



11th Annual Tribal Healing to Wellness Court
Virtual Enhancement Training

Monday June 21, 2021
8:30am AKT | 9:30am PT | 10:30am MT
11:30am CT | 12:30pm ET

FROM SOCIAL DISTANCING TO SUICIDE

THE MANY CHALLENGES CLIENTS ARE FACING
DURING THESE TRYING TIMES

PRESENTED BY:

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DISCLAIMER

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SESSION OBJECTIVES

- Attendees will learn the initial challenges that tribal communities were facing during the onset of the pandemic
- Attendees will learn how tribal service providers adjusted to the delivery of services during the time of social distancing
- Attendees will learn the prevalence of mental health and substance use disorders during the pandemic
- Attendees will learn how service providers have made changes going forward to return to some normalcy.



▶ IN THE BEGINNING

- Shock
- Implementation of Emergency Operations
- Shut down of Tribal offices and services
- Learning curb and challenges of delivery of services virtually in tribal communities
- Traditional ceremonies and gatherings were not allowed



▶ TO OPPORTUNITY

- Social distancing from family and community (fist bump vs handshake; air hug vs real hug)
- Stay home orders
- Limited accountability of clients from programs
- No face-to-face contact with mental health providers
- Work from home provided time for increased drinking
- Work from home provided time for mental health issues to go “unchecked”
- Additional Covid relief payments for individuals
- Additional stress from children and adults “always together”.



MENTAL HEALTH AND SUBSTANCE USE

- Anxiety
- Depression
- Substance Use
- Domestic Violence
- Child abuse and neglect
- Suicide



▶ WIDESPREAD IMPACTS OF COVID-19 ON MENTAL HEALTH AND SUBSTANCE USE

- According to the CDC by June 2020, **40% of adults in the US** reported struggling with Mental Health and Substance Use.



▶ ANXIETY AND DEPRESSION

- Prior to the pandemic in 2019, 15% adults nationwide reported experiencing anxiety / depression
- During the pandemic in 2020, 31% of adults nationwide reported experiencing anxiety / depression



SUBSTANCE USE DURING COVID-19

- According to the CDC, 13% of people across the nation reported starting or increasing substance use to cope with stress related to Covid-19.
- Overdose deaths have spiked during the pandemic with an 18% increase in overdoses in 2020 compared to 2019.
- A lack of access to typical drug supply due to the pandemic can increase the risks of those with SUD seeking out substances that are more lethal, including Fentanyl.
- With increased stress and greater restrictions, resilience-building sober activities have been limited such as in-person 12-step meetings, exercise, cultural ceremonies and family gatherings.



▶ TRAUMA AND OTHER STRESSOR RELATED DISORDERS

- Prior to Covid-19, an average of 7.25% of adults nationwide experienced PTSD or Trauma Related Disorders
- During Covid-19, an average of 26% of adults nationwide reported experiencing symptoms of PTSD and Stressor related disorders



▶ TRAUMA AND OTHER STRESSOR RELATED DISORDERS IN INDIAN COUNTRY

- Prior to Covid-19, AI/AN had a 16.1% lifetime prevalence of PTSD and other stressor related disorders.
- No comprehensive data exist about the increase in rates of PTSD among AI/AN during Covid-19, however if we use the same relative increase that is shown in the general population, AI/AN's may see as much as a 57% rate of PTSD or stress related disorders due to Covid-19.



SUICIDE RISKS

- According to the CDC, Suicide is the 10th leading cause of death overall nationwide, claiming over 48,000 people in 2018.
- Between 1999 and 2018, the suicide rate was up 33% nationwide but for **AI/AN women, suicide rates were up 139% and for AI/AN men, up 71%.**
- **AI/AN's suicide rates are 3.5 x higher** than any other racial or ethnic group.
- Data has not yet been published about rates of suicidality during Covid-19 but some risk factors that could contribute are:
 - Isolation - Economic Hardship - Health or medical concerns
 - Suspension of Cultural Practices - Loss of loved ones



▶ WHAT WE SEE IN “REAL LIFE”

- Increase in Meth use & Meth related issues
- Increase in alcohol consumption
- Difficulty to adjusting to stay at home or work from home orders
- “Telling on each others”
- Fear



▶ WHO ARE WE SERVING?

- Established clients
- Children
- Elders
- Tribal employees/professionals
- Community as a whole



▶ HOW ARE WE RESPONDING

- Increased mental health services
- Outreach through other media sources
- Collaboration with other Tribal programs
- Increase in exposure to virtual platforms for self help/recovery resources
- Leading by example with vaccinations and following Executive orders
- Changes in job duties to adjust to the need of the community





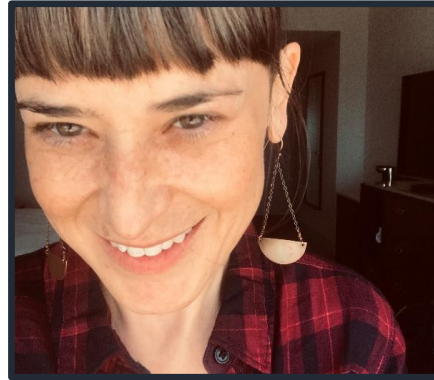
QUESTIONS?

- What are the challenges that you see within your community?
- How are you responding to these challenges?
- Have you experienced a surge in mental health issues within your community?





CONTACT INFORMATION



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THANK YOU!

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