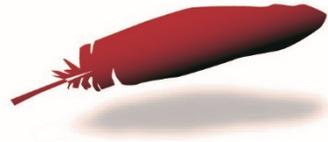


National Indian
Health Board



COVID 19 & ANXIETY

Dr. Glorinda Segay & Courtney Wheeler

National Indian Health Board

NIHOE Training

May 28, 2020

3:00-4:00 pm EST

Disclaimer

- The views expressed in this training are those of the trainers and are based upon their extensive experience and expertise.
- This presentation is not meant to diagnose people or provide clinical advice.



Training Agenda

- 3:00 pm (EST)
- Welcome
- Opening prayer
- Webinar Housekeeping
- Introduction
- Anxiety and COVID-19
- Q & A
- Adjourn
- 4:00 pm (EST)



Introduction

- Dr. Glorinda Segay & Courtney Wheeler
- Responsibility with NIHB & NIHOE
- Experience working with Indian Country



How to Use the Chat Box

- Located in the chat box below the screen.
- A place to put
 - Questions you want to ask and
 - Comments you want to make.
- We will check it periodically and address.



Housekeeping

- This will be recorded.
- We will follow agenda as closely as possible.
- Power point will be made available after presentation.
- Please ask questions.
 - We can all learn from each other.
- Complete your evaluations, it will be provided after the webinar.



Learning Objectives

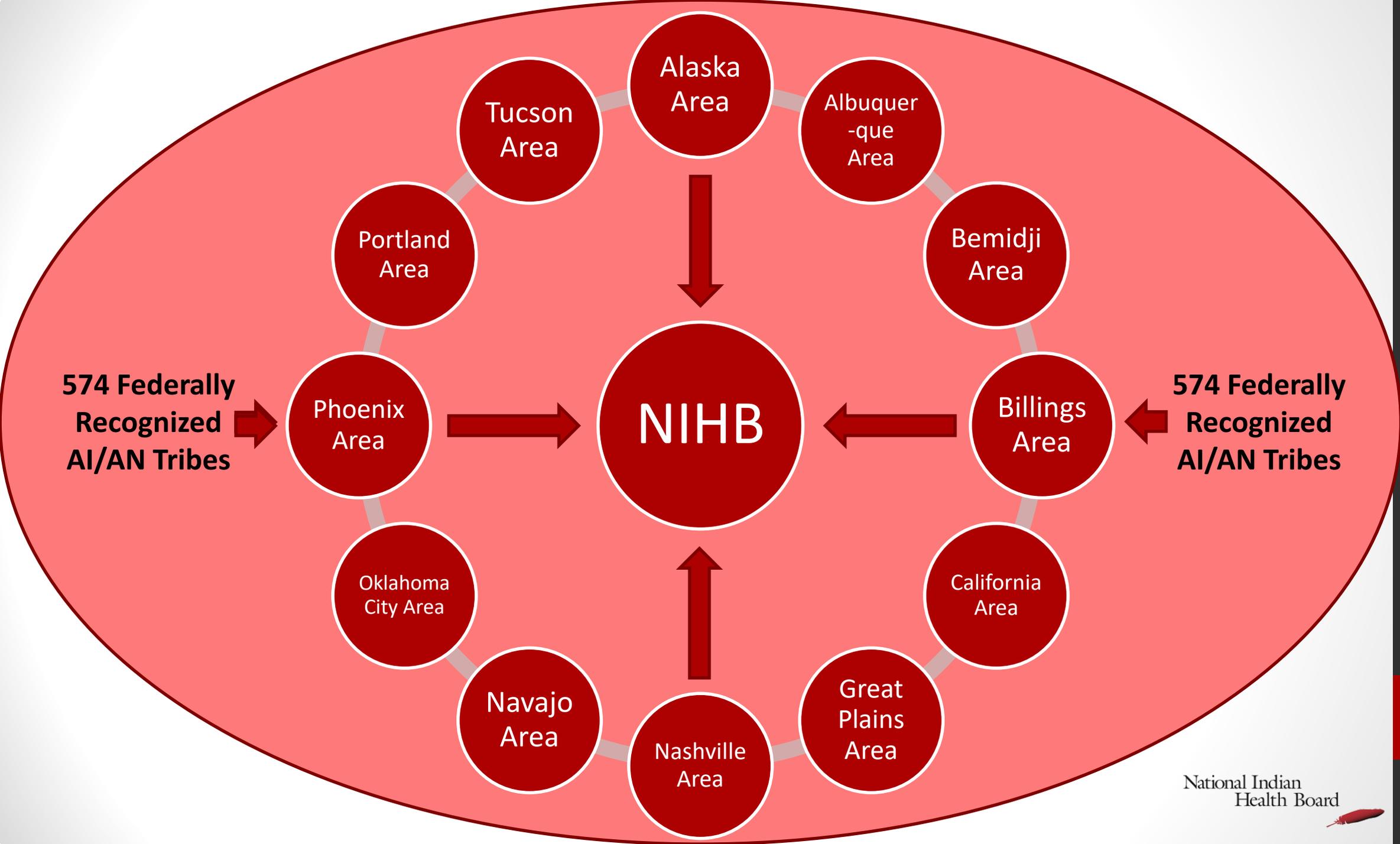
- By the end of this training, participants will be able to:
 - Describe some common elements of anxiety seen in American Indian and Alaska Native (AI/AN) communities;
 - Describe the impact of anxiety in AI/AN communities today;
 - Comprehend the DSM-5 diagnostic criteria for anxiety;
 - Recognize differential analysis of anxiety;
 - Comprehend management and treatment for anxiety.

