

# Welcome to MCC

[HTTP://MONROECOMMUNITYCOALITION.ORG](http://monroecommunitycoalition.org)



# Our Agenda

December 10, 2020

Time	Topic	Lead
9:00am	Welcome and Introductions	Tom MacIntyre
9:15	What is the Disillusionment Phase?	Joe Neigel
9:20	The Science of Hope Video	YouTube
9:35	What are You Seeing?	All
9:55	Next Steps	All
10:00am	Adjourn	Tom MacIntyre







# Welcome & Introductions

What is your dream vacation?



A hiker in a dark jacket and hat stands on a rocky mountain trail, holding a walking stick. The hiker is looking out over a vast, hazy mountain range under a blue sky with light clouds. The mountains in the distance are layered and appear to fade into the haze, creating a sense of depth and scale. The foreground shows the rugged terrain of the mountain, with rocks and some dry grass.

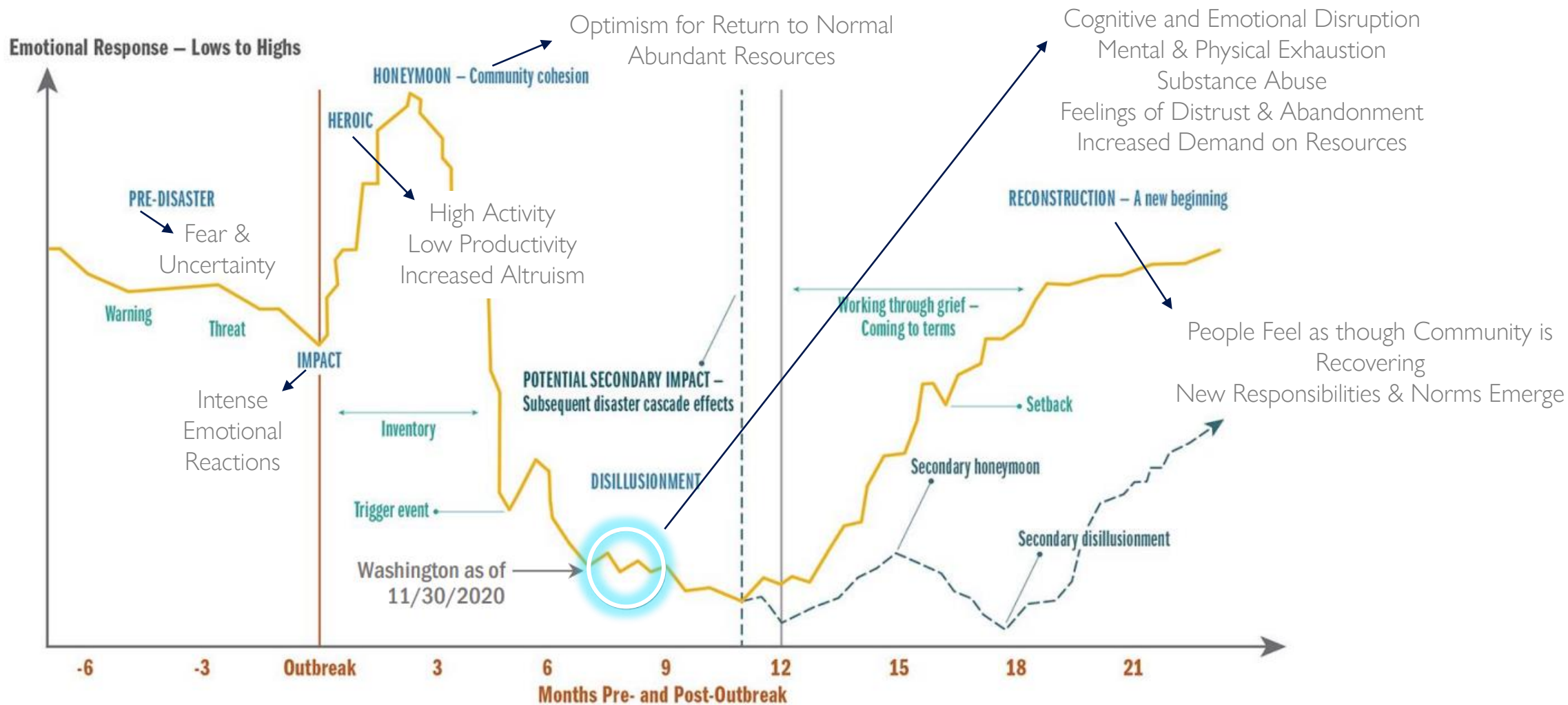
# Disillusionment Phase

The challenge in front of us all.

