

Caring for the Care Team: Recovery & Healing

NACHC Conference on Agricultural Worker Health

May 2, 2022

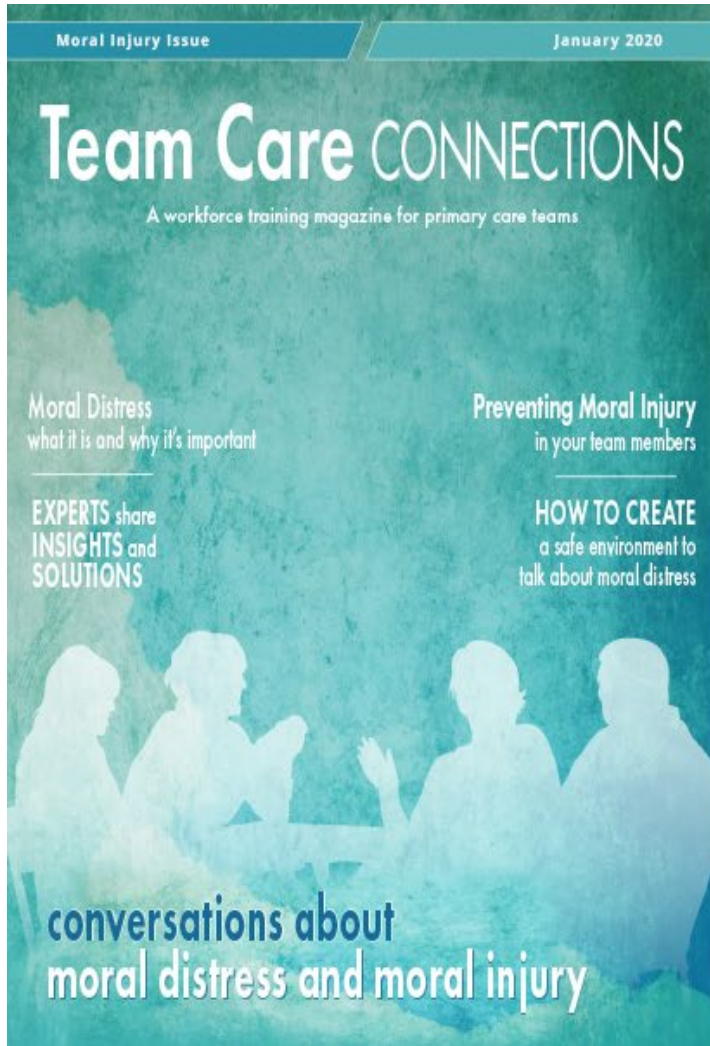


NATIONAL ASSOCIATION OF
Community Health Centers®

THANK YOU TO ALL COMMUNITY HEALTH CENTERS

#ThankYouCHCs

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"Health care people focus on patients. We put our patients first. We don't pay a lot of attention to what we're feeling. In fact, we're probably the last ones to attend to ourselves." — Dr. Bill Nash

Cues to moral distress and moral injury may be subtle. They can be overlooked or minimized in the intensity and busy-ness of daily practice. They may not be recognized as stress grounded in moral conflict rather than another source.

What differentiates "moral" distress?

As we noted earlier, experts on the experience of moral distress and moral injury believe that they exist on a continuum: one end of the continuum contains emotions and physical symptoms similar to a stress response; at the far end usually with continuous, escalating exposure to morally distressing situations moves into chronic and potentially debilitating physical changes, moral injury.

As we've emphasized throughout the magazine, moral distress is differentiated from other types of stress encountered in clinical practice by the presence of a moral component. Emotions associated with moral distress - feelings that Dr. Bill Nash refers to as moral emotions - are ones experienced when values and beliefs about "what's right" and "what we stand for" are in conflict.

Moral emotions have "should" feelings associated with them and range from anger to guilt and shame. This may be accompanied by irritability and withdrawal from team interaction as well as commonly recognized signs of stress like disrupted sleep or appetite. The physiological impacts of chronic moral stress are a subject of growing interest and research. In the accompanying video clip, Dr. Bill Nash talks about the importance of understanding the biology of stress to recognize and prevent moral distress and injury.

Clues to Moral Emotions

The Neurobiology of Moral Distress

Recognizing cues to moral distress and moral injury in yourself and your team members

By Gerri Lamb

Consider moral distress when:

YOU FEEL	YOUR BODY TELLS YOU
Exhausted	Insomnia
Angry	Headache
Irritable	Upset stomach
Sad	Rapid heart rate
Frustrated	Weight loss or gain
Ashamed	Body aches
Guilt	Low energy
Isolated	

Of course, not all frustrations and stressors in clinical practice have roots in moral conflict. Recognizing moral emotions accompanied by common stress responses, like difficulty sleeping or loss of appetite may be important clues that you and your team members may be grappling with a moral dilemma.

While more is being learned about moral distress and moral injury and their lasting effects, it's important to be aware that these are common ways that moral conflict shows itself. Use these experiences to explore the possibility of moral distress with your team members and, most importantly, use them as an opportunity to prevent it and try out ways to support team members experiencing it.

