

# Supporting your NTP Patients to Practice Self Care during COVID-19 Threat

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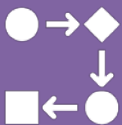
# Learning Objectives



1. Identify practical ideas on how to support your NTP patients during counseling phone calls, in-person socially-distanced encounters

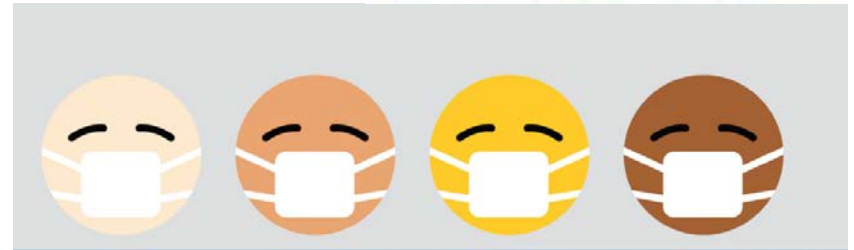


2. Understand how the concept of resilience can provide hope and growth for these tough times



3. Describe sequenced steps to help your patients structure their days and help them develop good habits

# Ensure BASICS



# At the center of it all is:

... after you, the NTP provider, have practiced good self-care, then

Your patient –  
is at the Center

They need to know that

**Who they are**  
is as important  
as what they do.



# *Resilience*

The Courage to Come Back

<https://www.youtube.com/watch?v=C1UCI2ZHEqw>

# RESILIENCE

- Resilience is an outcome
- Resilience is also a process and a trajectory (direction) of change –
- Resilience is not an inborn trait; it can be developed through skill-building

# Structuring your Regular Counseling Phone Calls

---Ask patient to set up a daily calendar of activities, including:

- + Recovery connections (phone, reading, online)
- + Physical exercise & good nutrition (walking, chair stretches)
- + Emotional self-care (prayer, gratitude, time in nature)

---Ensure they have a “TO DO” assignment to accomplish and report on for your next phone call

---Plan 4 or 5 weeks worth of calls, eg: use “resilience training” as a model

# Promoting Patient Resiliency

- Help them maintain a positive outlook
- Encourage them to take care of their mental health needs
- Reward them for engaging in Physical Exercise
- Reward them for practicing good Sleep Practices
- Nurture social supports, positive relationships, and spiritual connections especially during “shelter in place” guidelines
- **PRACTICE skills to strengthen them**
- Ask them to notice behaviors or situations that impact their functioning



# Promoting Resiliency

- Ask patients to reach out for support from trustworthy people
- Heighten awareness of their top 2 needs in maintaining recovery
- If possible, connect via phone **weekly**.
- Use online tools, mobile apps to learn how to develop emotional balance and regulation

# 5 Key Skills Supporting Resiliency

- **EMOTIONAL REGULATION**
- **COMMUNICATION**
- **PROBLEM SOLVING**
- **GOAL SETTING**
- **TRAUMA & LOSS REMINDER MANAGEMENT**