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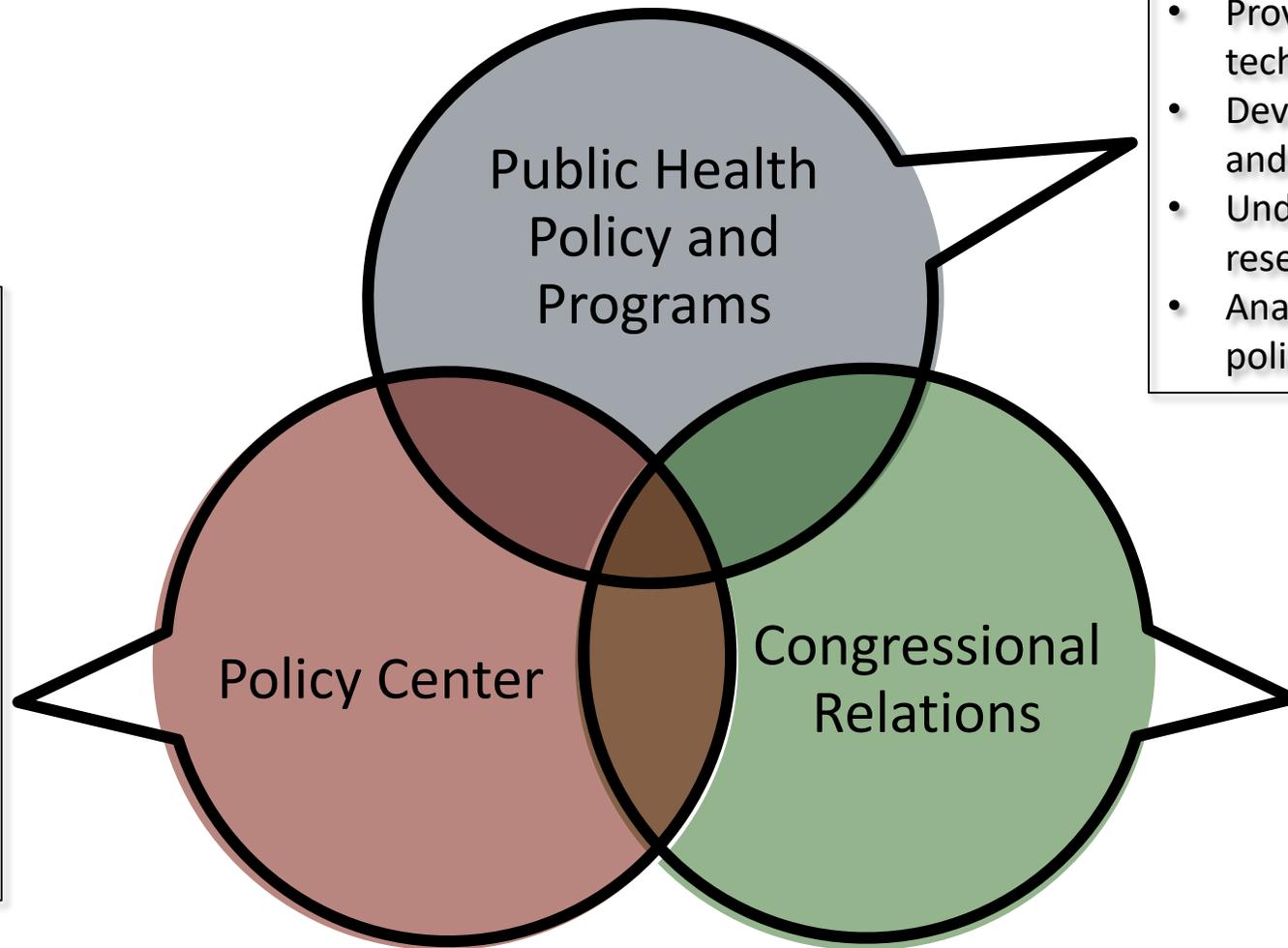
Purpose: To advocate on behalf of all federally recognized American Indian and Alaska Native Tribes to ensure the fulfillment of the trust responsibility to deliver health and public health services as assured through treaties, and reaffirmed in legislation, executive orders and Supreme Court cases.

