

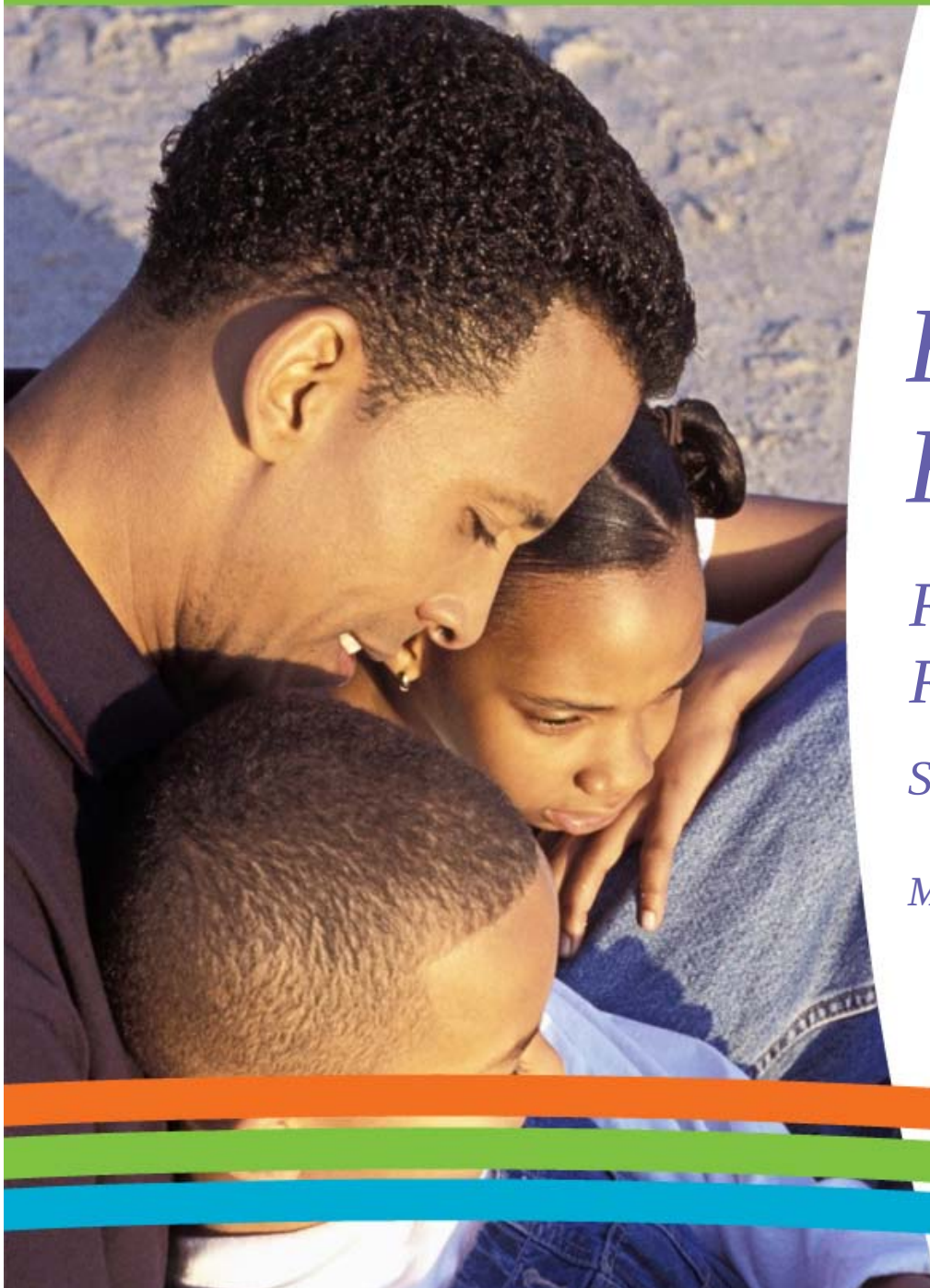


# *FOCUS on Families*

*Reducing Stress and Building Resilience for Caregivers*

*Saturday, February 24<sup>th</sup>, 2018*

*Mary Fortson-Harwell, PhD, LCSW*





# *Trainer Introduction*



- Mary Fortson-Harwell, PhD, LCSW
- 



# *Neighbor Introductions*

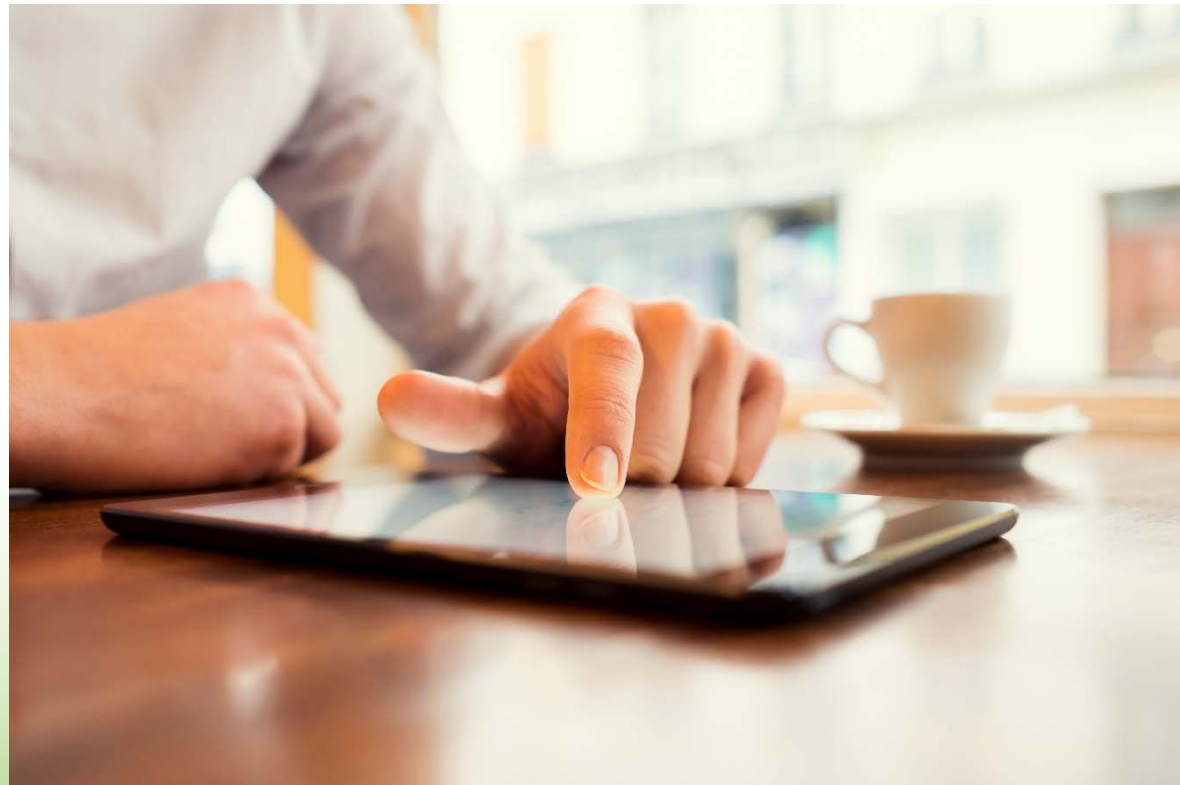
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- Name
  - Something special about your family
  - One thing you're hoping to get out of this training
  - One thing you do to practice self-care
- 

# *Housekeeping*

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- Restrooms
- Cell phones
- Parking Lot





# *Today's Agenda*



- Background
  - Mechanisms of Risk and Resilience
  - Emotional Regulation
  - Self-care Strategies
- 

# *Training Goals & Methods*

- **Training Objectives:**

- Identify mechanisms of risk and resilience
- Describe developmental reactions to stress and trauma and list emotional regulation tools.
- Apply the ABCs of self-care in developing personal self-care strategies.

- **Training Methods:**

- Discussion
- Activities
- Lecture
- Videos

# *UCLA Division of Population Behavioral Health Core Activities*



*UCLA Behavioral Health Checkup Assessment  
Platform and Data Management Services*



*Behavioral Health Integration Implementation and  
