

Supporting Mental Health Cultivating Resilience

February 18, 2021

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Taking Care of Yourself

Taking Care of Others

- For Students:



8 THINGS TO SAY TO AN ANXIOUS CHILD

YOU ARE SAFE WITH ME	I AM HERE FOR YOU
IT'S OK TO BE NERVOUS	TAKE DEEP BREATHS
LET'S GO FOR A WALK	I LOVE YOU
LET'S DRAW YOUR	LET'S SIT TOGETHER
WORRY. HOW BIG IS IT?	UNTIL IT PASSES



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- For Staff:



8 WARNING SIGNS YOU'RE MENTALLY & EMOTIONALLY EXHAUSTED:

1. You get easily irritated.
2. You feel completely unmotivated - even doing things you enjoy.
3. You're experiencing anxiety or panic attacks.
4. You're having trouble sleeping. Either you can't fall asleep or your sleep is broken through the night.
5. You have no patience and you find yourself being short with those close to you.
6. You're experiencing indigestion. You have a low-grade stomach ache all the time.
7. You start crying unexpectedly.
8. You feel detached from reality.



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Resources



- AEA Website Link:
<https://iowaaeamentalhealth.org/>
- Our COVID-19 Resources:
<https://pchsia.org/COVID19>
- Your Life Iowa:
<https://yourlifeiowa.org/mental-health>

Signs & Symptoms:

Self-Care: Does the student demonstrate an age-appropriate inability to care for one's own:

- Personal grooming
- Hygiene
- Clothing
- Nutritional needs

School: Does the student have:

- Declining grades
- Repeated truancy/disengagement from online learning
- Diminishing or poor relationships with fellow students and teachers

Trauma Signs: Is the student experiencing:

- Disruption in sleep, eating, impulse control, or mood patterns
- Flashbacks
- Hyper vigilance or lethargy
- Panic and fear from being overwhelmed

What do you do?

Questions

- “How has the pandemic affected your sense of safety? If it has, what can we do to help?”
- “Do you have any concerns about being able to handle what's going on in your life, deal with your stress reactions, or do your work? What are some things that you have done to cope that have been helpful in the past, or have been helpful recently? What else could we do that would help?”

Statements

- “There are no set rules for working through something like this. Be patient with yourself.”
- “We'll make it through this together. We value you and the work you do. Be sensitive to those around you. Talk when you need to; listen when you can.”

Actions

- Encourage employees to speak frankly about their experience, their reactions, and their concerns. Discuss the importance of self-care.
- Check in regularly. Share optimistic news. Increase positive encouragement, reinforcement, and gratitude for employees' contributions.



MTSS Levels of Support in Mental Health

Mobile crisis response team
Urgent care clinic

School-Based Provider, AEA,
2-1-1 Ext 8/Your Life Iowa

Youth Mental Health First Aid,
Connections Matter, Make it
OK, Handle with Care



it's OK to have big feelings



When you take a walk, play outside, read a book or try a new yoga pose, you help your body and mind recharge! It's important to practice self-care.

IT'S GOOD TO ASK FOR HELP



You are not alone when you struggle with brain health issues. Asking for help is a good thing to do!

**END THE
~~STIGMA~~
NOW.**

brainhealth-now.org

Resilience + Stigma Reduction

- Happy Grams – <https://pchsia.org/COVID19>
- Our Website: <https://pchsia.org/>
- Our Social Media: @polkhealth on Twitter & Facebook, & @polkcountyhealthservices on Instagram

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Contact

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