AGENDA

- Welcome and grounding (15-20 min)
- Education session (30 min)
- Discussion on module experience (30 min)
- Next steps and questions (10 min)
What is the ALC?
Purpose
Frequency of meeting
Flow of the meeting
Data that will be collected
Hyper-Arousal
Emotional overwhelm, panic, feeling unsafe, angry, racing thoughts, anxiety, etc.

Window of Tolerance
OPTIMAL AROUSAL ZONE
Carrying on with daily life in the river of well-being

Hypo-Arousal
Numb, no feelings or energy, can’t think, shut down, ashamed, disconnected, depression, etc.
Where did you insert the CHW COVID-19 module into your regular visit/discussion with families?

Were there topics/elements of the COVID-19 module that you were not able to get to during your visit(s)?
Were there topics you normally cover during your visits that suffered/were lost for you to fit the COVID-19 module in?

Were there specific elements of the module that you used most often or found most valuable to support your COVID-19 discussions with families?
Were there questions/needs related to COVID-19 that you could not address?

Was there anything that hindered you from going through the module with families?
NEXT STEPS AND QUESTIONS