Evaluation/Innovative Technology Consultation*



*Behavioral Health Training Institute*



*Behavioral Health Integration Consultation  
Package*

# *UCLA Nathanson Family Resilience Center Services and Programs*

## **Education and Support Services**

- Training Institute
- Family Resource Center
- TIES for Families
- Stress, Trauma and Resilience (STAR) Clinic

## **Family Prevention Programs**

- Family Development Project
- FOCUS for Families
- FOCUS for Couples
- FOCUS for Parents
- FOCUS Skill Building Groups
- SEEDS
- STRIVE

## **Military Family Initiatives**

- Veteran Family Wellness Center
- Operation Mend
- Project FOCUS
- Star Behavioral Health Program
- Welcome Back Veterans Center

# What is Resilience?



# *Mechanisms of Risk and Resilience*

Saltzman et al., 2011

## **Risk**

- Incomplete understanding of the impact of the stressor condition (e.g., trauma, death, illness, injury) and inaccurate developmental expectations
- Impaired family communication
- Impaired parenting practices
- Impaired family organization
- Lack of guiding belief systems

## **Resilience**

- Psychoeducation and developmental guidance
- Developing shared family narrative
- Supporting open and effective communication
- Supporting effective and coordinated parent leadership
- Enhancing selected family resiliency skills
- Creating strong connections to social supports

