



THE MIND BODY CONNECTION:

Mental Health, HIV, Aging and Wellness

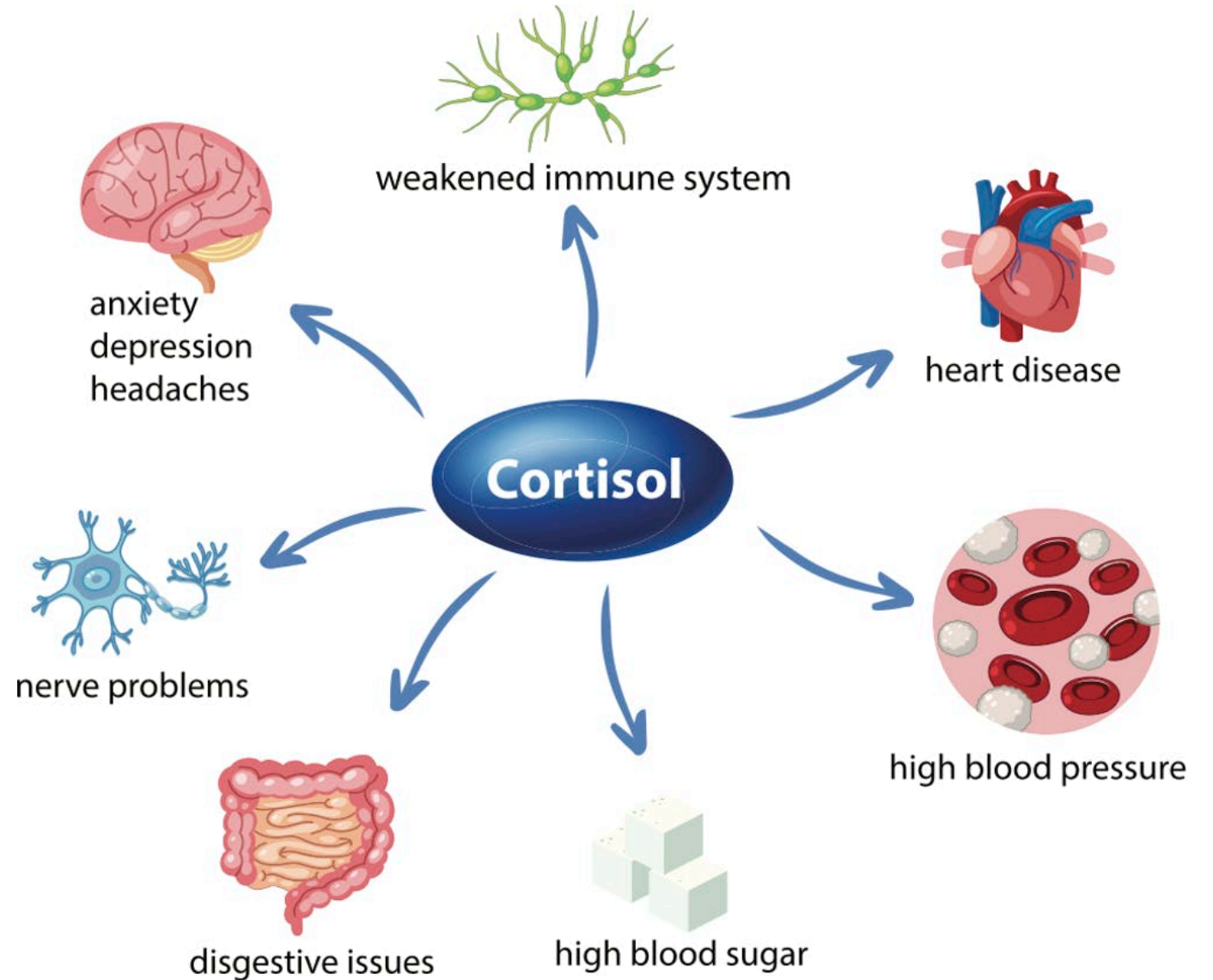


Lisa Medina, MA, LCDC

- 20 + years in mental health
- COPSD Case Manager
- IOP Counselor
- Case Manger & Counselor for those living with HIV, Substance Use Disorders and Mental Illness
- Director of Client Services
- WRP Board Member
- Harm Reduction Expert & Trainer
- Conference Speaker
- Consultant
- EMDR trained; certification completed