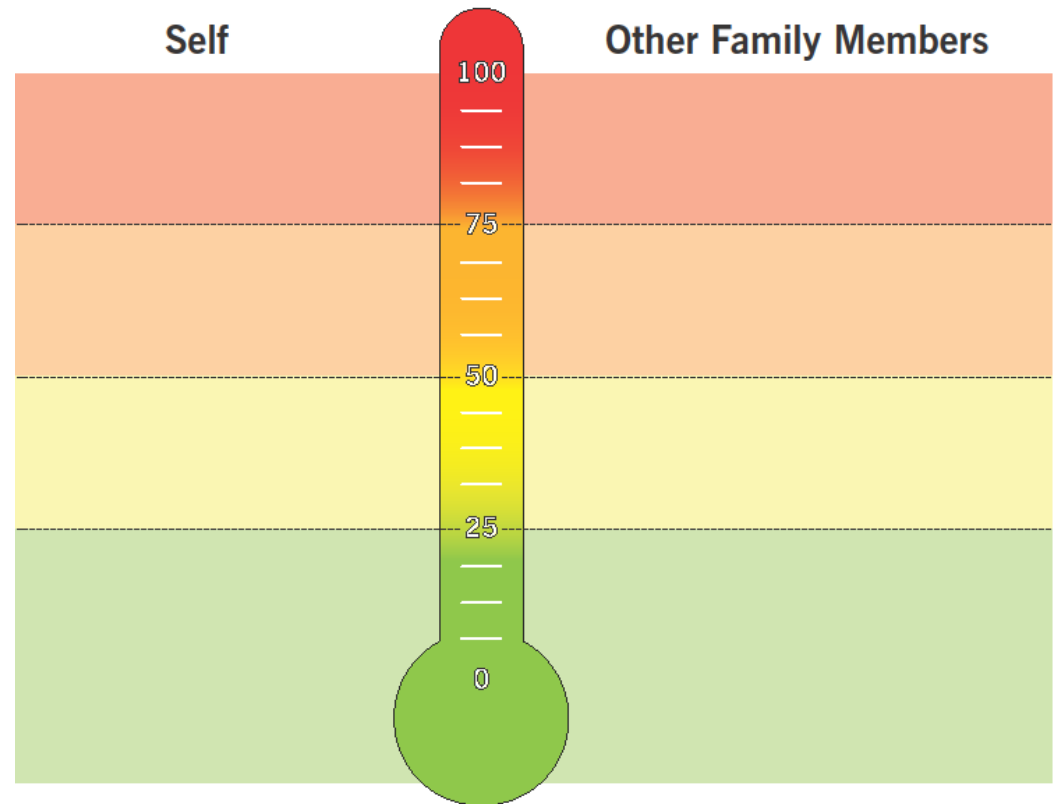
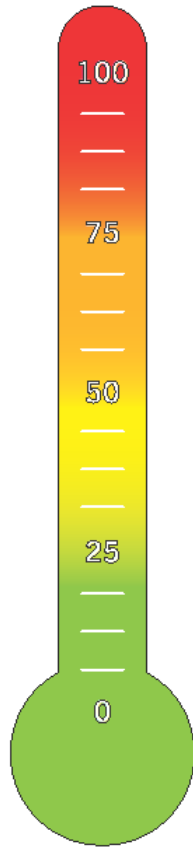