***Risk***

***Resilience***

# Introduction to Emotional Regulation



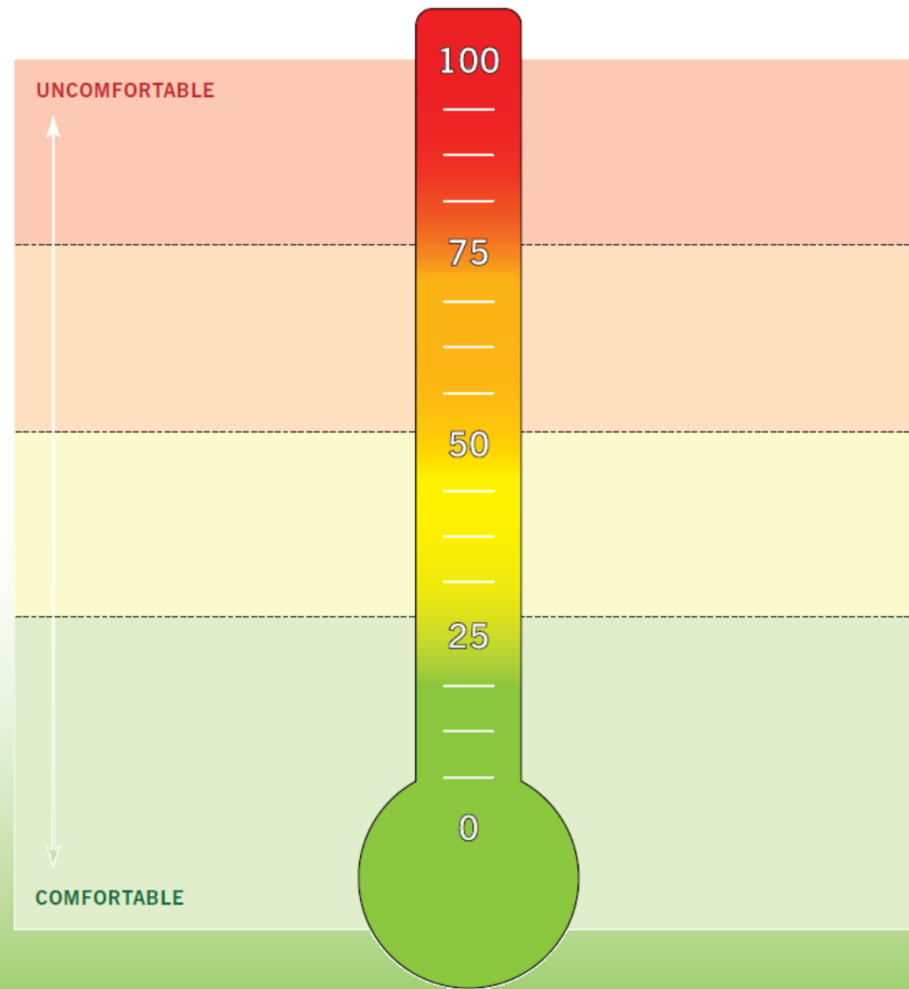
# *Emotional Regulation*

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- Emotional self-regulation is the ability to respond to ongoing demands with a range of emotions that are socially tolerable and sufficiently flexible to permit *spontaneous* reactions as well as the ability to *delay* spontaneous reactions as needed.



