

# Welcome and Introductions

Wednesday, November 10, 2021



**Belinda Hawks**

Division Director, Quality Management and Planning  
Behavioral Health and Developmental Disabilities Administration

# This week's trending conversations

- We are aware of new federal rules beginning Jan. 1 for mandatory vaccination at certain workplaces.
- We are reviewing the information provided and are not able to give you an update at this time.



# Please note:

Due to upcoming holidays, this will be our only presentation in November.

We'll have just one in December, too:

- **Wednesday, December 8, 2021**

# Today's topics and guests

**1. Emergency Preparedness Committee update**

**Katie Puskar, MPS**

Disaster Preparedness Analyst

**2. COVID-19 booster shots**

**Joe Coyle, MPH**

Director, Bureau of Infectious Disease Prevention

**3. Stay Well presentation: Pandemic Burnout**

**Erin Wallace, CDP**

Project Manager, Michigan Stay Well crisis counseling program

# Update on Statewide AFC and HFA Emergency Preparedness Committee

**Katie Puskar, MPS**

Disaster Preparedness Analyst - Healthcare Preparedness Program (HPP)

Division of Emergency Preparedness and Response

Bureau of EMS, Trauma and Preparedness

Michigan Department of Health and Human Services

# Adult Foster Care and Homes for the Aged

## EMERGENCY PLAN

FACILITY NAME:

ADDRESS:

CONTACT NAME:

PHONE NUMBER:



- The Emergency Plan template developed for your use is in the final stages of review by state leadership.
- We expect it to be approved in the next few weeks.

### FACE SHEET: RESIDENT EVACUATION

Resident name:	
Date of birth:	Medical Record #:
Physician:	Admission Date:
Allergies:	

	Name	Phone	Alternate Phone	Notification Restrictions
Primary Emergency Contact				
Secondary Emergency Contact				

FUNCTIONAL STATUS (please check)

COGNITIVE OR BEHAVIORAL NEEDS

### Contents

Pre-Planning Considerations	.....
Chain Of Command	.....
Shelter in Place	.....
Planning to shelter in place:	.....
Emergency Contacts	.....
Communication Plan	.....
Emergency Supplies	.....
SHELTER IN PLACE CHECKLIST	.....
Extended Sheltering In Place/Pandemic	.....
EVACUATION	.....
EVACUATION PLAN	.....
Resident Evacuation Checklist	.....
Resident Evacuation Tracking Log	.....
Individual Preparedness Plan	.....
Basic Emergency Supply Kit	.....

Here's where to find the template once it's approved:

- [MDHHS - Adult Foster Care & Homes for the Aged Emergency Planning \(michigan.gov\)](#)
  - ([https://www.michigan.gov/mdhhs/0,5885,7-339-71547\\_4860\\_78446\\_78448\\_78459\\_93714\\_107710---,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-71547_4860_78446_78448_78459_93714_107710---,00.html))

## **Adult Foster Care & Homes for the Aged Emergency Planning**

Emergency preparedness planning resources designed specifically for the unique needs of Michigan's Adult Foster Cares and Homes for the Aged.

COVID-19 Resources

Incident Command System (ICS) Training and Education Resources

Contact Resources for AFCs & HFAs

Additional Links

# COVID-19 Booster Doses in AFCs and HFAs

Joe Coyle, MPH

Director, Bureau of Infectious Disease Prevention

Michigan Department of Health and Human Services

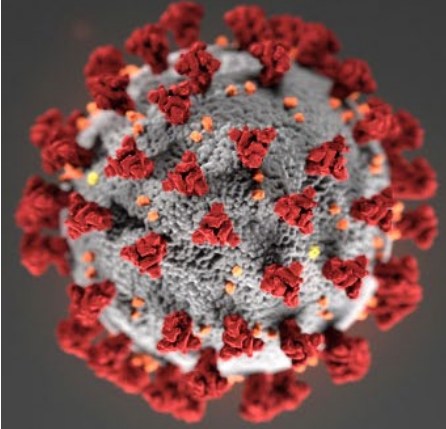
11/10/2021





# Outline

- COVID-19 Booster Recommendations and Eligible Populations
- State of the Pandemic in Michigan
- Options for AFCs and HFAs to get residents/staff vaccinated or boosted



# Who is eligible for an extra dose of COVID-19 vaccine?

Remember to bring a copy of your COVID-19 vaccine record with you to your appointment.