Trauma & the body

- Triggers can come from internal and/or external stimuli
- Triggers can create automated responses
 - Nervous system
 - Fight/flight/freeze/fawn
 - Patterns of behavior
 - Emotional dysregulation
 - Physical consequences
- Trauma therapy is different than talk therapy



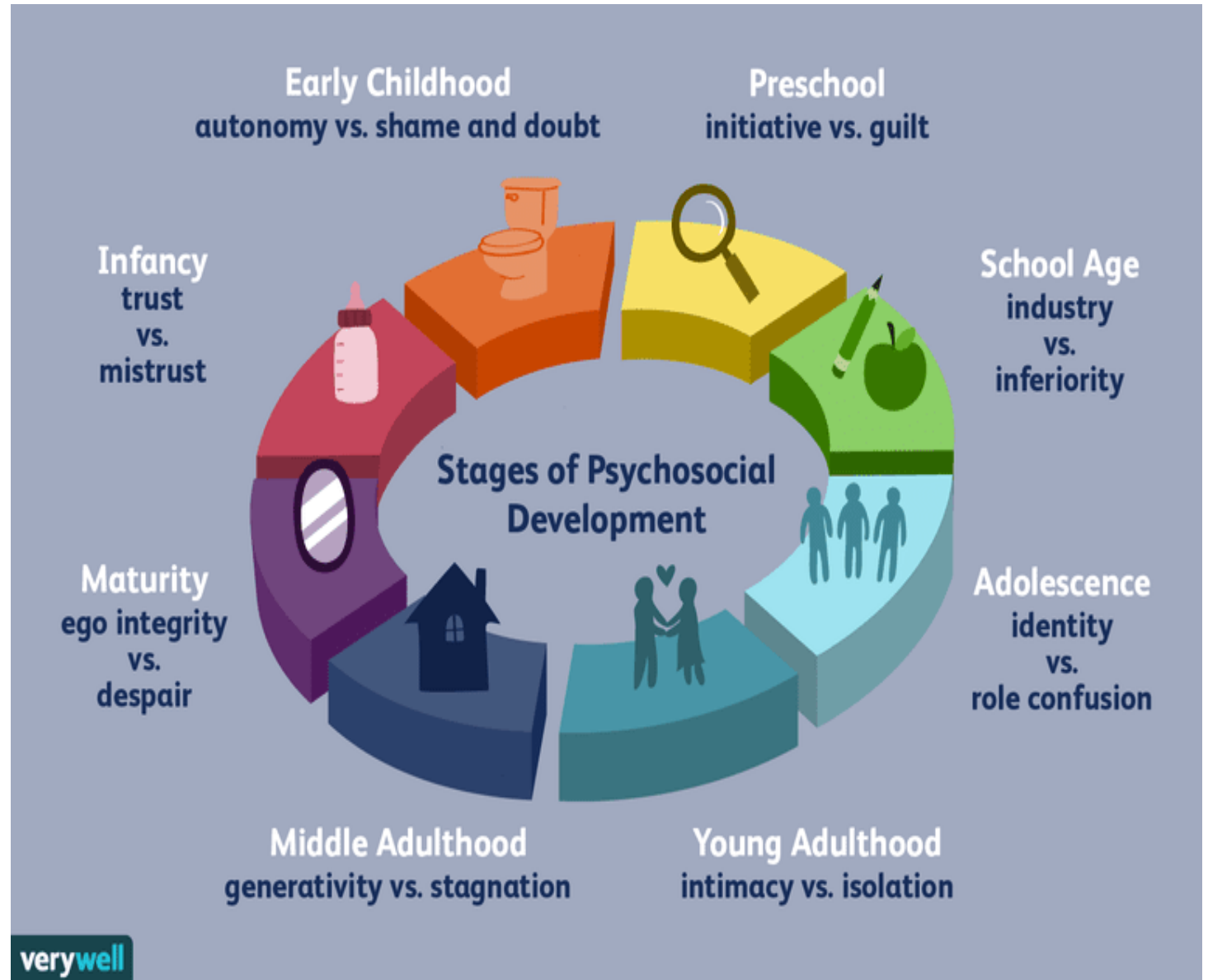


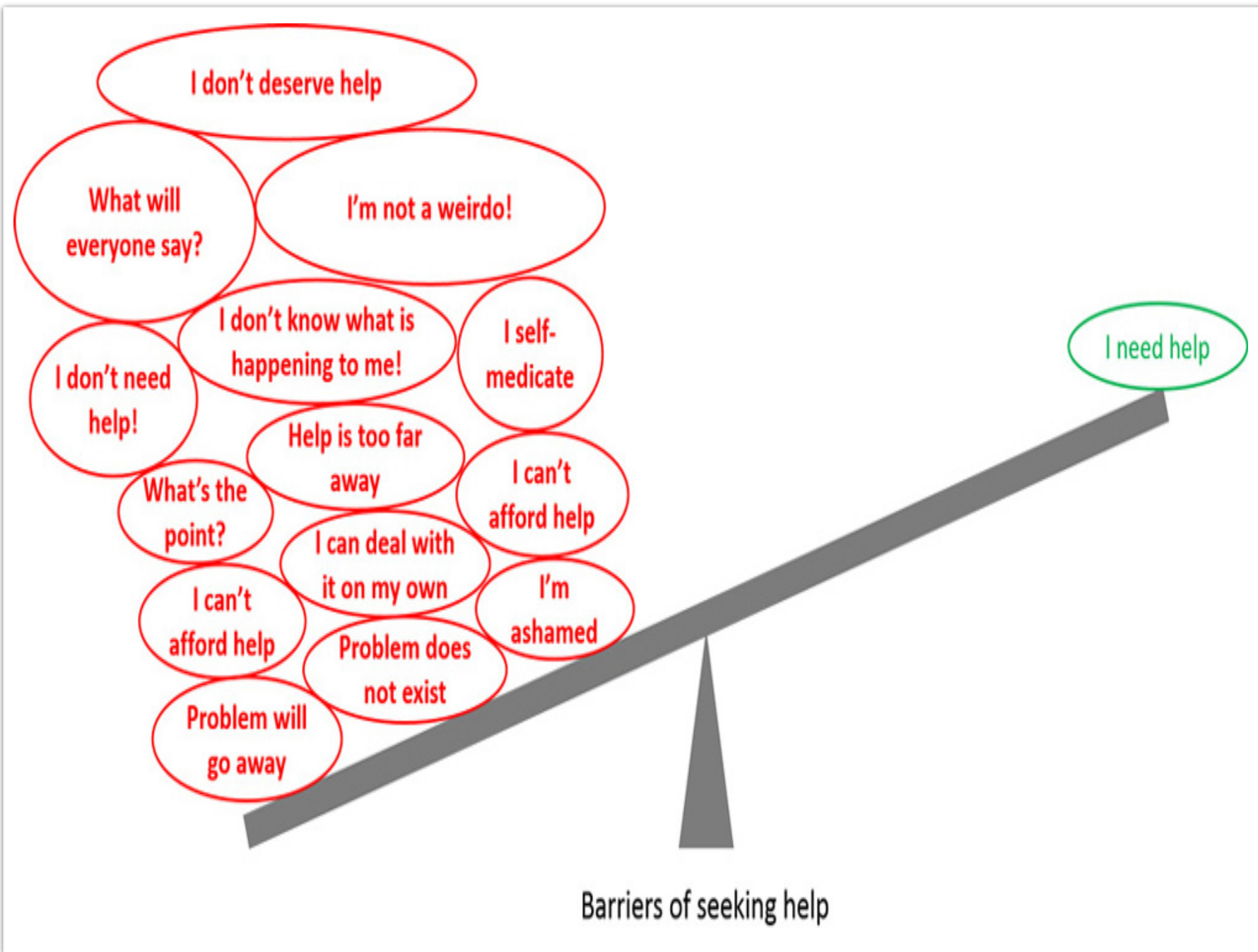
Grief & the body

- Loss
 - Idea of self & the body
 - Dreams of future
 - Support systems & connections
 - Loved ones
- Grief can become physical
 - Release of stress hormones
- Simple vs complicated grief

Aging & mental health & the body

- Erick Erickson's Stages of Psychosocial Development
- Middle Adulthood
 - 40-64 years old
 - Can I make my life count?
- Maturity
 - 65+ years old
 - Is it ok to be me?