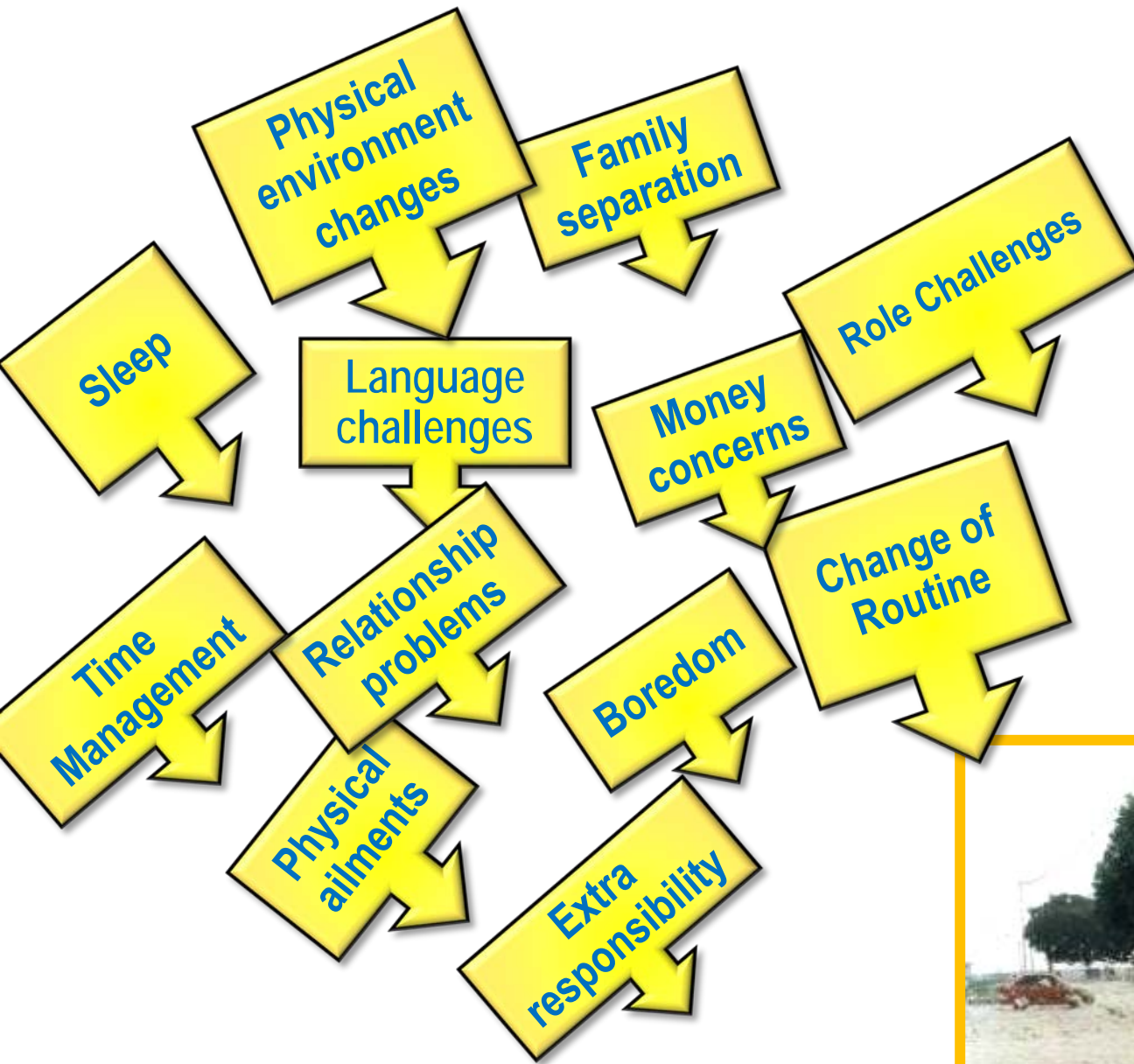
# Stress Continuum: Four Stress Zones

READY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> <li>• Adaptive coping</li> <li>• Effective functioning</li> <li>• Health and well being</li> <li>• The goal of resilience efforts</li> </ul>	<ul style="list-style-type: none"> <li>• Mild and transient distress or loss of function</li> <li>• Very common</li> <li>• Self correcting</li> <li>• Persistence may lead to stress injury</li> </ul>	<ul style="list-style-type: none"> <li>• More severe and persistent distress or loss of function</li> <li>• Less common</li> <li>• Heals better with attention or care</li> <li>• Persistence may lead to illness</li> </ul>	<ul style="list-style-type: none"> <li>• Diagnosable mental disorders</li> <li>• DSM-IV criteria</li> <li>• May follow unhealed stress injury</li> <li>• Quite Rare</li> <li>• Needs treatment</li> </ul>

# Emotional Regulation Skills

## Feeling Thermometer





**Some Possible  
“Yellow Zone”  
Stressors  
-- for Resilience  
Practice!**

**Yellow Zone  
Stress**



# COMMUNICATION SKILL BUILDING

## 3 communication styles: Passive, Aggressive & Assertive

### 4 Helpful Questions to distinguish the 3 styles:

- Where are eyes?
- How is voice?
- How about body?
- Where are you on your Feeling Thermometer?

### **Assertive communication is GOAL**

Assertiveness means standing up for your own needs while also being concerned and respectful about the needs of the other person:

- Use “I” statements. (I would like this, I would not like that)
- Say what you want respectfully.
- Pay attention to body language.


# SNAP: PROBLEM SOLVING


## *Help Patients Apply Problem-Solving to Identified Stressors*


- **S**tate the problem
- **N**ame the goal (Realistic & Specific in 1 sentence)
- **A**ll possible actions - Make a list of all the possible actions you could take
- **P**ick the best one and try it out;
  - evaluate the pros and cons of each option;
  - decide which action to try;
  - try it and review it.


