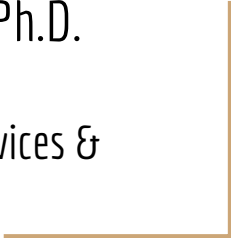


Quarantined and Confined: Supporting Incarcerated Youth During the COVID-19 Pandemic

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Frontline Psychological Services &
Wellness, Inc.



Agenda

1. Who am I?
2. Supporting Our Youth
 - a. What is mindfulness?
 - b. Types of mindfulness
 - c. Interpretation of mindfulness
3. Set the stage: Cardio
4. Move the body, create stillness in the mind: Yoga
5. Menu of Meditations
 - a. “3 Breath Trip”
 - b. Walking meditation
 - c. Loving Kindness/ “I got you bro”
6. Now more than ever: The importance of relationships and connection
7. Emotion regulation: Dialectical Behavior Therapy (DBT)
8. Conclusion



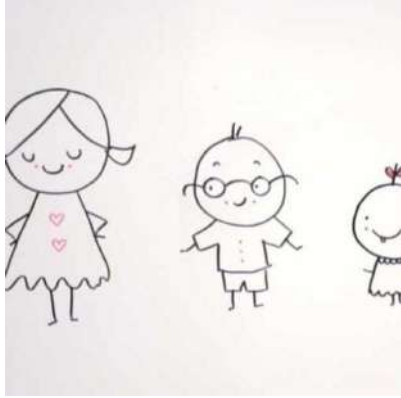
Invitations

- Throughout the hour today, I invite you to participate in various relaxation or mindfulness practices
- These practices are optional
- “Pay it forward:” Consider providing similar flexibility for youth who are at a developmental stage where choice and autonomy matters.

Who am I?

- Introduction to the youth
- Introduction to others

Intro to our Youth



Other Intro



Cal



What is mindfulness?

1. Moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment
2. Acceptance - we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there’s a “right” or “wrong” way to think or feel in a given moment

There is no right or wrong way to “do” mindfulness

Invitation: Seated crescent moon pose



Image from doyou.com

What are the types of mindfulness?



A broader interpretation...

- Whenever the term mindfulness comes up, meditation often follows.
 - The problem is, meditation isn't for all of us (on a given day or in a given moment)
- Turning inward is important, of course!
 - But it can be inappropriate, even harmful, for some people, especially those with a history of trauma or psychosis.

A broader interpretation, cont.

Big idea: Mindfulness is not supposed to be easy or blissful. But it's also not supposed to cause harm!

As we know, a very large percent, as many as 90% or more, of youth in the juvenile justice system have been affected by trauma.

A broader interpretation, cont.

- It may be best to focus on *low-intensity mindfulness activities*
- Low intensity mindfulness: Awareness of the tastes and textures of food; sensations in the body while walking

Today, we will focus on some forms of low-intensity mindfulness, because they are more accessible

Invitation: Seated cat and cow pose



Image from Fitbit blog

Set the stage: Cardio

- What about when mindfulness or relaxation practices of any form don't do the trick?
- Cardiovascular exercises may help to expend stress hormones
 - The hypothesis is that during or after a cooldown from a workout, we may be better able to participate in mindfulness practices
 - If the youth is not very activated, 10-15 minutes may be enough
 - If the youth is extremely activated, 20-30 minutes may be needed

All youth should check with their medical providers before starting new fitness routines



Image from Urban Clip

Set the stage: Cardio

- It may be a good idea, from a programming perspective, to schedule breathing or “quiet” mindfulness activities after there has been cardio or large muscle exercise



Image from NY Times.com

Set the stage: Cardio - Resources



Invitation: Seated forward fold pose



Move the body, create stillness in the mind: Yoga



Yoga means “yoke” or union. Attention to the “asana” or pose and breathing = mindful experience



Yoga invites us to call attention to the FELT sense of the earth against a body part or to the particular position of our arms, legs, neck, trunk, ankles. All while being guided through inhales and exhales.

Move the body, create stillness in the mind: Yoga, cont.

Sequences: Can you provide pamphlets with sequences? The youth can practice the sequences on their own (*useful right now given social distancing*)



Modeling: Can staff model some of the poses for youth (even if youth are in their rooms?).

- Engaging in a pose together can be *powerful form of communication and unity!*
- Can even challenge each other to remain in balance poses together

Move the body, create stillness in the mind: Yoga, cont.

