Mental Health Milestones: Perspective during Pandemic

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Aging & Amazing, LLC supports Aging & Amazing Adults, Caregivers and Professionals/Companies through innovative workshops, presentations, and strategies. Aging & Amazing is committed to older adults and strengthening the networks that surround them.
RESIDENT
STRESS
What is mental space?

- Dreams
- Emotions
- Energy
- Fears
- Goals
- Ideas
- Obligations
- Thoughts
"WE WEAR THE MASK THAT GRINS AND LIES.
IT HIDES OUR CHEEKS AND SHADES OUR EYES,
THIS DEBT WE PAY TO HUMAN GUILE;
WITH TORN AND BLEEDING HEARTS WE SMILE,
AND MOUTH WITH MYRAID SUBTLETIES..."

We wear the mask!

PAUL LAURENCE DUNBAR
Let's Discuss.

What changes have you seen in your communities related to mood since this pandemic?
Perspective in Pandemic
Post Traumatic Stress Disorder

- REXPERIENCING THE EVENT
- SENSITIVITY IN AROUSAL
- AVOIDANCE
- FLASHBACKS
- IRRITABILITY
- PANIC ATTACKS
- MOOD SWINGS
- INABILITY TO HANDLE ONE OR MORE CRISIS
- OVERACTING TO COMMON EVENTS

***DSM-5 MORE THAN 1 MONTH

- EMOTIONAL WITHDRAWAL
- LOW MOOD
- RESTLESSNESS
- ANGER
- LOW SELF ESTEEM
- HOPELESSNESS
- ISOLATION
- ANXIETY

****DSM-5 WITHIN 3 MONTHS TYPICALLY SUBSIDES IN 6 MONTHS
Perspective in Pandemic
Obsessive Compulsive Disorder

- COUNTING
- CHECKING
- CLEANING

DSM-5
RECURRENT URGES THAT CAUSE ANXIETY OR STRESS MORE THAN 1 HOUR

PERSISTENT DIFFICULTY RIDDING OF ITEMS
DISTRESS CAUSED WHEN ITEMS ARE TOUCHED OR REMOVED
URGES TO SAVE

DSM-5 PERSISTENT BEHAVIOR
Maslow's Hierarchy of Needs

- **Physiological needs**
  - air, water, food, shelter, sleep, clothing, reproduction

- **Safety needs**
  - personal security, employment, resources, health, property

- **Love and belonging**
  - friendship, intimacy, family, sense of connection

- **Esteem**
  - respect, self-esteem, status, recognition, strength, freedom

- **Self-actualization**
  - desire to become the most that one can be

Source: simplypsychology.org
Let's Discuss.

What creative measures has your community integrated to meet the psychosocial and mental health needs of residents since the pandemic?
**FAITH**

- Prayer groups, Classes
- Scripture Memorization
- Online Religious Materials
- Quiet Time

**THERAPY**

- Objective Viewpoint
- Proven Strategies
- Individualized Care
- Support for Deep Concerns
GROUPS
- Resident Council
- Classes
- Support Groups
- Webinars
- Workshops

RESPITE
- Home Health Aide
- Group Home or Facility
- Friend, Family Member
- Personal Retreats
HOBBIES

- Art
- Exercise
- Reading
- Dance
- Music
- Writing
Inspirational Quote

People will forget what you said, people will forget what you did, but ppl will never forget how you made them feel.

Maya Angelou
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Thank You!

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