Shame & the body

- Shame vs guilt
- Toxic shame
- Coping mechanisms that can become maladaptive:
 - Food
 - Sex
 - Shopping
 - Gambling
 - Exercise
 - Work
 - Gaming
 - Social Media
 - Other activities that activate the immune systems(i.e. yoga, hiking, etc.)
 - Substance Use

Substance use disorders (SUD)

- Not all use is disordered
- Use can compromise the immune system
- Do not demand that someone abruptly stops use of a coping skill until other coping skills are in place
- Harm Reduction
 - Evidenced-based
 - Endorsed by the World Health Organization (WHO)
 - Absence of an agenda
 - Individualized goals: safety, moderation or abstinence
 - Radical compassion
 - Framework that counters shame
 - Education thru facts not fear
 - Connection

Harm Reduction Continuum

— Substance use and behaviors occur along a continuum from no use to chaotic use





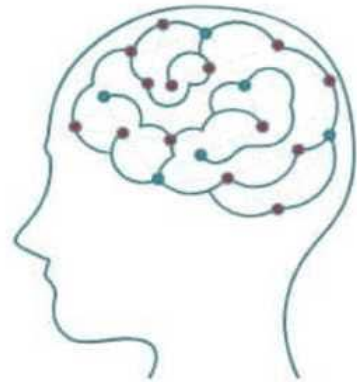
Syringe Service Programs
Safe Using Rooms
Smoke Kits
Bleach Kits
Medication Assisted Treatment (MAT)
Detox
Individual Counseling
Mental Health Groups
Intensive Outpatient Treatment (IOP)
Trauma Treatment (EMDR or SE)
Patches, gum & vaping
Drug Court
PrEP/PEP
Peer Recovery Coaching
Psychiatric Care
HAMS: Harm Reduction, Abstinence
Moderation Online Support
Medical care & treatment

AA & other 12-step programs
Smart Recovery
Refuge Recovery
ALL Recovery
MARA (med assisted recovery)
Inpatient Treatment
Residential Treatment
Partial Hospitalization (PHP)
Aftercare
HIV, Hep C & STi Testing
Housing (including sober living)
Narcan/Naloxone
Condoms
Drug Testing strips/Fentanyl testing
Psychiatric medications
Nicotine Cessation Phone Counseling
Community Recovery Centers
The Sobering Center



Neuroplasticity

The brain's ability to reorganize itself by forming new neural connections throughout life.

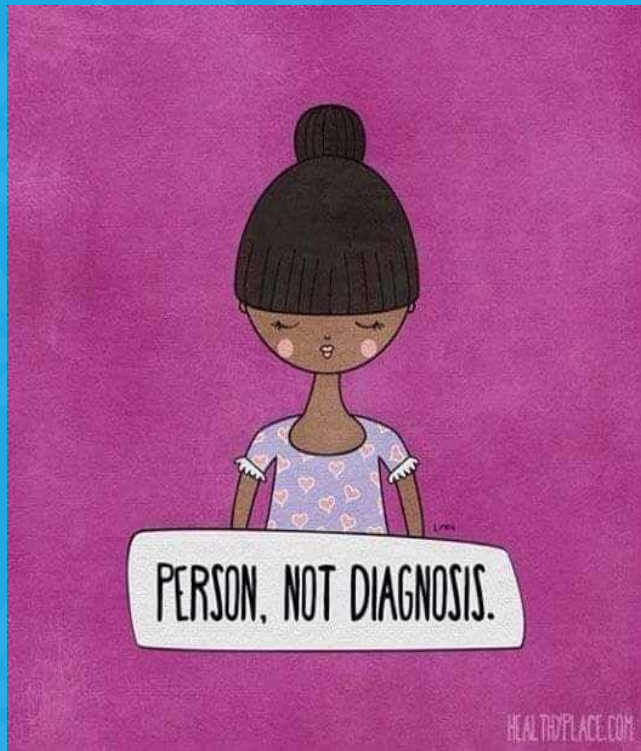


@the.brain.dietitian

**The
good
news:**
the brain
and the
body have
the ability
to heal

How to help people living with HIV, mental health diagnoses and substance use disorders as they age?

- Recognize there is more than one path to health and wellness
- Suspend an authoritarian role
- Do not impose morality (good/bad)
- Create an atmosphere of safety
- Suspend judgement
- Show radical compassion
- Be open and curious from a holistic view
- Get out of black and white thinking



- Do not use shaming language
- Use change language
- Know your community resources
- Be creative and realistic
- Willingness to collaborate and negotiate
- Be clear with process and options
- Assist in resource building
- **EMPOWER** people to understand their choices FULLY and FACTUALLY and to make choices that line up with **their own** identity, culture, values & health and wellness goals



together we can find

HEALING & HOPE

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THANK YOU!