# *The Feeling Thermometer*



# *Stress Responses*

## **STRESS SYMPATHETIC**

PUPILS EXPAND

FAST & SHALLOW  
BREATHS

HEART PUMPS  
FASTER

GUT INACTIVE

## **CALM PARASYMPATHETIC**

PUPILS SHRINK

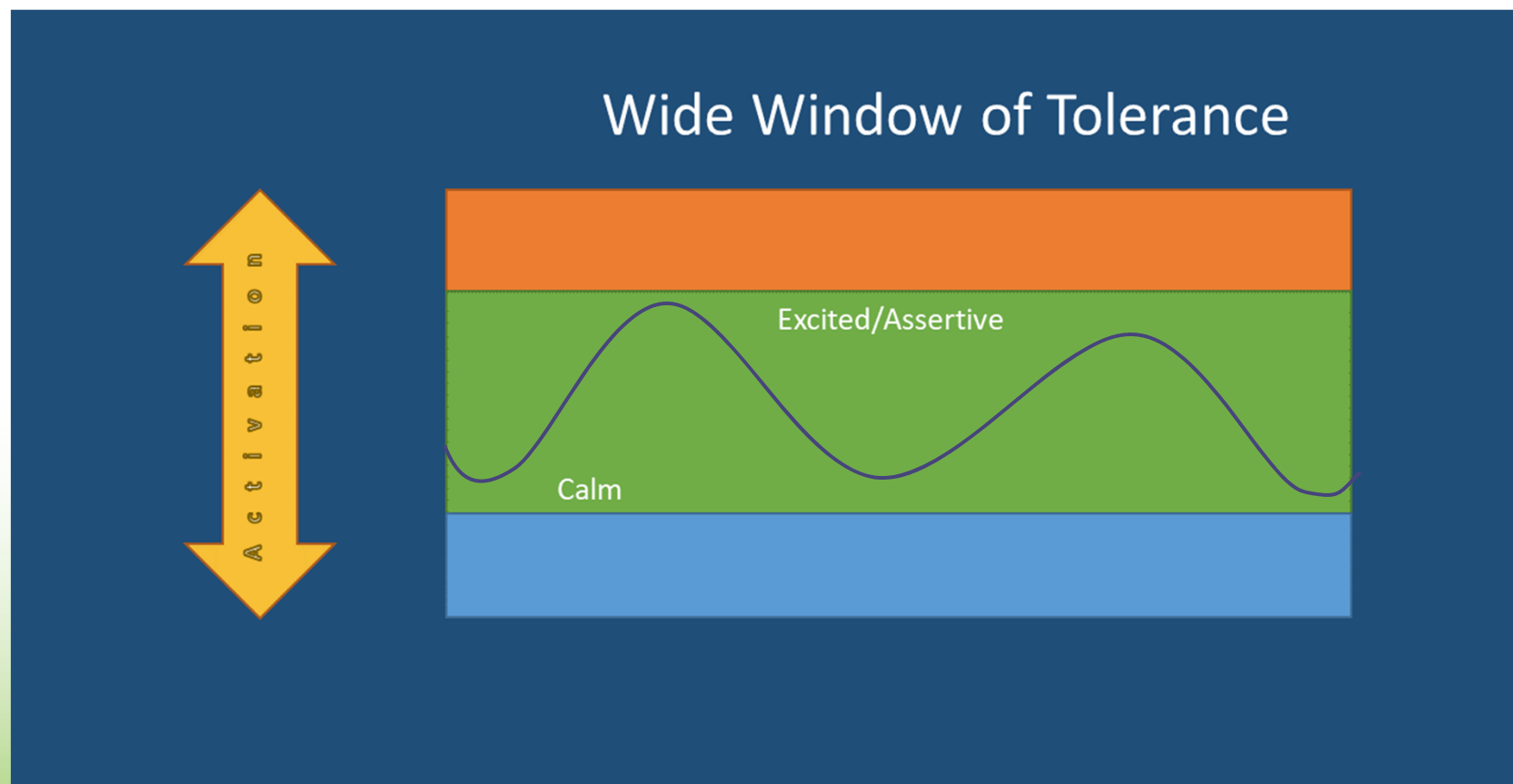
SLOW, DEEP  
BREATHS

HEART SLOWS

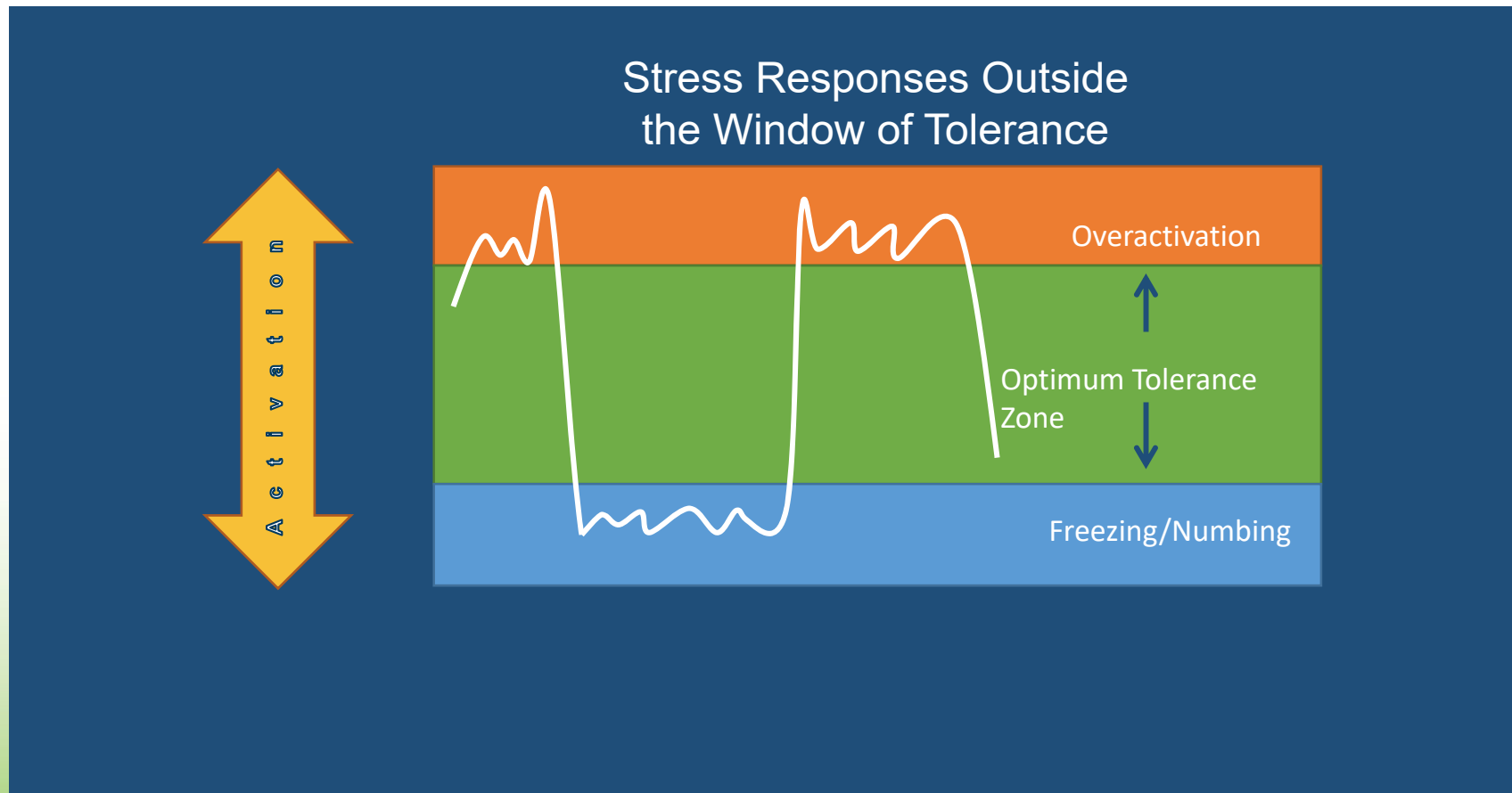
GUT ACTIVE



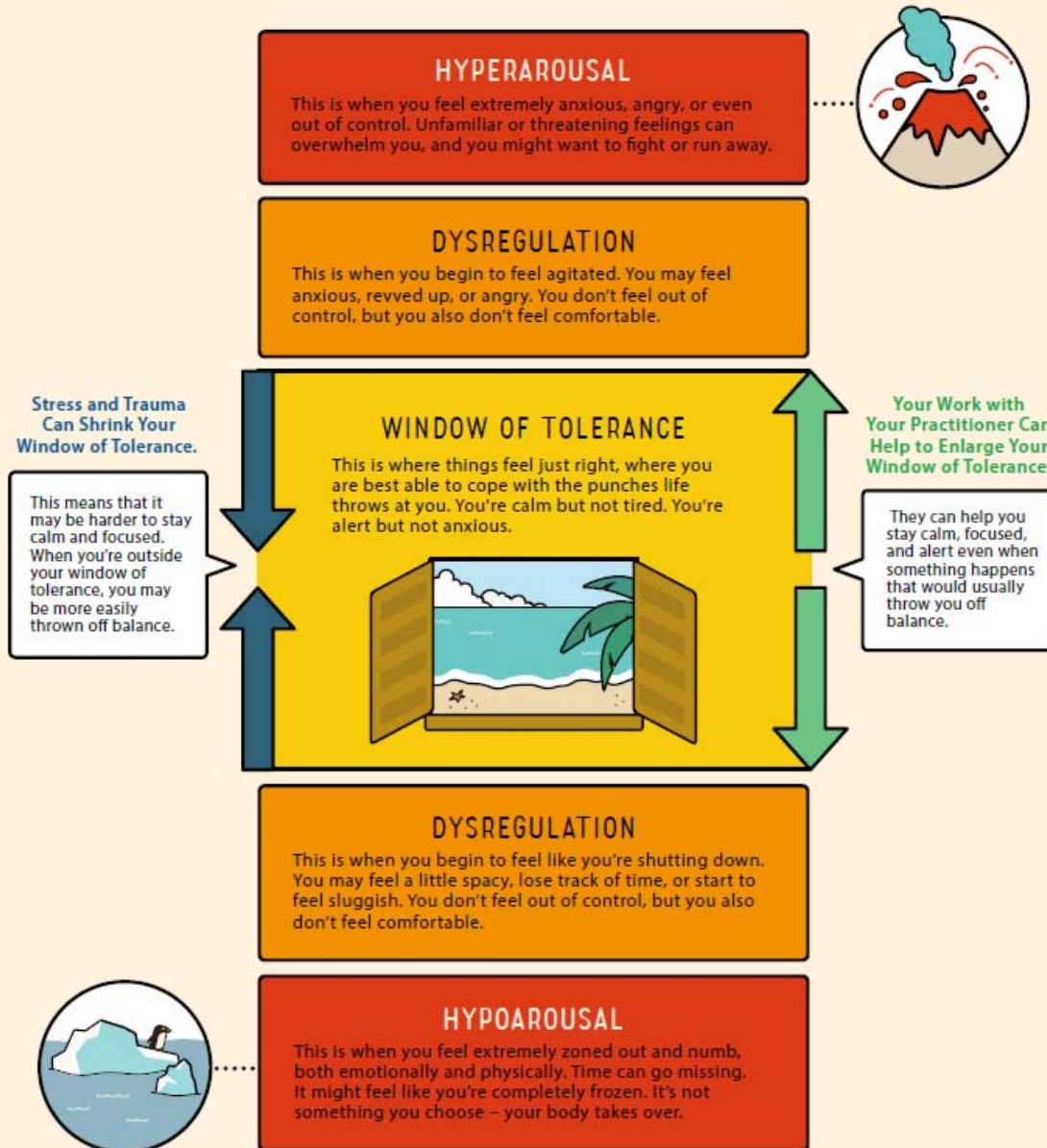
# *Stress Response*



# Stress Response



# How Trauma Can Affect Your Window of Tolerance



# *Relaxation Response*

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- Dr. Herbert Benson, 1975
- Harvard Mind/Body Medical Institute
- Elicit deep state of relaxation
- Deactivate Fight-or-Flight stress response
- Key Elements:
  - Single focus (music, running, drums...)
  - Nonjudgmental stance or passive attitude