Routines: Morning yoga sequence; afternoon sequence and/or before-bed sequence



Music: Are you able to play music into the intercoms of youth rooms (and turn off if certain youth prefer quiet)?

Spotify, YouTube and Pandora offer Yoga Radio, Meditation Radio and of course you can make your own mixes.

- Follow me on Spotify - Christine E Gerchow (YOGA CYP 1-3)

Move the body, create stillness in the mind: Yoga (cont.)

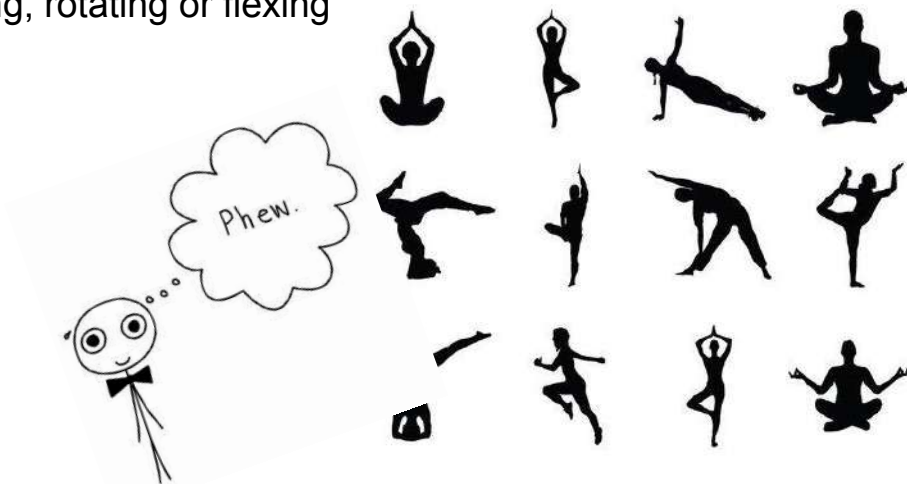
Facilitate mindfulness...

- Is your breath shallow or deep?
 - Fast or slow?
- Can you feel your back/arm/elbow/hand or back of knees on the earth or ground?
 - Are your quads “talking to you”?
- Are you present with this physical sensation?
 - Are you waiting for the pose to end?
- Do you need to deepen the pose or come out of it slightly?

Move the body, create stillness in the mind: Yoga (cont.)

Yoga helps us tune into...

- the FELT sense of certain body parts against the earth
- the FELT sense of certain body parts stretching, rotating or flexing
- Balance



Yoga: Resources

Beginner's Hatha Practice 1

onyouryogamat.com

Surya Namaskara

Sun Salutation

Keep breathing—both and even breaths as you move through this practice. Stay tuned in to the sensation of each inhalation and exhalation you take. Do whatever is appropriate for you: be sensitive of how you feel from day to day. It takes a little time to get the new sensations to flow, so be patient! Try and remain in each of the postures below at least half a minute. Stay in Savasana, Makarasana (beast pose) and Dandanasana longer if you have time. Enjoy being on your yoga mat every time you do this yoga practice.



Supine Postures



Prone Postures



Seated Postures



Standing Postures



Relaxation



Option to put some warmer clothes on and use a blanket to cover your self. Stay here at least 5 minutes; let go and completely relax the body. Try and keep your mind quiet, to match the stillness of the physical form.

 YS Ashtanga-based Beginner's (1) onyouryogamat.com

Surya Namaskara A (Sun Salutation A) X4



Surya Namaskara B (Sun Salutation B) X2



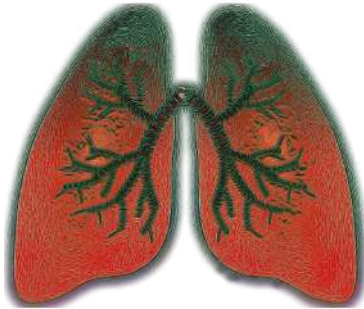
Standing Postures (5 breaths each)