# Disillusionment Phase

What is it? Why does it matter to us?

RESTORING HOPE

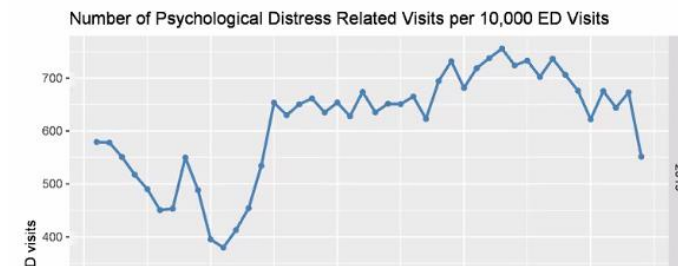


# Psychological Distress

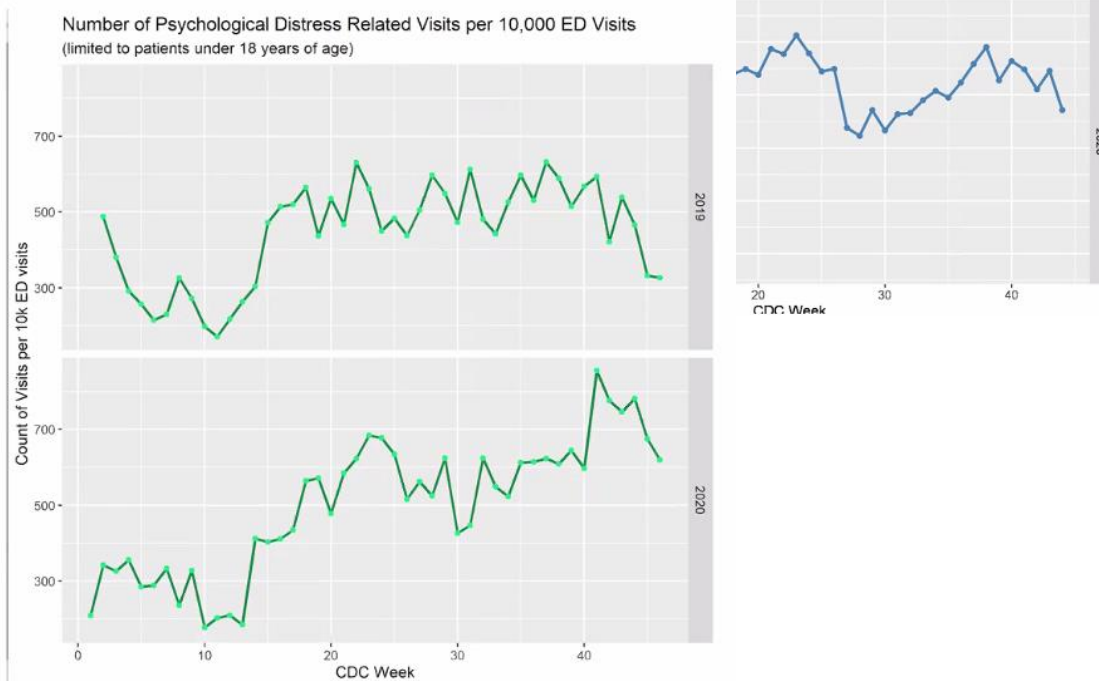
Kids are feeling it more.

- Depression & Anxiety
- Exhaustion & Disrupted Sleep
- Diminished Cognitive Ability & Higher-Level Thinking
- Impacted Memory
- Burnout
- Emotional Fatigue & Intense Emotional Reacting
- Symptoms of Post-traumatic stress disorder (PTSD)
- Increased Aggression & Violence

- All groups (-76 per 10k, *weekly average*)



- Under 18 (+54 per 10k, *weekly average*)



# Physical & Behavioral Impacts

How disasters impact children and teens

## Physical Symptoms

- Headaches
- Stomach Aches
- Trouble Sleeping
- Appetite Changes

## Changes in Behavior

- Substance Abuse
- Increased Risk Taking
- Acting like there is nothing good in the future
- Acting immature or younger than their age
- Increased outbursts and tantrums
- Increased clinginess





# Emotional & Cognitive Impacts



## Changes in Mood

- Worried for the safety of others
- Cranky
- Worried the disaster will happen again
- Too agitated or hyper
- Feeling angry, sad, or fearful



## Changes in Thinking

- Trouble concentrating
- Difficulty learning new things
- False belief that they are to blame
- Loss of trust that adults can protect them





# Impact of Covid-19 on Learning

What to look for online and in-person.