# *Mindfulness is...*

- “The awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment.” *Jon Kabat-Zinn*
- “An orientation that is characterized by curiosity, openness, and acceptance.” *Bishop et al*
- “The intentional process of observing, describing, and participating in reality nonjudgmentally, in the moment, and with effectiveness.” *Dimidjian & Linehan*
- “Monitoring one’s present-moment experience with acceptance.” *Quaglia et al*

# *Mindfulness is a Superpower*

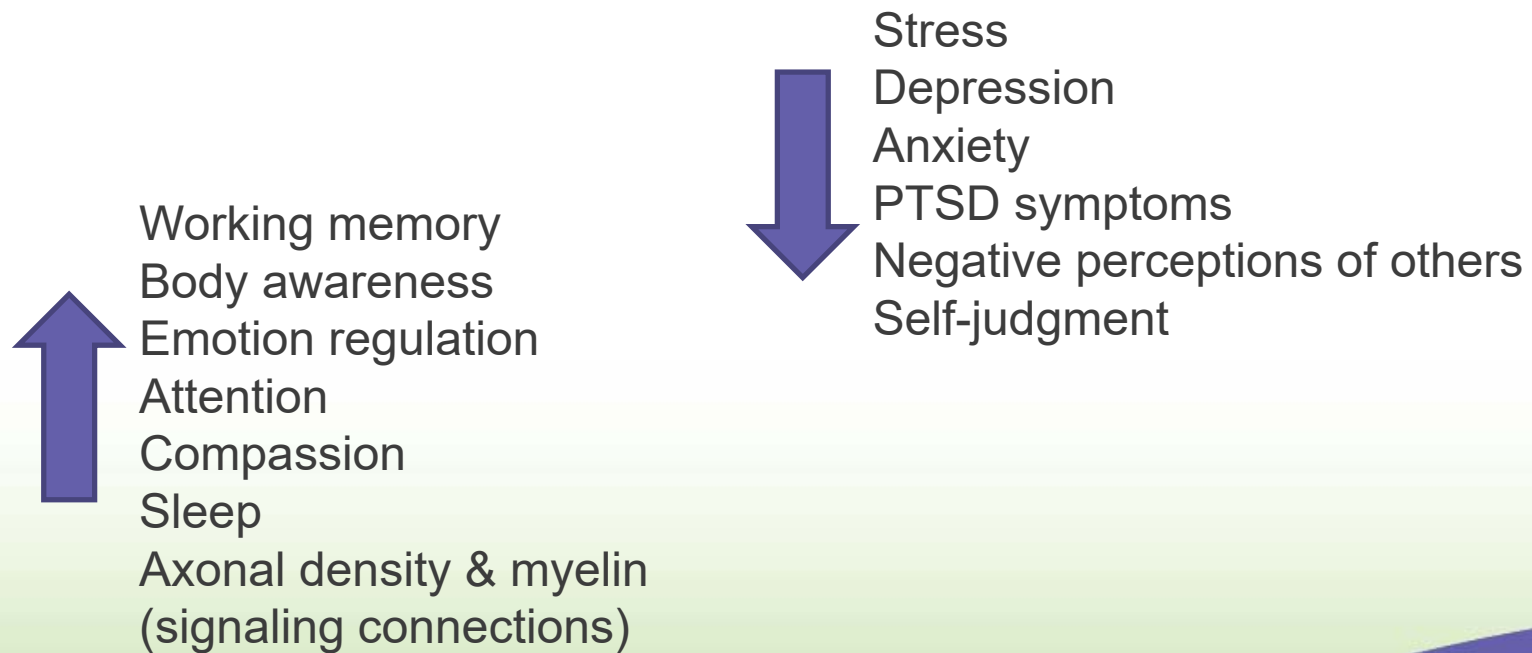
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## **WHY MINDFULNESS IS A SUPERPOWER**

NARRATED BY DAN HARRIS

ANIMATION BY KATY DAVIS

# *Benefits of Mindfulness*



# *Benefits of a Mindfulness Practice*

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- The word **practice** is important, as it is in repetition that our brains can receive the potential benefits – just as your muscles would receive potential benefits from a regular physical workout rather than a one-time marathon



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*what **FIRES** together  
**WIRES** together*

*under **STRESS**  
we **REGRESS***



# *Gratitude*



- Increases social connections
- Better physical health
- Reduces toxic emotions
- Increases prosocial behaviors
- Improves sleep
- Reduces envy and discontentment
- Combats trauma, fosters resilience

<https://www.psychologytoday.com/blog/what-mentally-strong-people-dont-do/201504/7-scientifically-proven-benefits-gratitude>



# Noticing Family Strengths

## NOTICING PERSONAL STRENGTHS

List your top five strengths.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

List your child's top five strengths.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## NOTICING CHILD'S STRENGTHS

## NOTICING YOUR FAMILY'S STRENGTHS

List your family's top five strengths.