Invitation: Seated eagle arms pose

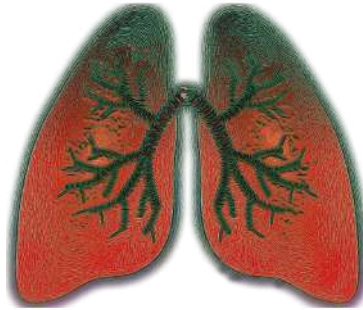


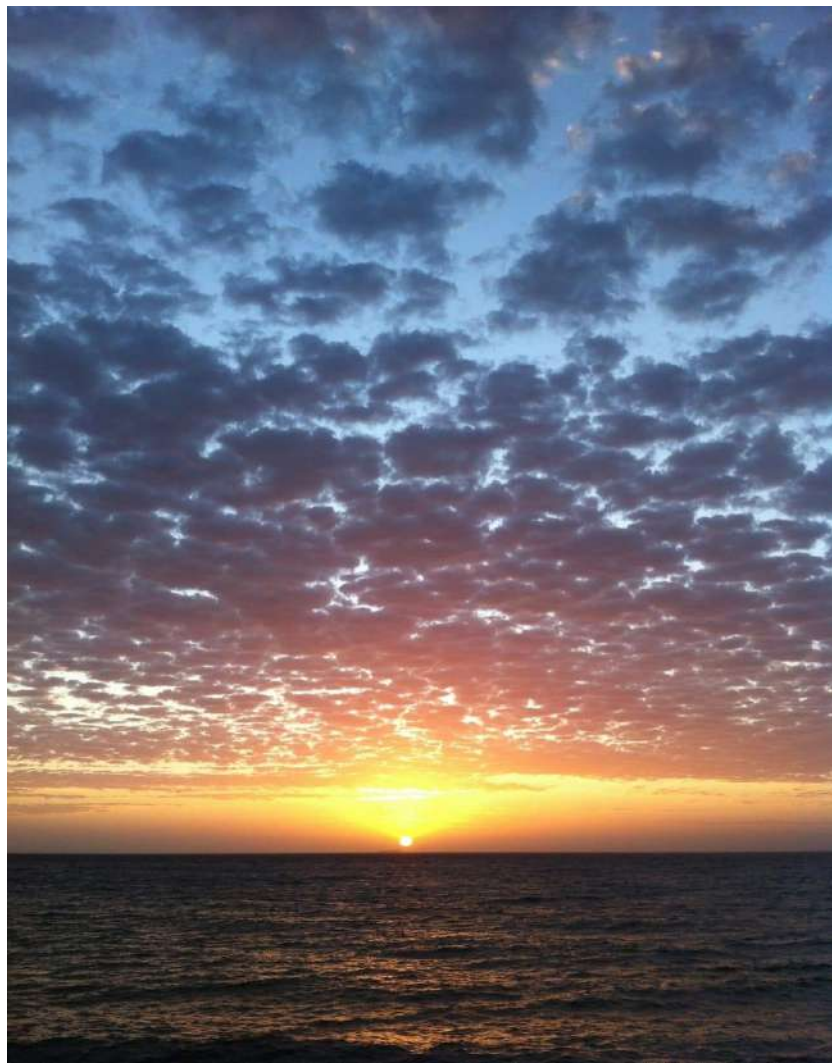
Menu of Meditations



Breathing

- Tony Bernhard - 25 years at Folsom state prison; teaches mindfulness in and around the SF bay area and Central Valley.
- He has one recommended practice when there's truly no time and no space AND not much quiet....The Three Breath Trip.





Three Breath Trip: Resource

How Prisoners Practice Mindfulness Amidst Chaos

Close the gap between everyday living and meditation with this mindful moment practice tailored for maximum security inmates.

BY [TONY BERNHARD](#) | JANUARY 17, 2017 | [MENTAL HEALTH](#)



Walking meditation

- Alternative to sitting practice
- As indicated in the *Doing Your Time with Peace of Mind* manual, walking meditation is well-suited for lock downs and times when youth are in their room or out on the play field/yard.
- Instead of feeling for the breath, feel for movement
- Especially appreciated after cardio (cool down phase; movement of body, stillness in mind)



Walking meditation: Resource

Doing Your Time with Peace of Mind

A Meditation Manual for Prisoners



by Doug Booth

while, you will feel the sacred word within you and you will no longer need to say it. Continue feeling your breath and letting go of your thoughts, and enjoy your meditation. It is your gift to yourself.

