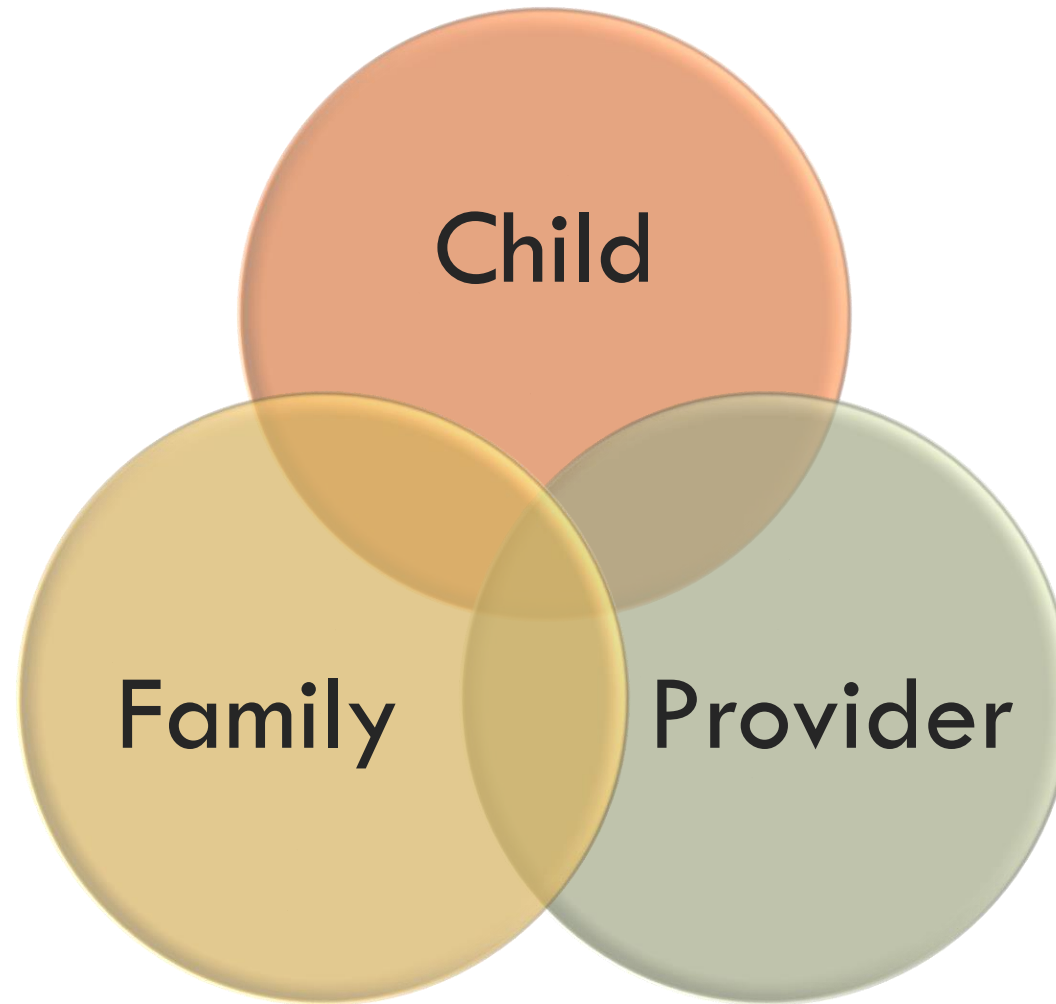


DIABETES, STRESS & RESILIENCE

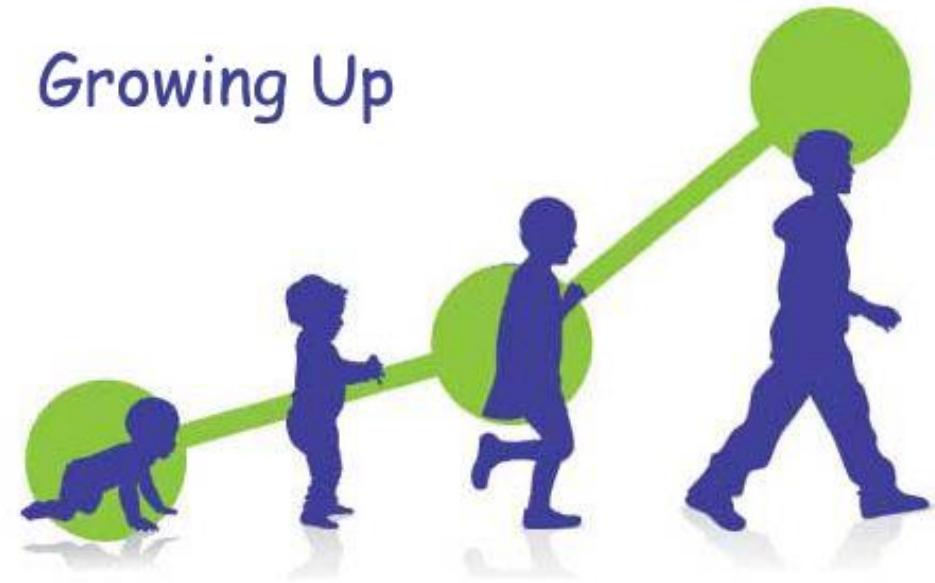
Mary Mueller, LMSW

Three Spheres



Factors for Children

- Temperament
- History
- Specific medical issues



Factors for Family

□ Parents/Caregivers

- Temperament
- History
- Current stressors
- Knowledge/resources
- Child's response

□ Siblings/Extended Family

- Same as parents
- Relationship to child & caregivers
- Degree of involvement



Resilience

- Ability to successfully confront challenges & bounce back from setbacks.
- Resilience can be nurtured & recaptured



Core Protective Factors

Capabilities

- Self-regulation
- Focus
- Self-efficacy
- Adaptive skills

Attachment & Belonging

- Mutual support
- Learning together
- Ceremonies/
rituals
- Group activities
- Opportunities to give

Community Culture

- Community reciprocity
- Social bridging

Assessing & Supporting Child/Family

- Reduce **D**istress
- Promote **E**motional Supports
- Remember the **F**amily



Building Resilience for Families

- Maintain routines, rituals, and traditions
- Communication – sharing, laughing, crying
- Joint problem solving
- Plan for the day and the future



Building Resilience for Caregivers

- Support
- Knowledge
- Resources
- Control/Self Efficacy
- Self Regulation



Health Care Providers



Why Does This Matter?

- Self = Most important tool
- STS = Occupational Hazard
- Self Care = Personal
Protective Equipment
- Increases our resilience and
ability to care for others effectively



Secondary Traumatic Stress

The *emotional duress that results when an individual hears about the firsthand trauma experiences of another*. Its symptoms mimic those of post-traumatic stress disorder (PTSD).

Factors for Health Care Providers

- History
- Occupational stressors
- Resources
- Family Responses



What About You?