Team Care CONNECTIONS 21

RECOGNIZING MORAL INJURY 22

<https://teamcareconnections.org/books/exou/#p=1>

LEARNING OBJECTIVES

1. Understand psychological safety and healing in community
2. Use the healing role of narrative/storytelling
3. Apply hands on experience with healing role of narrative/storytelling

Speakers



**Ana Lara Roca, MA, LPC, ACS
Behavioral Health and Wellness Director
Tepeyac Community Health Center**



**Geraldina Lawson, BSN
Cuentista/Storyteller**



**Grace Wang, MD, MPH, FAAFP
NACHC Senior Fellow**



Tepeyac
Community
Health Center



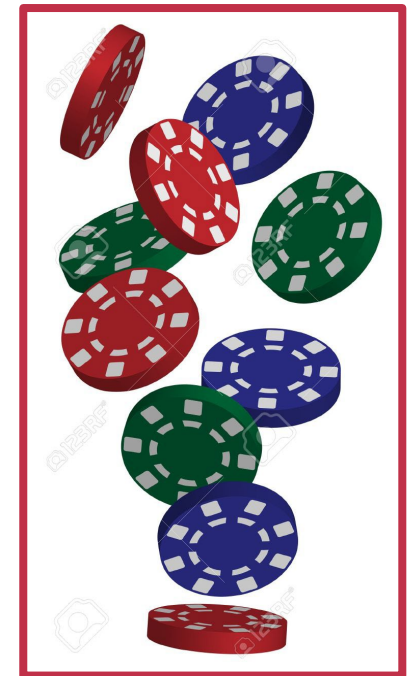
Ana Lara-Roca

Behavioral Health and Wellness Director

INTENTIONS FOR ENGAGEMENT

What is needed to have a great day – Learning and GROWING together:

1. *Presume good intent*
2. *Practice self-care strategies (breathing, stretch/standing, snacks, bio-breaks)*
3. *Use a Poker Chip when taking a risk and write an Appreciation Star when expressing gratitude for SOMEONE*
4. *Active participation. CREATE SPACE FOR DIFFERENT VIEWPOINTS AND EXPERIENCES*



Wellness Challenge: Appreciation Stars



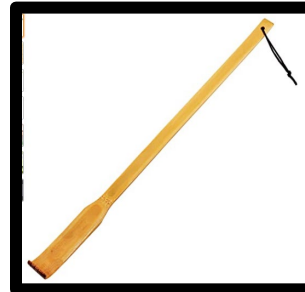
4th PLACE with 13 stars:
Veronica

3rd PLACE with 14 stars:
Cinthia

2nd PLACE with 26 stars:
Dr. V



1st PLACE with 33 stars:
Cecilia



Dental & Heart Health Month



TEETH
BEST
FRIENDS

MR. TOOTH-PASTE

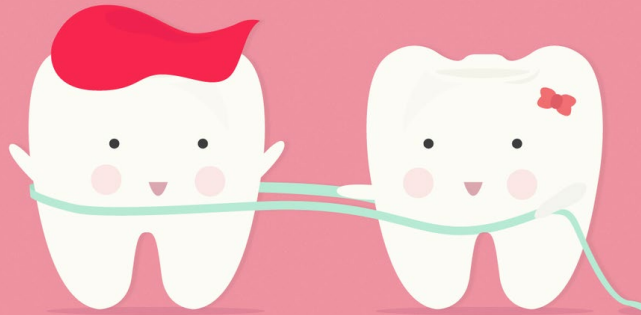
MRS. TOOTH-BRUSH

MR. FLOSS

IT'S ME!



February is
National Dental Health Month



PCDSD | GOVPH



Heart
Foundation®



November: Diabetes Awareness
WEARING BLUE?
WACKY HAIR DAY!



WANTED



BOUNTY

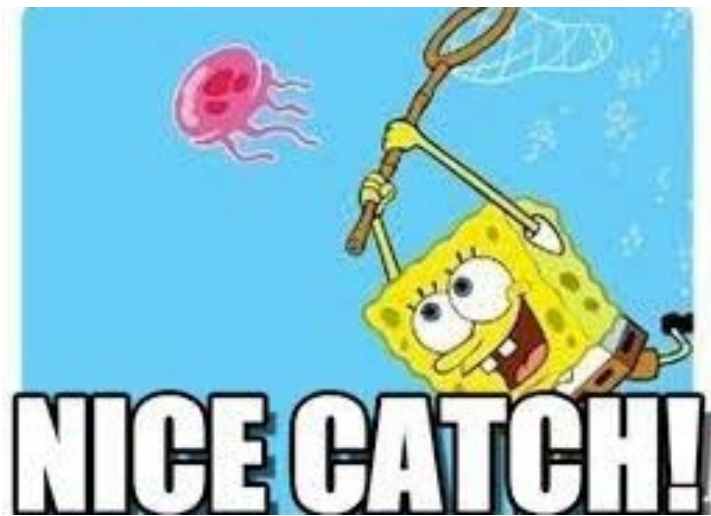
Sick or Healthy?

COMMENTS

Contact Tepeyac Community Health Center If You Have Any Info Regarding the Whereabouts of this Rockstar!

WANTED ROCKSTAR OF THE MONTH





Good Catch Award


WELLNESS PLAN 2022

Superpower <i>Flexibility</i>	Strengths <i>Individualization – curious about what makes each person unique.</i>
Physical Health <i>Drink more water.</i>	Emotional Health <i>Talk with my mom</i>
Mental Health <i>Practice deep breathing throughout the day</i>	Spiritual Health <i>Spend some time in nature</i>
Community Care: supporting each other <i>Express gratitude</i>	Bookends: work-to-home transitions <i>Turn off computer and tidy up</i>
Boundaries: Relationships or habits I need to change in order to better take care of myself <i>End meetings and client sessions on time</i>	
Affirmations: Messages of intentions and values to say to myself everyday <i>Ground energy into Mother Earth</i>	
Resiliency: One thing I can do to recover from a truly rough day <i>Talk to someone about my day and ask for what I may need at that moment</i>	
Joy: One thing that brings me joy <i>Dancing with Amaya!</i>	



Mindfulness



WHAT IS
YOUR
why?



WHAT IS
YOUR
why?

BRIGHT SPOTS

THANK YOU!

- Ana Lara Roca, MA, LPC, ACS
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