



MIND SPRINGS HEALTH TEAM: NW COLORADO

If our team (see image below) could sum up our time with the Colorado Spirit Crisis Counseling and Assistance Program, I think that I can speak for all of us when I say that the best moments were when we were able to help our communities. Thus, here are just a few moments of happiness and relief that our team was able to assist with during the COVID pandemic and through vaccination sites where our mental health techniques were able to shine. From teachers, grocery store workers, families, students, elders, to local businesses, we were able to provide support.

-Danielle Hena (Garfield/Pitkin county crisis counselor)

“People continue to respond in immunization clinics with gratitude for the great organization and staff support. A lot of personal emotional responses as they received their immunization. They report feeling relief as they received their shots and hopeful to be out in the public. Reinforced the need to continue to wear masks and follow CDC guidelines. Lots of questions about the shots and side effects. Many were focused on hopes for the summer. Many want to see family and resume some activities they have missed.”

“I met with a mother over zoom..she was in distress about how much pressure the pandemic had put on her and her newborn, not being able to do “normal” activities or even have a baby shower with family and friends. The isolation took a toll on her, creating anxiety for the future. I was able to be a sounding board for her and eventually helped her to seek family therapy.”

“A vaccine hesitant woman was introduced to me through a Latinx Community Leader and we were able to talk about her fears surrounding vaccinations and eventually I accompanied her to get vaccinated and was able to provide emotional and mental support as well as linguistic. She felt much more confident about sharing her experience with family and friends.”

“Client was in distress because she was accidentally scheduled for her second vaccine a week sooner than allowed and she made plans for moving across country the following day. After deescalating the emotional distress she was experiencing, we located a vaccination site where she was moving to, called and verified the time-frame for her second dose. The woman was full of gratitude for the disaster being averted.”

“I met with an educator who is dealing with compassion fatigue. She had told me she had been feeling this way most of the year and didn’t understand what was happening to her so she felt extremely relieved when I helped her learn more about what she was feeling and how to combat compassion fatigue.”

“I had a teacher-participant in our grief workshop email me to ask her how long it takes to get over “grief brain”. I was able to provide her some strategies for how to handle word finding issues and loss of train of thought. I love when I can combine my work as an OT with my work as a crisis counselor.”

“Talking with an individual from the AAPI community (after hate based crimes became viral) and being able to validate their emotions created a sense of connectedness and gratitude that was shared with myself and the individual.”

“A volunteer with a state vaccination site had to abruptly leave the state and was notified while on-site, volunteering. The individual was someone who, despite already coping with mysophobia to volunteer, was one day away from

receiving a second Covid-19 vaccination and went into crisis. After deescalating the immediate, extreme fear and concern, I was able to coordinate with a local FEMA team, in Wisconsin, and make sure the client received the second vaccination within the window. Per a message from the client after the successful coordination of support and efforts: 'Just knowing that someone cares is an incredible feeling. Thank you for all you do for the community.'"

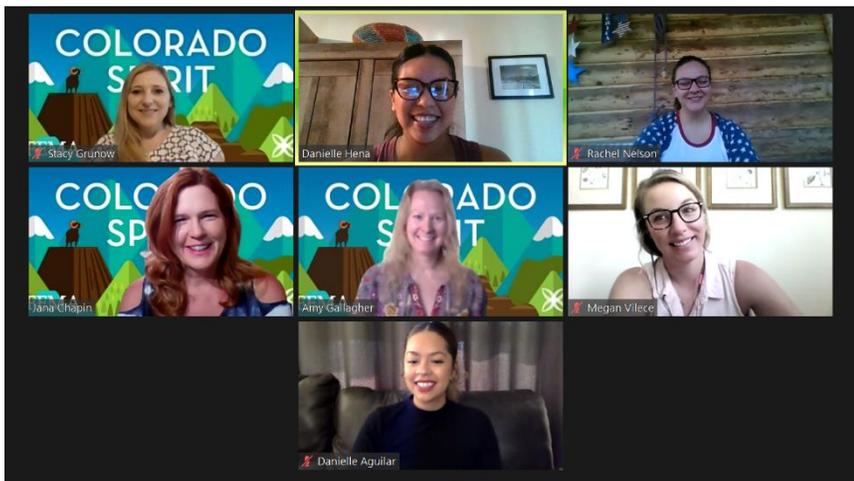
"I helped an assistant manager with good coping skills and brainstormed ways that his work can better support him."

"A client was in crisis due to having 4 small children and not speaking English. She had gotten to a point of not only needing rent support, but bare necessities and couldn't access the resources in her area due to a language barrier. I was able to connect her to a local advocate to get her food, rent, utilities and basic necessities as well as a prepaid phone. This client had lost both jobs, daycare, and her husband had lost his job when she finally called. She is now getting formal therapy and has assistance during this especially difficult time during the pandemic."

"I did not know that I could even talk about these things with others, or knew that it was okay to and I'm emotional and grateful for it." (Said a young woman who felt privileged during the pandemic, having been COVID free, had shelter, food, and a stable job while the rest of world seemed to be chaotic..these people too, were hurting mentally).

"During the Long hauler's support group, we had one lady join towards the end of the meeting. She was a trauma triage nurse in Illinois. We were able to talk to her not only about her long hauler symptoms, but about the personal trauma she's been through. We opened the conversation for long-term trauma therapy with a licensed therapist as well as forwarded the CCP program for Illinois to her."

"I continued to meet weekly with a school psychologist. Some of the strategies discussed, including the 54321 grounding technique have been very helpful. She met with all of her students before schools end and 75% chose 54321 grounding technique as a helpful coping skill they wanted to use over the summer."



Left Image: Colorado Spirit, North Western Colorado CCP team in their daily zoom huddle during the COVID pandemic. (Top row) Stacy Grunow, Danielle Hena, Rachel Nelson, (middle row) Jana Chapin, Amy Gallagher, Megan Vilece, (bottom row) Danielle Aguilar.

Right Image: People gather in Mesa County Convention Center to honor the 2021 vaccination site volunteers.