A Workbook for Those Who Work with Others

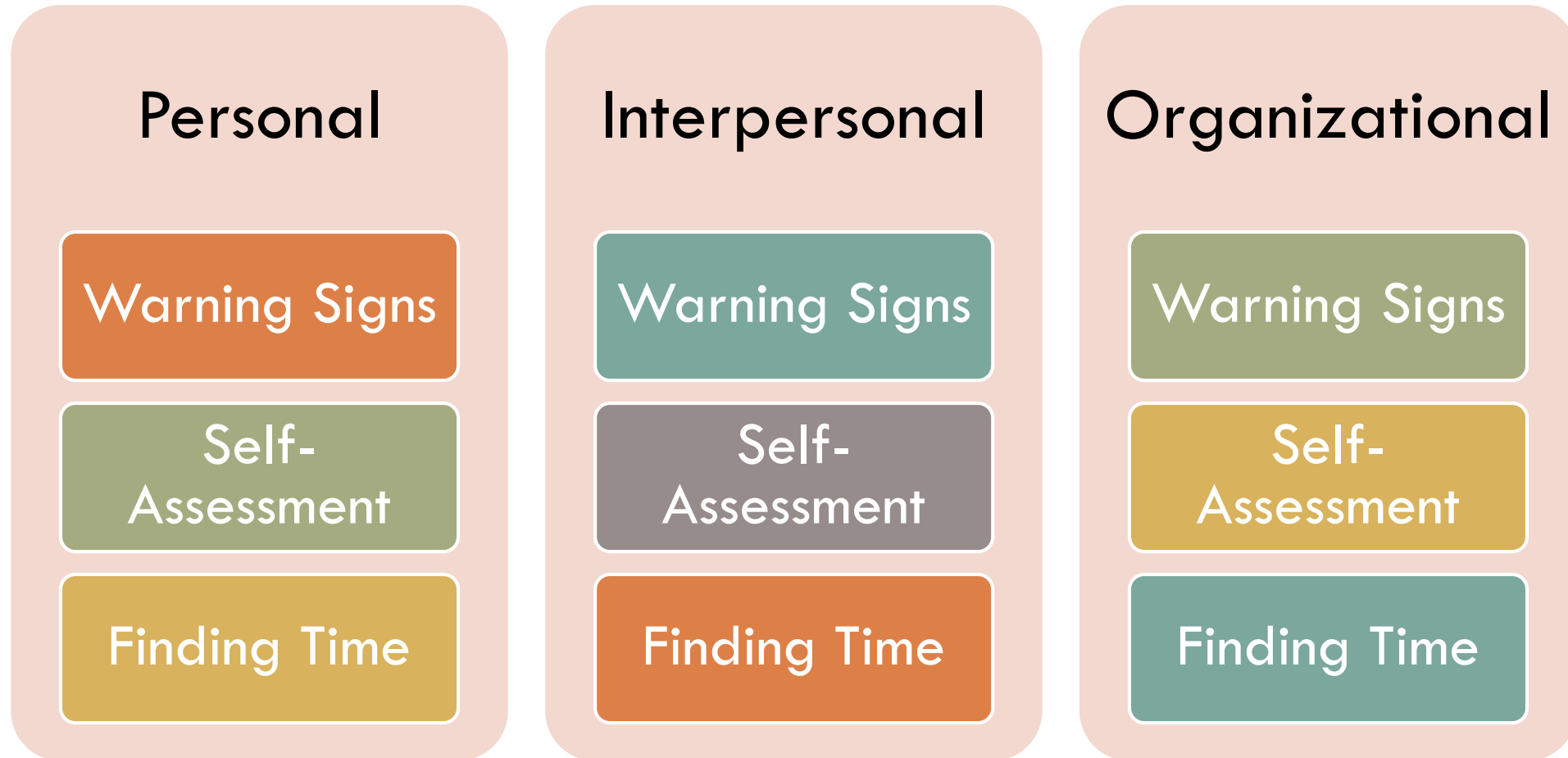


THE NATIONAL CENTER ON
Family Homelessness

for every child, a chance

Katherine T. Volk, Kathleen Cannon,
Wynne Ellen Givens, and Mona Charaf

Three Levels of Care



Personal: Finding the Time- If You Have...

□ 2 Minutes

- Breathe
- Daydream
- Doodle
- Spend time with your pet

□ 5 Minutes

- Listen to music
- Chat with a co-worker
- Step outside for fresh air
- Enjoy a snack; make a cup of...

□ 10 Minutes

- Write in a journal
- Tidy your work area
- Dance
- Read a magazine

□ 30 Minutes

- Get a massage
- Spend time in nature
- Go shopping
- Practice yoga

Interpersonal: Finding The Time- If You Have...

