

*Southeast ATTC*

*Presents*

*Helping Clients Maintain Recovery During  
Traumatic Catastrophes and Pandemics*

*Presenter*

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# *COVID – 19 Pandemic*

## *The Early Days*

- *NCAA cancels March Madness (March 11)*
- *Cost of chicken wing drops dramatically*



- *NBA postpones its season (March 12)*
- *Basketball fans experience withdrawal*

# *Impact of COVID – 19 a Week Later*

## *Hoarding*

- *Toilet Paper*
- *Hand Sanitizer*
- *Medication*
- *Groceries*
- *Drugs and alcohol*

# *Impact of COVID - 19 Pandemic*

- *World wide disaster*
- *Wide spread infection*
- *Daily death count increase*
- *No vaccine or known treatment*

*(Carty, 2020)*

# *Impact of COVID – 19 Continued*

- *Businesses and school closings*
- *Rise in unemployment*
- *Healthcare and first responders overwhelmed*
- *Uncertain end date*

*(Carty, 2020)*

# *Impact of COVID – 19 Continued*

- *24 hour news cycle*
- *Not enough ventilators and masks*
- *Communities of color hit hard*
- *Drug use increases*
- *Can trigger traumatic stress symptoms*

*"COVID – 19 is a pre-traumatic experience that can trigger past traumatic stress disorders."*

*Bessel van der Kolk*

# *Traumatic Stress Disorders that can be triggered by COVID*

- *Acute Stress Disorder*
- *Post Traumatic Stress Disorder*
- *Complex Trauma*
- *Historical Trauma*
- *24 – 7 – 365 terror*

# *Risk Factors for Traumatic Stress Disorders Triggered by Catastrophes and Pandemics*

- *Trauma before the trauma*
- *Geographic nearness*
- *Lack of support*
- *Difficulty expressing feelings*



# *Risk Factors Continued*

- *Isolation*
- *Prolonged exposure*
- *Threat to our safety and safety of our loved ones*

# *Protective Factors*

*Strategies to prevent acute stress from becoming PTSD*

- *Support*
- *Rest, sleep, water, nutrition*
- *Stress Management*
- *Support*
- *Counseling*

# *Protective Factors*

- *Support*
- *A Survivor Mission*
- *Early Intervention*
- *Community*
- *Helping Others*

# *Protective Factors Continued*

- *Reduction of news watching*
- *Reduction of alcohol, illicit drugs and caffeine*

# *Paradoxically*

- *People are spending more time with their family*
- *Opportunities to go on an extended meditation retreat!*
- *Elimination of clutter*
- *Some pets are happier*
- *As a world we will come to learn how much work can be done from home*
- *Creativity increase*
- *Outstanding achievements will occur!*

*In 1665, University of Cambridge temporarily closed due to the Bubonic Plague. Sir Isaac Newton had to work from home, and he used this time to develop Calculus and the Theory of Gravity.*

*REDUCING ISOLATION  
AND RELAPSE PREVENTION  
DURING CATASTROPHES  
AND PANDEMICS*

# September 11 Memorial





# *Hurricane Katrina*



# *Rat Park*

## Drug Addiction Research Education

30 DAYS



## The Rat Park Experiment Drug Addiction Study

Environmental and Social Issues Resource Center™  
Worldwide



# *Reducing Isolation and Relapse Prevention*

- *Social isolation does not have to mean emotional isolation*
- *“The opposite of addiction is connection.”*

# *Reducing Isolation and Relapse Continued*

- *The use of technology and virtual face to face connections to decrease isolation*
  - *[www.AA.org](http://www.AA.org)*
  - *[www.NA.org](http://www.NA.org)*
  - *[www.smartrecovery.org](http://www.smartrecovery.org)*

# *Reducing Isolation and Relapse Continued*

- *Talk by phone or facetime with 3 people in recovery everyday*
- *Movement*

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# THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY  
IN THE HEALING OF TRAUMA



BESSEL VAN DER KOLK, MD

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# *New Yorkers on What Helped after 9/11*

- *Acupuncture*
- *Massage*
- *Yoga*
- *Movement*
- *Dance*



\* *Bessel van der Kolk*



# *Reducing Isolation and Relapse Prevention Continued*

- *List your five primary relapse triggers*
  - *Write them down*
  - *Your own words*
  - *Out loud*
- *During COVID-19, have you noticed any new triggers?*

# *Reducing Isolation and Relapse Prevention Continued*

## *Marriage and partnerships during COVID – 19*

- *Being quarantined with individuals we have unhealthy relationships with can be bad on our health and trigger relapse.*

# *Characteristics of Addictive Relationships*

- *Lots of drama*
- *Smothering*
- *Extreme jealousy*
- *Obsessive*
- *Abuse*
- *Poor boundaries*
- *"Unfair arguing"*
- *You stay in spite of adverse consequences*

# *Characteristics of Healthy Relationships*

- *Both are whole*
- *Each is growing and encouraging the other to grow*
- *They each have a separate life outside of the relationship*
- *Each is able to spend time alone*
- *Healthy boundaries*
- *No abuse*
- *"Fair arguing"*

# *Reducing Isolation and Relapse Prevention Continued*

- *Opportunity to meditate and practice stillness*
- *Engage in activities that help with recovery and immune health*
  - *Gratitude*
  - *Laughter*
  - *Thank you*
  - *Forgiveness*
  - *Meditation*
  - *Love*

# *Relapse Prevention Continued*

## *COVID – 19 as a pre-traumatic experience*

- *Lack of predictability (create a schedule)*
- *Immobility (fight/flight) Get moving!*
- *Numbing (keep moving)*
- *Loss of sense of time (sunlight, stay current)*
- *Feeling unsafe (touch, hugs, talk, private space)*

# *Relapse Prevention Continued*

- *Use technology to help with the trauma of family recovery*
  - *Extended time together can be stressful*
  - *Domestic violence can increase during crisis periods*
  - *Family enmeshment*
  - *Child abuse*
- *Create boundaries at home*

# *Relapse Prevention Continued*

- *H.A.L.T. during COVID-19*

- *H = Hungry*

- *A = Angry*

- *L = Lonely*

- *T = Tired*



# *Relapse Prevention Continued*

- *Dealing with fear and panic*
  - *“Love is stronger than fear”*
  - *Help someone*
  - *Breath*
  - *Mindfulness*

# *USE OF TECHNOLOGY TO SUPPORT ONGOING RECOVERY*

*Factors to consider  
Telehealth Options  
Benefits and Limitations*

# *Factors to Consider*

- *Telehealth is an important tool, but consider these factors*
  - *Client's capability and willingness to participate*
  - *Examine options*
  - *Review agency policy and procedures*
  - *Identify how service will be documented, billed and supervised*
  - *Pay attention to privacy issues*
  - *Get training on telehealth practices*

# Varieties of Tele-health

- *Telephone*
- *Facetime*
- *Skype*
- *Zoom*



# *Counselor Self-Care During the Pandemic*

- *Laughter – less news, more comedy*
- *Centering rituals*
- *Pay attention to secondary trauma*

# Counselor Self-Care Continued

- Use of Zoom
  - *Friend and family reunions*
  - *Lunch with co-worker*
  - *Lunch with your department*



# *Counselor Self-Care Continued*

- *Opportunity to go on an extended meditation retreat*
- *Take lunch and a break every day*
- *Movement*
- *Dance – the craziest dance you can think of, in the mirror!!!*

# *Trainers' Contact Information*

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*That's all Folks!*