Mission Statement: One Voice affirming and empowering American Indian and Alaska Native Peoples to protect and improve health and reduce health disparities.





What Does NIHB Do?



- Research, analyze, and make recommendations on policies, rules and regulations.
- Monitor judicial activity.
- Host and facilitation Tribal consultations.
- Provide technical assistance to Tribal advisory committees.

- Provide training and technical assistance.
- Develop programming and materials.
- Undertake public health research.
- Analyze public health policies and budgets.

- Monitor and propose bills.
- Educate members of Congress and staff.
- Analyze budgets.
- Advocate for favorable bills, edits, and resources.
- Provide testimony.

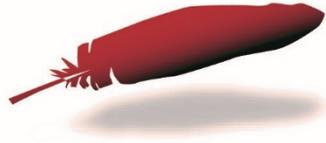


Mental and Behavioral Health Statistics

- 70% of American Indians/Alaskan Natives suffer from a mental or behavioral health disorder.
- Psychological distress is 1.5 times more higher than the general population.
- Most significant mental health concerns include substance use disorder, suicide, ANXIETY, and PTSD.



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WHAT IS ANXIETY?

What is Anxiety?

- Anxiety also known as emotional disorder, stems from the body's natural response to stress of feeling concerned of their future. (job interview, first date, e.g).
- The DSM-5 (Diagnostic Statistical Manual) has their own definition of anxiety.



Signs of Anxiety

- The DSM-5 has their clinical criteria as follows for generalized anxiety disorder:
- Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities. (such as work or school performance, e.g)
- The individual finds it difficult to control the worry.



Signs of Anxiety

- The anxiety and worry are associated with three (or more) of the following six symptoms (With at least some symptoms having been presents for more days than not for the past 6 months). Note: Only one item is required in children.
 - Restlessness or feeling keyed up or on edge.
 - Being easily fatigued.
 - Difficulty concentrating or mind going blank.
 - Irritability.
 - Muscle tension.
 - Sleep disturbance (difficulty falling or staying asleep, or restless, unsatisfying sleep)



Signs of Anxiety

- The anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social occupational, or other important areas of functioning.
- The disturbance is not attributable to the physiological effects of a substance (e.g., a drug of abuse, a medication) or another medical condition (e.g., hyperthyroidism).
- The disturbance is not better explained by another mental disorder.





ANXIETY DUE TO COVID-19

How COVID 19 Plays out Anxiety. (SCENARIO)

HOW COVID 19 MIGHT PLAY OUT

ANXIETY (SCENARIO)

- Begins as ordinary day then starts to effect daily life situation.
 - When Ricky Bobby wakes up, he begins his self-thoughts . “Today, I feel good. I will need to wash laundry, get some groceries, get some gas, and haul some water for the cattle.”
 - When Ricky Bobby starts preparing for the day. “I have to stand in line at the laundromat to wash. The laundromat is only allowing 5 people inside. I need to let my children stay with my mom since children are not allowed inside. I have 8 bags of clothes to wash myself. I need to pack my mask, my hand sanitizer, and my clothes. I have to also get water from the water hole about 100 miles away for the cows. That means I need to stop for gas. I also need to get lunch. Again, I have to be in line. Then groceries. I have to get in line for food and self check out. Load the food after I get water. Dang that’s a lot to do but I can only come into town once every 2 weeks. I hate all this. It sucks, I wish it could be normal.”



CONTINUATION

- When Ricky Bobby is in the process of his day. “Rats, the lines are long, how long do I have to stand here? I am too scared to touch anything. Shoot, I should have brought more sanitizer. I am feeling a bit hot, do I have the disease? What am I going to do if I have it? Who will take care of my children and do my chores? How long is this going to occur? Dang it, I hate this. I hate this.”
- When Ricky Bobby gets home after chores are done. “How much money do I have to last me until I get my next check? Did I have to wash all those clothes and get those groceries? Was it even necessary? I need to shower, I might have contracted the disease. I hope I don’t have the disease.”



CONTINUATION

- When Ricky Bobby goes to bed. “I can’t wait to fall asleep so I don’t have to think about all this. I hope I fall asleep right away. I wonder what is going to happen tomorrow? I wonder how my siblings and relatives are doing? Why is this happening to us? How long does it have to be this way? I don’t even know what to do about it anymore.”





