

The webinar will begin at noon



To be human is to know sadness.
Owning our sadness is courageous
and a necessary step in finding our
way back to ourselves and each
other.

– Brené Brown



Helping Family and Friends Move Forward Following the Oxford Tragedy

The information in this session is for educational purposes and not meant to replace the advice of your physician or provide diagnosis or treatment. Consult with your doctor if you have questions or concerns.

How communities respond to disasters (source: SAMHSA)



Adults and children might respond differently



- Feeling numb or like nothing matters
- Feeling helpless or hopeless
- Worrying a lot of the time
- Feeling guilty but not sure why
- Feeling like you have to keep busy
- Excessive smoking, drinking or using drugs (including prescription medication)



- Reactions depend on the stage of psychological development, gender, anxiety level, family dynamics and caretaker relationships.
- Regression
- Distrust in adults or in human nature

When do I seek help?

Factors predicting behavioral health conditions

The following three factors are associated with higher or lower risks for developing behavioral health conditions after a traumatic event.

1. How closely and directly was the person exposed to the trauma?
2. Are trauma risk factors present?
3. How supportive or stressful is the post-disaster environment?



- PTSD is not usually diagnosed in the early post-disaster phase, although people may experience symptoms that, if occurring months or years later, could lead to a PTSD diagnosis.
 - Intrusive thoughts
 - Flashbacks
 - Avoidance of reminders of the traumatic incident
 - Negative thoughts
 - Reactive symptoms
- A diagnosis of PTSD requires:
 - The persistence of reactions for at least one month; the average onset of PTSD begins around three months after traumatic events.
 - Symptoms must last longer than one month and create distress or impair a person's ability to function in one or more aspects of life.

Moving forward – helping yourself

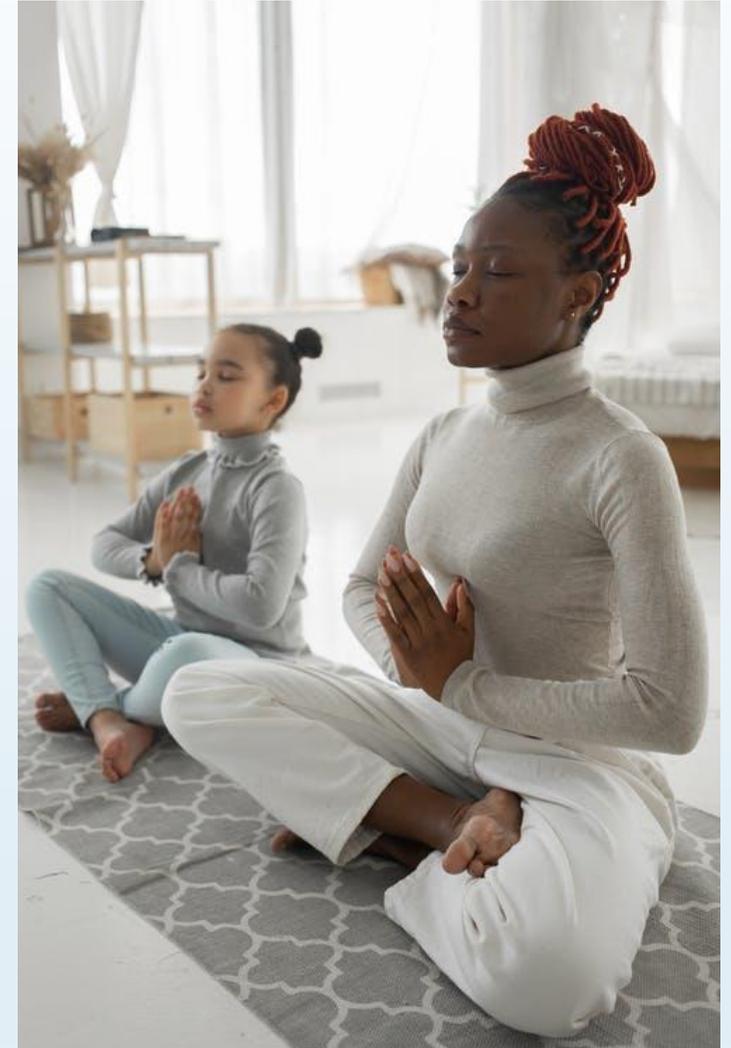
- Maintain a routine – get up and get dressed
- Make sure you are getting enough physical activity
- Maintain connections and meaningful social relationships
- Find your way to express your emotions
- Get enough sleep
- Practice mindfulness
- Build your resilience
- Focus on healthy eating
- Prioritize your self-care
- Take a break from social media
- Spend time in nature
- Focus on joy and gratefulness



Focus on things within your control

Moving forward – helping children

- Provide opportunities for them to express their feelings
- Teach ways to deal with intrusive thoughts
- Use age-appropriate language
- Reframe to focus on the helpers
- Teach them mindfulness
- Maintain a regular routine
- Keep them physically active
- Encourage time in nature
- Limit screen time



Help children focus on things within their control

Resources available

Blue Cross' behavioral health website

www.bcbsm.com/behavioral-mental-health/index/

You'll find educational resources, traditional and telehealth services, webinars, resiliency and mindfulness tools and tips on how to address stress and support your mental health.



Blue Cross Virtual Well-Being

www.bluecrossvirtualwellbeing.com

You'll find live weekly webinars focused on overall well-being and guided mindfulness meditations.



If you are a Blue Cross member, call the Mental Health number on the back of your Blue Cross member ID card for assistance and additional resources.

SAMHSA guides

[Helping Children and Youth Who Have Experienced Traumatic Events \(samhsa.gov\)](https://www.samhsa.gov/helping-children-youth-who-have-experienced-traumatic-events)

[Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event: A Guide for Parents, Caregivers, and Teachers \(samhsa.gov\)](https://www.samhsa.gov/tips-for-talking-with-and-helping-children-youth-cope-after-a-disaster-or-traumatic-event)

National Suicide Prevention Line

1-800-273-TALK

Or text HOME to 741741

SAMHSA's Disaster Distress Helpline

Call or text 1-800-985-5990

For more information



To register for upcoming webinars or to view on demand sessions, go to bluecrossvirtualwellbeing.com.



For questions or comments, email us at BlueCrossVirtualWell-Being@bcbsm.com.