# Goal Setting Skills


Ring Toss– accomplishing goals in incremental steps


 GOAL:


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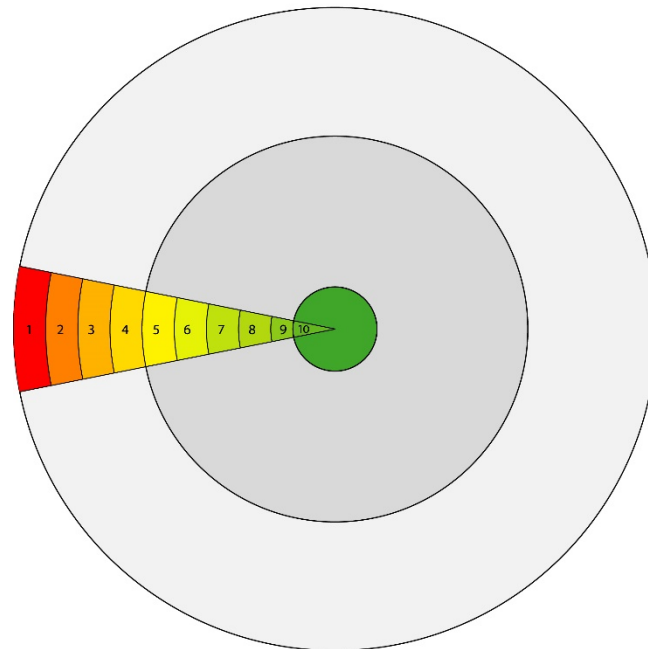
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## Target Goal Setting

Family Target

Family Goal: \_\_\_\_\_





# Goal Setting Strategies

A goal is most helpful if it is:

- **Stated in one sentence.**
- **Realistic** (can reasonably expect to complete between sessions)
- **Clear** (participant understands exactly what steps must be taken to complete the goal)
- **Not too easy and not too hard** (30-50 on the feeling thermometer; goal should be a little challenging, but not impossible)
- **Clear end point** (measurable, participant should know when the goal has been accomplished)
- **What do you want more of?** (stated in a positive term)



# Reminder Management

- Identify triggers and issues that may bring up difficult memories (cyclic reminders)
- Identify possible reactions (physical, emotional, mental/thoughts)
- Identify helpful coping responses for encountering reminders that may help manage the reaction
- Plan self-talk phrases and help others be prepared to help

# **Ensure your NTP knows about local resources for Suicide Prevention Services**



# Supporting Patients Needs for Safety: Resources for Intimate Partner Violence (IPV)

<https://www.samhsa.gov/sites/default/files/social-distancing-domestic-violence.pdf>

Blue eyes are  
for sadness  
by Russ Lloyd

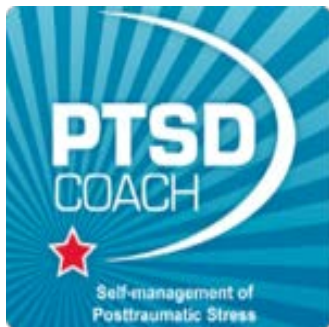
<https://www.thehotline.org/2014/08/08/the-importance-of-self-care/>

<https://www.thehotline.org/2013/07/09/when-money-becomes-a-form-of-power-and-control/>

<https://www.domesticshelters.org/help/ca>

<https://www.cpedv.org/post/information-about-coronavirus-covid-19-and-prevention>

# Mobile Apps for TeleHealth



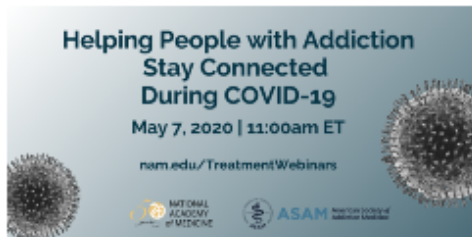
[www.t2health.org/apps](http://www.t2health.org/apps)

# Resources, Referrals (& Referrers)



# Recommended Follow-up Webinar

- <https://nam.edu/programs/action-collaborative-on-countering-the-u-s-opioid-epidemic/treatment-webinar-series/>



Register for Webinar 1

## Helping People With Addiction Stay Connected During COVID-19 (Webinar #1)

May 7, 2020 | 11 am to 12:30 pm ET

This free 90-minute webinar will provide insights on issues of access to addiction treatment and targeted guidance on how to effectively keep patients connected to treatment during the COVID-19 pandemic. This webinar has been approved for 1.5 hours of AMA PRA Category 1 credits.

[Learn more about the free webinar>>](#)

*A video recording of the webinar and speaker slides will be posted following the conclusion of each webinar.*

# Self Care





# DISCUSSION TIME



