

POINT SOURCE YOUTH PRESENTS:

# UNDERSTANDING THE VARIOUS IMPACTS OF COVID-19 FROM A TRAUMA-INFORMED LENS

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In the midst of the COVID-19 pandemic, folks are also being exposed to the trauma social distancing has presented. As we make sense of the world around us and dive deeper into our work, it is critical to remember to care of our loved ones, and most importantly, ourselves. Oftentimes, folks of color experience repeated, chronic, or multiple traumas based on intersectional, de-valued identities. Together, we must grieve our losses, acknowledge our resilience, and strategically build our future.



## KEY TAKEAWAYS

Social connections are more critical than ever. Trauma-informed care, through a strengths based approach, utilizes the community collectively. Reach out to one another for support and strength to get through this time. Building our resources through social connection provides us with the ability to cope and care for ourselves and our communities.



## Q + A

**How does trauma manifest itself within the most marginalized communities?**  
For people who have devalued identities, trauma is more likely to be experienced first in childhood and then followed by subsequent traumatizing experiences throughout the course of their lives. People who experience repeated, chronic, or multiple traumas are far more likely to exhibit pronounced symptoms and consequences like substance use disorders, mental health disorders, or physical health disorders.

**What are some best practices for folks who may be having a difficult time at work?**  
Folks need to understand how they are coping with being at home. While some people love it, others are having a difficult time. Creating a space where staff are able to connect and voice concerns for our current reality, while focusing on how it will be once we move through the pandemic, is critical.

## IN-DEPTH

### What it Means to be Trauma-Informed

A program, organization, or system that is trauma-informed:

- Realizes the widespread impact of trauma and understands potential paths for recovery.
- Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system.
- Responds by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively resist re-traumatization.

### The Six Key Principles of a Trauma-Informed Approach

1. Safety
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration and Mutuality
5. Empowerment, Voice and Choice
6. Cultural, Historical, and Gender Issues

### Tips to Help Process Trauma

It is important that we recognize these are unprecedented times and understand that we are working through so many things at once. Secondly, we need to hold space and name what we are feeling. During these tough times it is important to reflect on what about the mission, vision and passion got you into the work.

### Adapting past coping mechanisms during COVID-19

No one alive has ever experienced what we are all going through together now. Call and connect with others who have gone through other challenging moments with you, reflect on past experiences you've overcome, and be intentional and open to your mind, body, and spirit. The movement is sustained by checking in on ourselves.



**RESILIENCE TALKS ABOUT AN INDIVIDUAL'S ABILITY TO ADAPT IN THE FACE OF A TOUGH SITUATION - BUT THIS PUTS THE ONUS TO ADAPT ON THE MARGINALIZED INDIVIDUAL. WE NEED TO QUESTION THAT REALITY AND PUSH FOR A REALITY THAT DOESN'T REQUIRE US TO ADAPT.**

**- DR. MICHELE ANDRASIK**



## ACTIONS TO TAKE NOW

1. Create more meaningful interactions with staff, check in on each other, start a book club, allow check ins and checkouts about feelings/barriers at meetings, acknowledge how change and physical distancing affects folks' productivity.
2. Engage in culturally and identity-affirming meditation.
3. Check in on family, friends, and loved ones, including the youth we serve, through meaningful and intentional communication.



**UNDERSTANDING THAT IT IS OKAY AND NORMAL TO FEEL GRIEF AND ACCEPTING THAT PEOPLE PROCESS THINGS DIFFERENTLY WILL ALLOW US TO MOVE FORWARD INTO A NEW COMPASSIONATE REALITY.**  
**-DR. CYNTHIA LUBIN LANGTIW**

## RESOURCES & LINKS

- [“17 things that are totally normal to feel right now”](#)
- [SAMSHA - TIC curriculum- How to Incorporate TIC](#)
- [So you want to talk about race](#)
- [The Mindful Coach](#)
- [Trauma-Related Symptoms Among COVID-19 Medical Professionals](#)
- [4 Ways to Communicate When You Can't See Someone's Face](#)