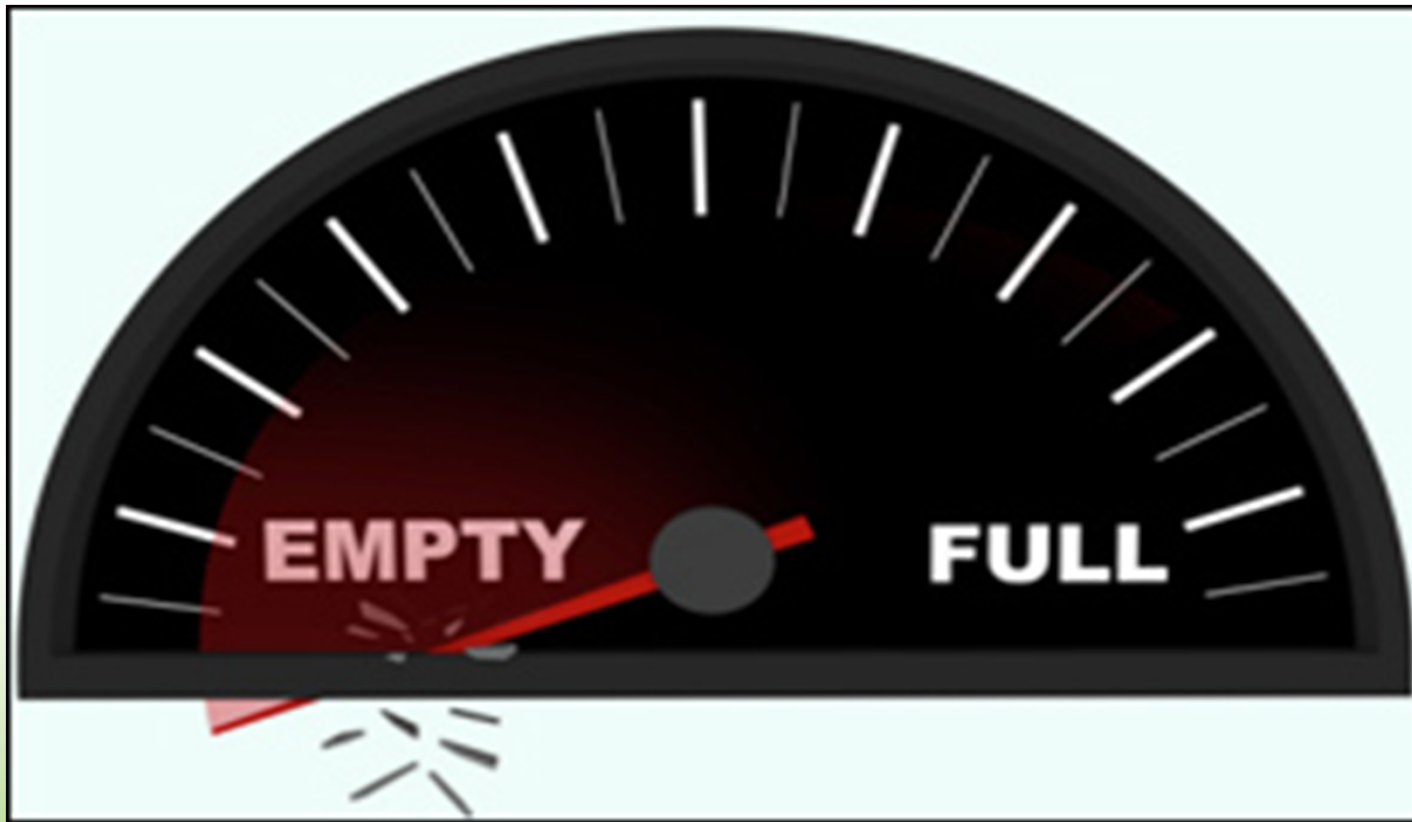
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# *Basics of Self-Care*

- Check-in with yourself
- Are you stressed?
- What's draining you?



*What self-care strategies do you currently use to fill up your tank?*



# *Self-Care Strategies*

- Exercise
- (Try to) get enough sleep
- Talk with someone who knows you well
  - Your best friend
  - Your dog
  - Your parent
- Keep or rediscover your hobbies
- Find a creative outlet
- Check in with yourself and with each other
- Create a sense of meaning or purpose
- Cultivate gratitude



# Getting to Green

- Look into an aquarium
- Make a snow angel
- Knit a scarf
- Throw a penny into a wishing well
- Play an instrument
- Turn off your email and cell phone
- Walk along the beach
- Find a four leaf clover
- Make a scrapbook
- Say a prayer
- Get a massage
- Take a road trip
- Meditate
- Send a "thank-you" card
- Review a photo album
- Organize your desk
- Think positive thoughts
- Paint a portrait
- Give a compliment
- Drink a cup of tea
- Get lost in a book
- Cuddle with your pet
- Read a story to a child
- Plan a picnic
- Find a constellation
- Smell some flowers
- Exercise
- Smile at a stranger
- Join a cause
- Dance in the rain
- Look for the silver lining
- Practice forgiveness
- Garden
- Laugh
- Take a long bath
- Watch a movie
- Cook a warm meal
- Order dessert
- Stretch
- Hug a loved one
- Take a nap
- Appreciate the little things in life
- Take the day off
- Do a kind gesture
- Make up a song
- Eat a piece of chocolate
- Go on a hike
-