4. Walking Meditation


Walking meditation is a good alternative to sitting practice. It's particularly suited to "lock-downs" and other times when you're in your cell, or out in the yard. It is the same as sitting meditation only instead of feeling your breath, you are feeling the movement of walking. By focusing on the sensations in the feet and legs you are, once again, unifying your mind and body in the present moment. Walking meditation is a perfect complement to the serenity of sitting meditation. It brings a bright energy to your practice.

Some find it easier to concentrate on their footsteps than on their breath, especially when they just can't sit still. Try it for yourself and see how walking meditation works best for you.

To begin, choose a path the length of your cell. Set a timer for 10 or 15 minutes (increase the time as you like). Now stand quietly. Close your eyes. Feel yourself standing—the pull of gravity on your body, the pressure on your feet. Relax your shoulders. Relax your breathing. There is no

Walking meditation: Resource

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Walking Meditation

Turn an everyday action into a tool for mindfulness and stress reduction.

★★★★★ (8 ratings)

⌛ Duration: 10 mins 📅 Frequency: 1x/day ⓘ Difficulty: Casual

[♥ Save Practice](#) [✔ Mark as Tried](#)



[HOW TO DO IT](#) [TRY IT](#) [QUIZ](#) [Download PDF](#) [Print Practice](#)

Time Required

10 minutes daily for at least a week. Evidence suggests that mindfulness increases the more you practice it.

How to Do It

*The steps below are adapted from a guided walking meditation led by mindfulness expert Jon Kabat-Zinn. This and other guided meditations can be found in his audiobook, *Mindfulness Meditation in Everyday Life*.*

- 1 **Find a location.** Find a lane that allows you to walk back and forth for 10-15 paces—a place that is

Walking meditation: Resource

Adapt this!

The components of each step. Walking meditation involves very deliberating thinking about and doing a series of actions that you normally do automatically. Breaking these steps down in your mind may feel awkward, even ridiculous. But you should try to notice at least these four basic components of each step:

- a) the lifting of one foot;
- b) the moving of the foot a bit forward of where you're standing;
- c) the placing of the foot on the floor, heel first;
- d) the shifting of the weight of the body onto the forward leg as the back heel lifts, while the toes of that foot remain touching the floor or the ground.

Then the cycle continues, as you:

- a) lift your back foot totally off the ground;
- b) observe the back foot as it swings forward and lowers;
- c) observe the back foot as it makes contact with the ground, heel first;
- d) feel the weight shift onto that foot as the body moves forward.

Loving/Kindness - I got you, bro

- What does the word “kindness” mean in a detention facility?
- Meditations can bring out our best nature
- Youth can:
 - write their own meditations
 - use meditations that have been written for a general audience or
 - use meditations that have been written for them—by someone who knows them.
- Remember: anyone can do a kindness meditation by repeating phrases silently to yourself.



Loving/Kindness - I got you, bro

Loving Kindness Meditation can...

- increase positive emotion (usually the antithesis of loneliness)
- increase social connection (which helps you with relationships)
- and increase empathy for others (which, releases you from ruminating about yourself).

Loving/Kindness - I got you, bro (example)



I got you, bro

*"I am sorry that you had to see your mom go through that. Sorry that you heard her cries like that. I'm sorry you and step-dad got into the fist fight and that he put the gun in your face. I'm sorry that you feel like you failed as little guy's protector, as his big brother. I'm sorry that you felt helpless and then you felt angry. I am sorry that anger is so ugly. But I'm hopeful...I'm hopeful, "JJ"...put your hands on your heart, *"JJ" one and then the other. I'm hopeful, "JJ", that you, survivor, young brother, I'm hopeful you can learn. Learn from mistakes. Forgive. Forgive yourself. Ask. Ask for help--this world is hard sometimes and it's not bad to have someone show ya the way. I'm hopeful you let people in. Let them see what () can see. This is a moment of suffering...I won't give up on you, I won't give in. I have hope. I love you, bro."*

