing the goal
 Clear and specific goals help increase persistence
 Goals give direction!

Skill	Intention	Timing
Providing facts, data or other relevant material	Give information	When person needs specific information
Using open questions Reflecting feelings	Identify feelings to promote change	When person needs to identify feelings about change



28





25 26



Extreme Associated with both short- and long-term distress Reactions to Can develop into mental disorders Crisis and When someone has a history of **Disasters** crisis or a possible mental disorder, he or she may have a more extreme reaction to crisis When this happens you need to: Make a rapid assessment of the situation and identify the problem
 Determine the best referral for the person, such as a hospital or doctor/psychiatrist, and follow up AISR Module 1: Investing in Mental Health



Self-Care
When
Working in a
Crisis:
Understand
Your Role

When doing MHF work, you should clearly:

• Understand the scope of your role in the crisis or disaster relief effort

• Recognize that helping survivors is different from doing things for them





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"Single Focuses on safety and shortterm stabilization Meeting" This strategy DOES NOT solve Crisis the problem • Focus on child, not fact-finding Intervention • Emphasize child is not to blame for child maltreatment Vulnerable to retraumatization during this time Provide safety for child Sometimes sending child back home can be unsafe Use AISR Module 1: Investing in Mental Health

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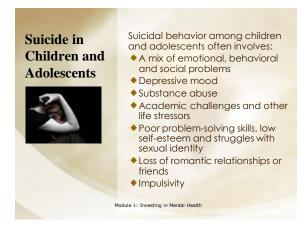




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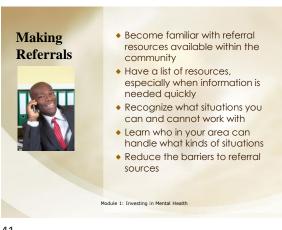


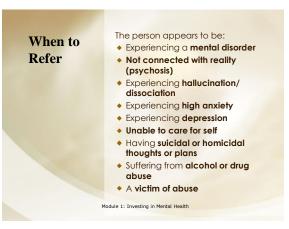


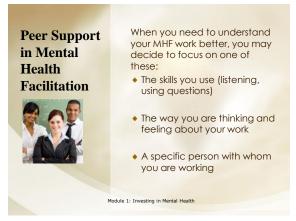


 Make referrals to more MHF Role in intensive mental health and Suicide alcohol and drug treatment centers or to the hospital Prevention Consider prevention planning, especially for those who have already attempted suicide Help build social support for all people who struggle Module 1: Investing in Mental Health

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Good Beginning –
Good Ending

If closing or ending is not recognized and handled appropriately, people may end up with more distress and unresolved issues than when they entered the helping relationship

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