2022 Behavioral Health Summit
Building Resiliency: How To Stay Strong
May 24, 2022 - 3:00 pm ET
Agenda

- Welcome
- Opening Remarks from the State of New Jersey
- Opening Remarks from Horizon Behavioral Health
- Insights on Resilience
- Resources
- Your Oxygen Mask
- Closing Remarks
State of New Jersey Opening Remarks
Horizon Behavioral Health Opening Remarks
Insights On Resilience
Resilience is…

the ability to recover from stress
Universal Challenges of the COVID-19 Pandemic

- Fear and anxiety
- Grief and loss
- Major lifestyle changes
- Economic challenges
- Changing situation
- Changing guidance
- Staying informed
- Making good decisions
Stress and Resilience

Stress: Pressure or tension, can feel overwhelming

Resilience: The ability to bounce back from stress

The Stress Response

Mind and body react with fight or flight reaction

Pandemic – Chronic stress

Chronic stress impacts concentration, decision making, mood, appetite, energy, sleep
Reaction to Crises

Everyone Reacts Differently To Stressful Situations

• Based on prior experiences and individual coping skills
• Developmental level
• Situational factors
• Personal factors
  - Mental health conditions
  - Substance use disorders

Stress Can Lead To

• Physical symptoms
  - Insomnia or excessive sleep
  - Appetite changes
• Difficulty concentrating or preoccupation
• Worsening of chronic health problems
• Increased use of alcohol, tobacco, or other drugs
Stress: Symptoms & Effects

**Stress Can Make You:**
- Feel cranky
- Feel frustrated
- Lose your temper
- Feel anxious, jumpy
- Worry too much about small things
- Feel sad, tired, lack of energy
- Too distracted to focus on tasks
- Unable to handle small problems

**Symptoms Of Stress:**
- Headaches
- Stiff neck
- Tight shoulders
- Quickened heartbeat
- Upset stomach
- Stomach pains
- Over eating or under eating
- Problems sleeping

**Stress Can Lead To:**
- Worsening of chronic health problems
- Increase use of alcohol, tobacco, or other drugs
- Depression, Anxiety Disorder, PTSD
- Chronic pain, neck and back pain
- Cardiovascular problems
- Gastrointestinal problems
- Poor immune system function
Mental Health and Resilience in the Pandemic

- “Second pandemic” of mental health
- 40% had depression or anxiety symptoms
- Some more vulnerable than others
  - 60% did not have depression/anxiety
  - Long term chronic distress vs. resilient response
  - Situational factors
  - Personal history of mental health problems
- Most people who experience stress will recover
- People recover differently, along different timelines
Developing Resilience

• Resilience is ordinary, not extraordinary

• Resilience DOES NOT mean not experiencing pain or distress

• Resilience DOES mean learning and growing from pain or distress

• Resilience can be learned
Building Resilience

Connection

- Prioritize building and maintaining supportive, validating relationships

Wellness

- Take care of your body: nutrition, sleep, exercise
- Avoid what can harm you: alcohol, drugs
- Practice self care: mindfulness, relaxation, meditation

Healthy Realistic Thinking

- Challenge and replace unrealistic thoughts
- Acknowledge and accept change
- Practice optimism
- Learn from experience

Find Meaning

- Help others
- Take action – seek accomplishment
- Acknowledge and celebrate personal growth

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# Lessons from Positive Psychology

## The scientific study of what is involved in thriving for individual and communities

### Resilience linked to:
- Life satisfaction
- Improved physical health
- Improved immune system functioning

## Skills for Resilience
- Self awareness
- Self regulation
- Flexibility
- Use of your strengths
- Optimism
- Connections
Resources
Horizon Behavioral Health

Provides a full range of help, support and treatment for those experiencing issues affecting their mental and emotional health

Whole-Person – Integrating mental & physical health
Continuum of Care – Meeting members were they are

Care Access – Specialized programs and services
Stigma – Awareness & normalizing the conversation

A Connected and Complete Approach
How to Reach Horizon Behavioral Health

For State Health Benefits Program (SHBP) and School Employees’ Health Benefits Program (SEHBP)

• Via Phone: 1-800-991-5579
• Visit us online at Horizonblue.com/SHBP
• 24 hours a day, seven days a week

Text GetApp to 422-272 for your free Horizon Blue download*

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Horizon Behavioral Health
AbleTo Programs Balancing Technology & Human Connection

• Structured 8-week virtual Cognitive Behavioral Therapy (CBT) programs help patients recognize and change behavior patterns.
• We help meet the varying needs of a diverse population, helping clients control costs by guiding members to the appropriate care.

Digital

Digital+
Nancy, 50
• Depression & Anxiety
• Irritability
• Juggling homeschooling and Telecommuting

Therapy+
Jane, 39
• Depression
• Anxious thoughts
• Life Event
• Trouble sleeping/concentrating

Therapy360
Fred, 64
• Cardiovascular Disease
• Moderate Depression
• Projected Medical Cost: $20,000/year
Psychoeducational Activities
• Understand your symptoms and be empowered to take action
• Activities demonstrate how thoughts, feelings, and actions can create a spiral
• Step-by-step tools that help break cycle

Behavioral Activation
• Activities to take action to improve mood
• Based on the areas of life most important to you
• Gain confidence and feel empowered to take an active role in feeling better

Additional Interactive CBT tools
• Activities to complete between sessions
• Responses reviewed before each session to inform future discussion

“ I was experiencing high stress and anxiety due to some stressful situations in my past. With (my therapist’s) help I was able to learn coping skills and make changes for my future. I feel in control, happy and healthier to move forward and face whatever life has to throw at me.”

- SHBP Graduate, 2022
My NJ Benefits Hub – Explore Your Behavioral Health Benefits

**Good health isn’t just physical**

Our mental health is a major component of our overall health. Your mental health influences how you think, feel, and act. It can affect how you handle stress, make choices, and care for your physical health. Good mental health can improve your quality of life and contribute to your overall health. It’s important to know how to take care of your mental health and how to seek help when you need it.

**Find balance for your mind and body**

If you are having trouble managing stress or feeling anxious, you may feel more sensitive to the challenges of daily life. There are many ways to manage stress and anxiety, from simple activities like going for a walk or practicing mindfulness exercises. It’s important to find what works best for you and make it a regular part of your routine.

**Confidential help is available**

It’s normal to feel anxious or stressed, and seeking help is a sign of strength. If you’re feeling overwhelmed or have concerns about your mental health, there are resources available to help you. You can also talk to your healthcare provider or a trusted friend or family member about how they can help you.

**Find Resources and Get Support**

You can find resources and support for your mental health needs, including information on local support groups and mental health professionals. You can also contact your insurance provider to learn more about your benefits and how they can help you.

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Questions & Answers
Your Oxygen Mask
Thank You

More information on getting support can be found on the Horizon Behavioral Health website: https://www.horizonblue.com/members/health-programs/horizon-behavioral-health

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