# *The ABCs of self-care*

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- Become **aware** of what issues are getting to you
- Seek **balance** among work, rest, play, and alone time
- **Connect** with people you trust, respect, and for whom you care



# Focusfoster.org (Adaptable resources)

The screenshot displays the Focusfoster.org website. At the top, there's a navigation bar with links for News, Events, Jobs, and a phone number (855-231-9500). The main header features the UCLA Health logo and the Nathanson Family Resilience Center tagline, "Strong Families. Healthy Lives." Below this is a secondary navigation bar with links: Home, About Us, Our Founder, Our Team, Center Programs, For Families, For Providers, Support, and Mobile Resources. The main content area is titled "FOCUS on Foster Families" and features a large graphic with the text "FOCUS on Foster Families" and the UCLA Health logo. A welcome message follows: "Welcome to the FOCUS on Foster Families Web Portal! Please explore the section that best fits your role as a provider, foster youth, or caregiver. You can also view videos straight from our video index, download FOCUS handouts and tip sheets from the Resource Library or download the app to your mobile device using the links below." Below this, a message states: "We're so glad you're here and hope you enjoy FOCUS on Foster Families!" The interface then presents three main sections: "For Caregivers", "For Youth", and "For Providers", each with a corresponding icon. A "Featured Video" section is also present, featuring a video titled "I believe in you" by Annika, a UCLA Graduate, with a play button overlay. To the right of the video, text reads: "Learning new skills can help you build on your current strengths and achieve your goals." Below the video, a "FOCUS Tools" section lists: "Use these worksheets to practice key FOCUS skills" and includes links for "Effective Communication Strategies" and "SCORE Goal Setting". At the bottom, there are buttons for "Download on the App Store" and "GET IT ON Google Play". Below these are four green buttons: "About the App", "Videos", "Resource Library", and "Online Tools". A "Select Language" dropdown menu is located at the bottom left, and a "Powered by" logo is at the bottom right.

UCLA Health Nathanson Family Resilience Center  
Strong Families. Healthy Lives.

News | Events | Jobs 855-231-9500

f t FOCUS Web Course Site Search Search

Home About Us Our Founder Our Team Center Programs For Families For Providers Support Mobile Resources

## FOCUS on Foster Families

UCLA Health

Welcome to the FOCUS on Foster Families Web Portal! Please explore the section that best fits your role as a provider, foster youth, or caregiver. You can also view videos straight from our video index, download FOCUS handouts and tip sheets from the Resource Library or download the app to your mobile device using the links below.

We're so glad you're here and hope you enjoy FOCUS on Foster Families!

For Caregivers

For Youth

For Providers

### Featured Video

I believe in you

Learning new skills can help you build on your current strengths and achieve your goals.

Annika  
UCLA Graduate

#### FOCUS Tools

Use these worksheets to practice key FOCUS skills

- Effective Communication Strategies
- SCORE Goal Setting

Download on the App Store GET IT ON Google Play

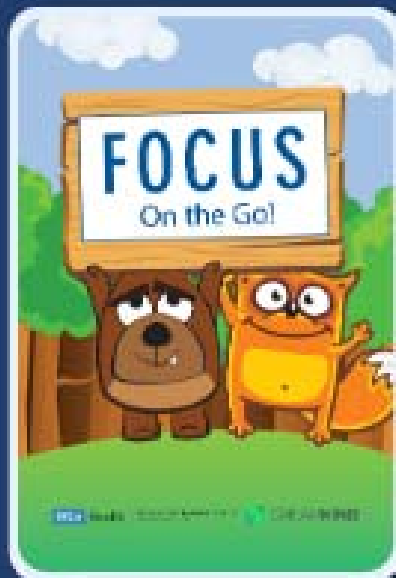
About the App Videos Resource Library Online Tools

Select Language ▼

Powered by

# Where do you FOCUS ?

The updated FOCUS on the Go! Mobile App is available now.



**FOCUS on the Go!** is back with new friends and an updated interface! Join Feeling Fox and Buddy Bear as they explore the skills that can help keep families strong.

- ★ Play fun games that help kids understand feeling words, problem solving, and telling their story
- ★ Access resources and videos that highlight ways to bring your family closer
- ★ Identify your family's unique strengths with our survey

FOCUS (Families OverComing Under Stress) is a program designed to help families thrive. The skills taught in FOCUS help families build on their current strengths and learn new strategies that support resilience. The FOCUS Mobile application and its resources can be accessed at any time and bring the skills taught in FOCUS to families where they live, work, and play.



Available FREE for mobile phones and tablets on the App Store and Google Play Store!

<https://nfrc.ucla.edu/focus-on-the-go>

# Games



## **Bear Necessities**

- Problem-Solving
- Coping Skills



## **Bear Chill**

- Emotional Regulation



## **Feeling Finder**

- Feeling Vocabulary



## **Comic Creator**

- Creating a Narrative



# *Grounding*

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- Abdominal Breathing

*Thank you!*



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**UCLA Health**

Nathanson Family Resilience Center  
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