□ 2 Minutes

- Leave a message to tell someone you're thinking of them
- Let someone know you need to talk with them later
- Leave a note on the fridge that says "I love you"

□ 5 Minutes

- Mail a card or e-greeting
- Send someone a list of dates for getting together
- Look at pictures of family/friends

□ 10 Minutes

- Have breakfast with family/friend
- Research a group you may want to join
- Talk to someone about a problem/frustration

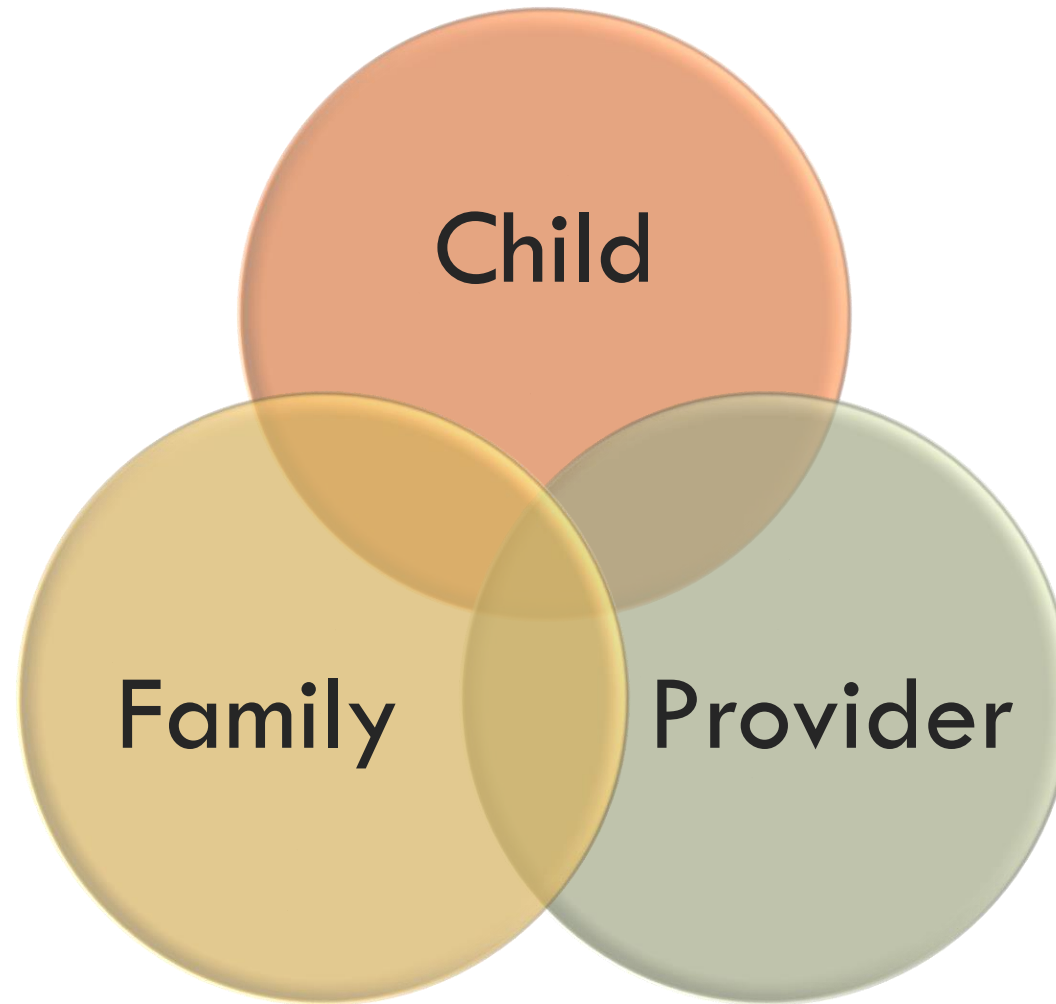
□ 30 Minutes

- Read/play a game with a child
- Go for a walk with a friend
- Cook/eat with family/friend
- Write a letter to someone