Loving/Kindness



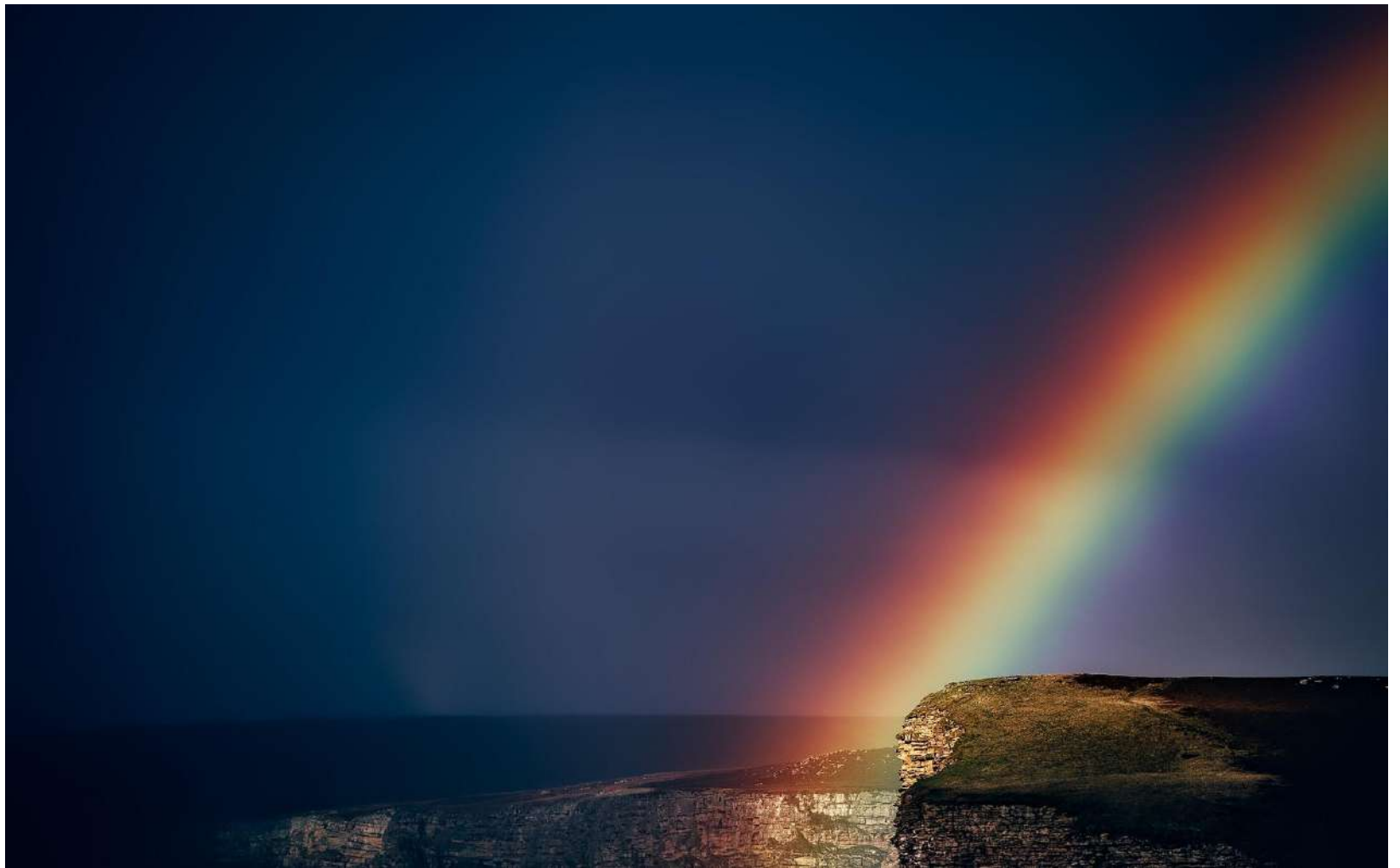
Body Position

Close your eyes. Sit comfortably with your feet flat on the floor and your spine straight. Relax your whole body. Keep your eyes closed throughout the whole visualization and bring your awareness inward. Without straining or concentrating, just relax and gently follow the instructions.

Take a deep breath in. And breathe out.

Loving/Kindness/Meditation (rewrite)

I invite you to close your eyes OR to enjoy a gentle gaze...to discover position that is comfortable for you in this moment. One option is to lie flat on the floor with your legs resting on the chair, knees bent at 90 degrees. I invite you to surrender into relaxation. (*Give 30-60 seconds for them to find their "spot" and always allow for them to make adjustments*). Perhaps you begin with your feet, consciously releasing tension from your toes and heels. How about bringing attention to the senses. What do your socks feel like against your skin? How about turning attention to your legs. Imagine a cool beam of aqua blue light shining on your legs. As the light hits your muscles, bones and joints, you feel more relaxed. I now invite you to turn attention to your knee. How is your knee positioned? Release any tension from your knees, if it feels right, as the knee is often a place for tension or stiffness.....