DISCUSSION:
BASED ON WHAT HAS BEEN PRESENTED ON
ANXIETY, WAS RICKY BOBBY EXHIBITING
ANXIETY, IF SO IN WHAT WAYS?

Signs Exhibited by Ricky Bobby

- Restlessness or feeling keyed up or on edge.
- Difficulty concentrating or mind going blank.
- Irritability.
- Sleep disturbance (difficulty falling or staying asleep, or restless, unsatisfying sleep)



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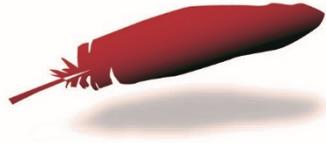
SO WHAT DOES THIS MEAN?

QUESTIONS SOMEONE MIGHT ASK

- Could I have anxiety?
- Is this normal?
- How long will I feel this way?
- How do I cope with this?
- What do I do?
- Where do I get help?
- What is the treatment for anxiety?



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COPING WITH ANXIETY

Possible Coping Skills

- Take breaks from watching, reading, or listening about COVID-19.
- Take care of your body.
 - Take deep breaths or stretch.
 - Eat healthy well balanced meals.
 - Exercise daily on a regular basis.
 - Get plenty of rest at night, including naps.
 - Avoid alcohol and drug use.
- Make time to relax with activities you enjoy.
- Connect and stay in touch with your circle of friends and family. Talk with those you trust.
- Practice your cultural and spiritual practices.
- Seek behavioral or mental health professional.



Possible Coping Skills

- During these trying times people are currently living in, is uncomfortable; therefore, people need to consider being more gentle with themselves through reassurance, prayers, and forgive self for making mistakes while making adjustments for the “new norm.”



Possible Coping Skills

- Please share ways you cope with anxiety.



Possible Activities to Help Others with Anxiety

- Exercise
- Do an activity (crafts, beadwork, feather work, knitting, etc.)
- Spend time with pets or animals
- Meditation
- Listen and play music
- Watch a comical movie
- Breathing exercises
- Self Prayer
- Self Smudging
- Self Tobacco offering



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FACTS ABOUT ANXIETY

Facts About Anxiety

- A person has to meet certain number of clinical symptoms in a certain time frame to be diagnosed with anxiety, per the DSM-5.
- If treatment is not sought, it can get worse.
- The most beneficial for of treatment is Cognitive Behavioral Therapy and medication management.
- Women are more likely to develop anxiety compared to men.
- Anxiety will vary from person to person.
- Pre-existing conditions need to be considered with anxiety for proper treatment.
- Please get professional help if you are concerned about the possibility of having anxiety.





**GROUP DISCUSSION:
WHY IS IT IMPORTANT TO KNOW ABOUT
ANXIETY?**

What value does knowing this information have beyond being educated?



QUESTIONS AND COMMENTS

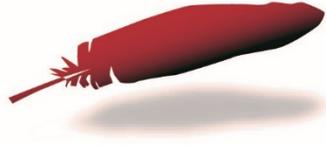


Take Home Messages

- This public health education will:
 - help you understand basic anxiety;
 - help you to advocate for those who suffer from anxiety; and
 - how to recognize anxiety symptoms.



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CLOSING

Resources

- nihb.org
- Visit the [Disaster Distress Helplineexternal icon](#), call 1-800-985-5990, or text TalkWithUs to 66746.
- Visit the [National Domestic Violence Hotlineexternal icon](#) or call 1-800-799-7233 and TTY 1-800-787-3224.
- Substance Abuse and Mental Health Services Administration ([SAMHSA](#)) [Disaster Preparednessexternal icon](#) page.
- Learn more about [taking care of your emotional health](#) during a stressful event like the COVID-19 outbreak.
- People [at higher risk for severe illness](#), such as older adults, and people with underlying health conditions are also at increased risk of stress due to COVID-19.
- See [SAMHSA Coronavirus \(COVID-19\) Resources and Informationexternal icon](#)
- [Coping with Stress During an Infectious Disease Outbreakpdf iconexternal icon](#)
- [Taking Care of Your Behavioral Health during an Infectious Disease Outbreakpdf iconexternal icon](#)



REFERENCES

- National Indian Health Board
- Diagnostic Statistical Manual-IV
- Center for Disease Control Preventive Health
- Substance Abuse & Mental Health Services Administration
- UC Davis Department of Psychiatry and Behavior Sciences

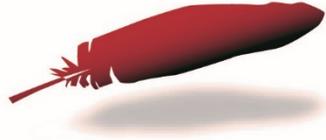




FINAL QUESTIONS AND COMMENTS



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PLEASE COMPLETE YOUR EVALUATIONS

Courtney will send you a link and this is where you complete and submit.





Ahehee (Thank you!)

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