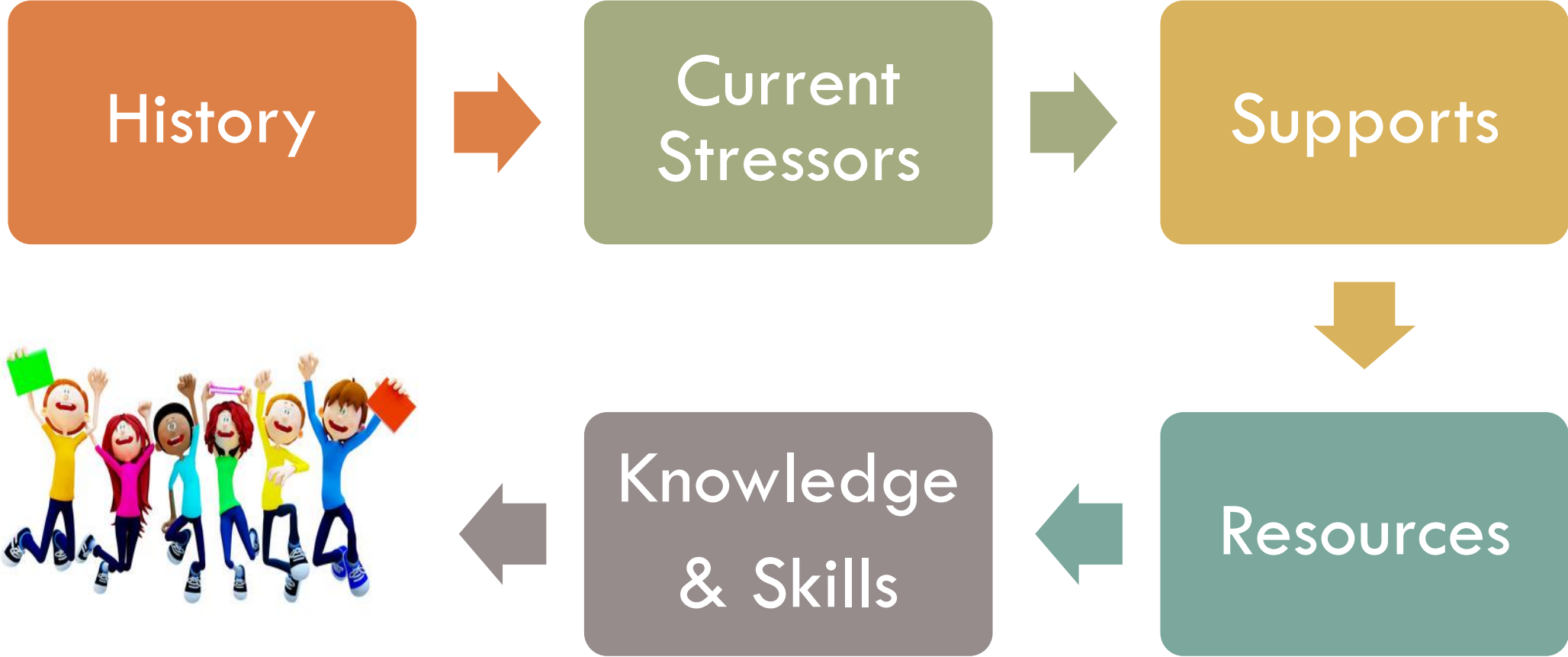
Organizational: Finding the Time – If You Have...

- 2 Minutes
 - Smile
 - Make coffee
 - Thank someone
 - Sign up for a training opportunity
- 5 Minutes
 - Talk with someone you don't usually work with
 - Schedule a team meeting
 - Straighten up a common area
 - Respond to an email
- 10 Minutes
 - Discuss a training opportunity
 - Plan a celebration
 - Clean up your workspace
- 30 Minutes
 - Have lunch with colleagues
 - Talk about burn out at a staff meeting
 - Have a “walking meeting” outside
 - Do “A Day in the Life” activity at staff meeting

Three Spheres



Coping With Diabetes



Resources

- Secondary Traumatic Stress: A Fact Sheet for Child-Serving Professionals; National Child Traumatic Stress Network, www.nctsn.org
- What About You?: A Workbook for Those Who Work with Others, K. Volk, K. Guarino, M. Grandin, R. Clervil, The National Center on Family Homelessness
- Core Protective Factors; ACE Interface, R. Anda & L. Porter, 2017
- Pediatric Medical Traumatic Stress Toolkit for Health Care Providers, National Child Traumatic Stress Network, www.nctsn.org

Thank You for Your Time

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