Now more than ever: The importance of relationships and compassion

- Tend and befriend
- What are we doing to nurture relationships?
- Relationships heal trauma

Now more than ever: The importance of relationships and compassion

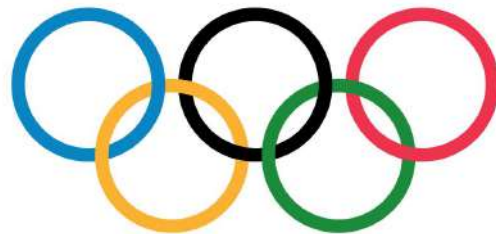
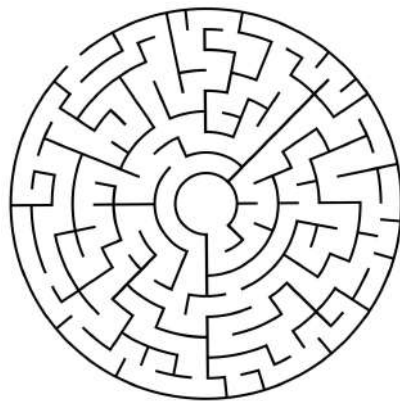
How to relationship build during COVID-19 pandemic and social distancing requirements?

- Go to the door/window; fist bump; or special sign or individualized greeting;
- Really say hello
- Charade room check; or charade competitions among “neighbors”
- Write short letters
- Cut out symbols or words that remind you of them (sports teams? Foods? Places? TV shows) and stick it on door, if permissible

Now more than ever: The importance of relationships and compassion, cont.

- Got a mask? Decorate it; Find ideas via Google search for “flu masks” or “funny surgical masks”
- Model kindness to those you encounter
- Find out if your behavioral health or school departments can get Zoom moving
- **Facilitate Connection with Others:** To the extent possible, let them have phone calls

Now more than ever: The importance of relationships and compassion, cont.



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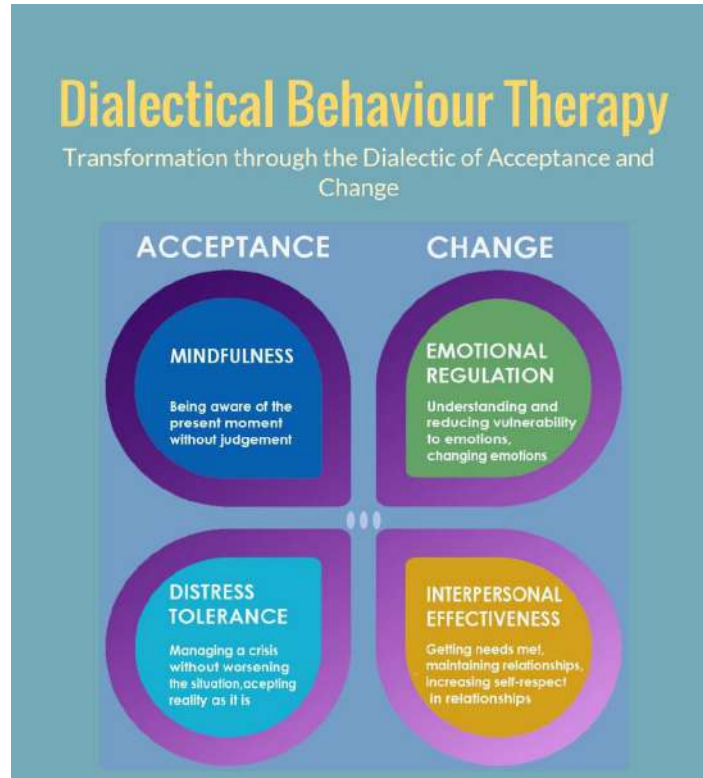
VENUS
EARTH
MARS
CERES
ASTEROID
JUPITER
SATURN
NEPTUNE
URANUS
PLUTO
DWARF
PLANET
MOON



Dialectical behavior therapy (DBT)



Dialectical behavior therapy (DBT), cont.





Thank you!

Resources (emailed)

Get in touch - Questions or to share your experiences and learnings!

Christine@frontlinepsw.com