- Difficulty paying attention, having a hard time focusing on schoolwork
- Trouble remembering what was learned and remembering to complete tasks
- Having too much energy, acting too silly
- Feeling really tired all the time
- Sleep and appetite disturbances
- Having headaches or stomachaches
- Being cranky, having outbursts, or crying often
- Impulsiveness or having a hard time thinking before speaking or taking action.





# Adult Impacts

We're in this together.



# It's Okay to Feel this Way

- **Depression, Anxiety & Acute Stress**
- **Exhaustion:** general fatigue, feeling overwhelmed, disrupted sleep
- **Burnout:** Exhaustion of body and mind caused by an unequal balance between the demands of your job and available coping resources.
- **Compassion Fatigue:** Emotional and physical tiredness leading to decreased empathy for others.
- **Moral Injury:** Feelings of guilt, shame and anger about not being able to give the kind of care or service you normally would.





# Avoiding the Pain

Rates of substance abuse and suicidality are increasing.

- Self-harm and suicidal ideation have increased in youth by 5% compared to November 2019, with mental health-related emergency room visits increasing by 31%.
- Alcohol and Marijuana sales have increased by 34% compared to November 2019. Women are more likely than men to report increased use.
- Child abuse and domestic violence is up. The most common child abuse injury during periods of disaster is traumatic brain injury.
- Note: For every 1% increase in the unemployment rate, we see a 1.6% increase in the suicide rate, and one additional overdose death per 300,000 people.



# The Four Ingredients of Resilience

We can do this.



# The Science of Hope

Building resilience through hope.





# Predictors of Hope



## Agency

- Goal directed determination, or our motivation to identify goals and capacity to move toward them.
- Energy and Motivation



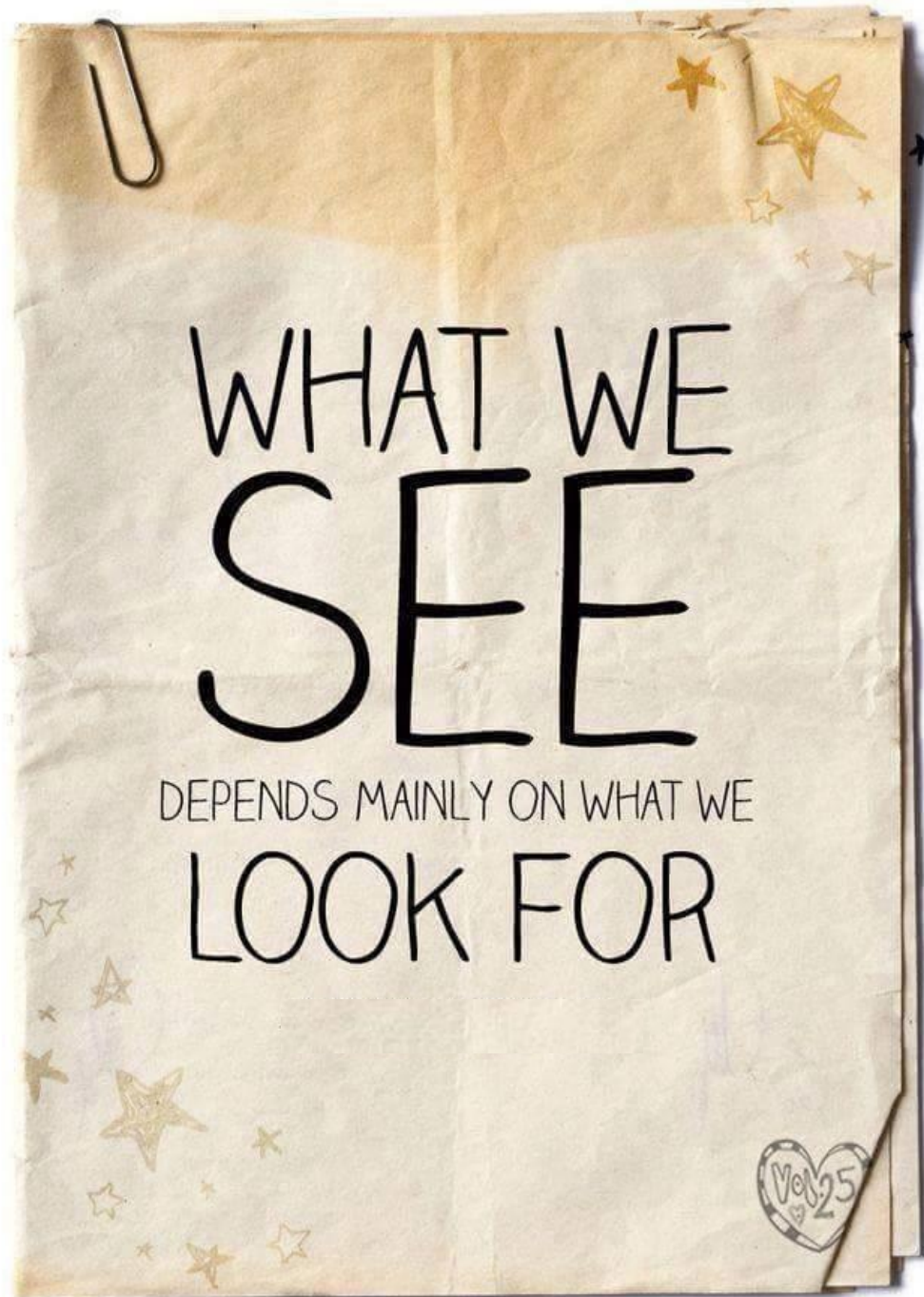
## Pathways

- Planning for multiple routes to meet your desired goals.

# Hope Theory

Optimism + Goals, Agency and Pathways





# What are You Seeing?

Community efforts and impacts.

- What are the real challenges we're facing right now?
- How are you fostering hope and optimism in your role?
- Wouldn't it be cool, if...
- Do you have what you need?





# Next Steps?



	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	
1	Respondent	Question 1	Question 2	Question 3	Question 4	Question 5	Question 6	Question 7	Question 8	Question 9	Question 10	Question 11	Question 12		Total Hope Score	Agency Score	Pathway Score	Assessment		
2	#1	7	7	8	6	2	7	7	7	7	8	8	7		56	29	27	High Hope		
3	#2	7	7	6	8	4	7	6	7	8	8	7	7		59	30	29	High Hope		
4	#3	8	6	8	7	1	6	5	6	6	5	5	7		51	24	27	Moderately Hopeful		
5	#4	7	5	5	6	2	7	6	7	6	7	7	5		50	23	27	Moderately Hopeful		
6	#5	5	5	5	5	4	5	5	5	6	7	6	6		44	24	20	Hopeful		
7	#6	5	5	6	5	7	5	4	5	6	7	5	5		43	23	20	Hopeful		
8	#7	7	6	7	6	6	7	7	7	7	7	7	7		54	27	27	Moderately Hopeful		
9	#8	8	8	2	7	6	8	2	7	8	8	7	7		61	31	30	High Hope		
10																				
11	TOTAL	6.8	6.1	5.9	6.3	4.0	6.5	5.3	6.4	6.8	7.1	6.5	6.4		52.3	26.4	25.9			
12																				
13																				
14																				
15	Agency:	Add Scores on items: 2, 9, 10 and 12. Scores range from a 4 to a 32.						Higher scores reflect higher agency.												
16	Pathways:	Add scores on items: 1, 4, 6 and 8. Scores range from a 4 to a 32.						Higher scores reflect higher pathways thinking.												
17	Total Hope:	Add Agency and Pathway scores. Scores of 40-48 are Hopeful; scores of 48 - 56 are Moderately Hopeful; scores of 56 or higher are High Hope																		
18																				
19																				
20	Snyder, C.R., Harris, C., Anderson, J.R., Holleran, S.A., Irving, L.M., Sigmon, S.T., &... Harney, P. (1991). The will and the ways: Development and validation of an individual-differences measure of hope. <i>Journal of Personality and Social Psychology</i> , 60, 570-585.																			
21	Hellman, C. M., Pittman, M. K., & Munoz, R. T. (2014). The first twenty years of the will and the ways: An examination of score reliability distribution on Snyder's dispositional hope scale. <i>Journal of Happiness Studies</i> , 14, 723-729.																			
22																				
23	<b>Adult Hope State/Trait Scale</b>								<b>Responses</b>		<b>Point Value</b>									
24	1. I can think of many ways to get out of a jam.								Definitely False		1									
25	2. I energetically pursue my goals.								Mostly False		2									
26	3. I feel tired most of the time.								Somewhat False		3									
27	4. There are lots of ways around any problem.								Slightly False		4									
28	5. I am easily downed in an argument								Slightly True		5									
29	6. I can think of many ways to get the things in life that are important to me.								Somewhat True		6									
30	7. I worry about my health.								Mostly True		7									
31	8. Even when others get discouraged, I know I can find a way to solve the problem.								Definitely True		8									
32	9. My past experiences have prepared me well for my future.																			
33	10. I've been pretty successful in life.																			
34	11. I usually find myself worrying about something.																			
35	12. I meet the goals that I set for myself.																			
36																				