Some people may prefer a different vaccine type for their booster; mixing and matching is allowed.

If you are **immunocompromised** and have had your initial 2 doses of Pfizer or Moderna, get a 3<sup>rd</sup> dose at least **28 days** after dose 2.

*You MAY receive a single booster dose (Pfizer-BioNTech, Moderna, or Janssen) at least 6 months after completing your 3<sup>rd</sup> Pfizer or Moderna dose as long as you are 18 years or older.*

If your initial 2 doses were **Pfizer** or **Moderna**, you qualify for a booster dose at least **6 months** after dose 2 if:

You are 65+ years.

You are 18+ years and live in a long-term care setting.

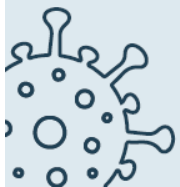
**OR**

You are 18+ years with an underlying medical condition.

You are 18+ years and at high risk of COVID-19 because of where you live or work.

*Talk to your doctor about your individual benefits and risks.*

If your initial dose was **Johnson & Johnson** and you are 18+ years, you qualify for a booster dose at least **2 months** after your initial dose.

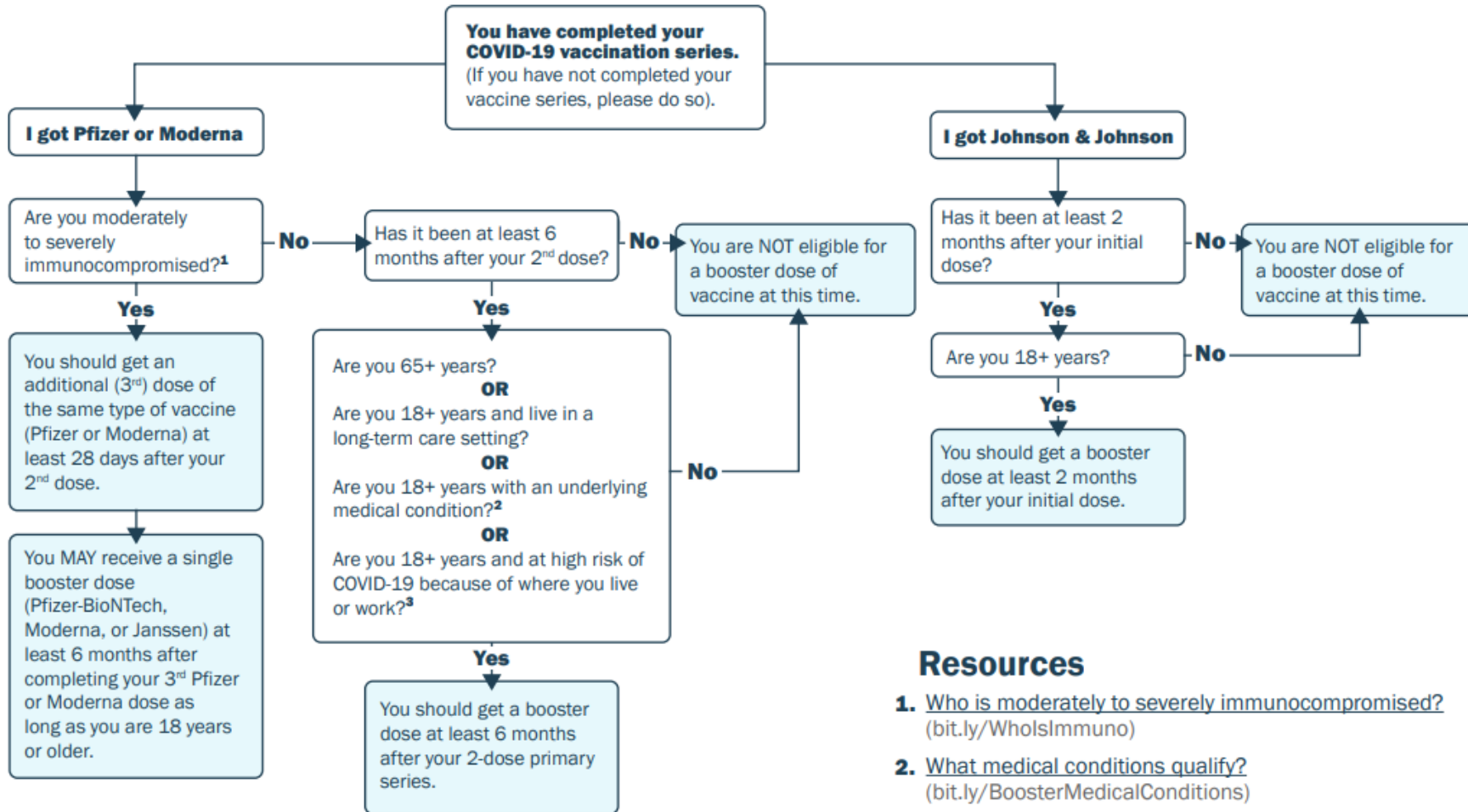


# Who is eligible for an extra dose of COVID-19 vaccine?

## Reminder!

Bring a copy of your COVID-19 vaccination record card with you to your appointment.<sup>4</sup>

Some people may prefer a different vaccine type for their booster; mixing and matching is allowed.



## Resources

1. [Who is moderately to severely immunocompromised?](https://bit.ly/WholsImmuno) (bit.ly/WholsImmuno)
2. [What medical conditions qualify?](https://bit.ly/BoosterMedicalConditions) (bit.ly/BoosterMedicalConditions)
3. [Who is at high risk due to work or institutional setting?](https://bit.ly/EligibleForBooster) (bit.ly/EligibleForBooster)
4. [Where can I download my immunization record?](https://Michigan.gov/MIIMMSportal) (Michigan.gov/MIIMMSportal)

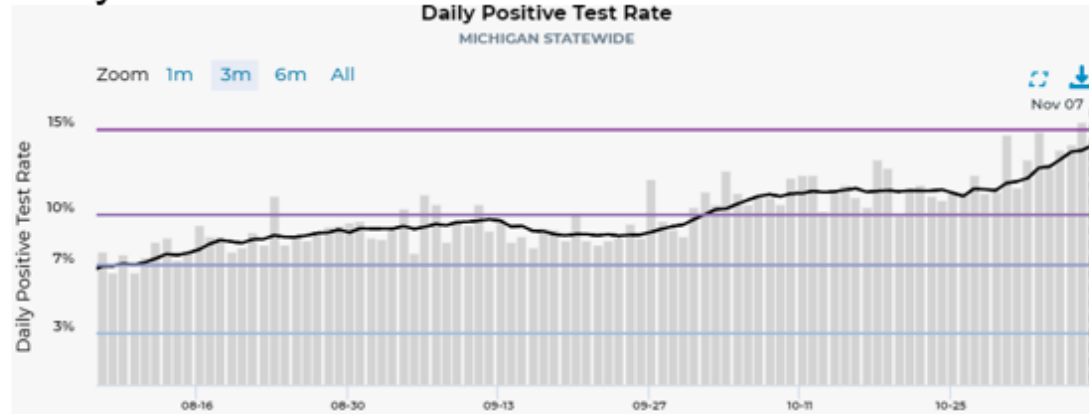


Learn More: [Michigan.gov/COVIDvaccine](https://Michigan.gov/COVIDvaccine)  
Find a Vaccine: [VaccineFinder.org](https://VaccineFinder.org)

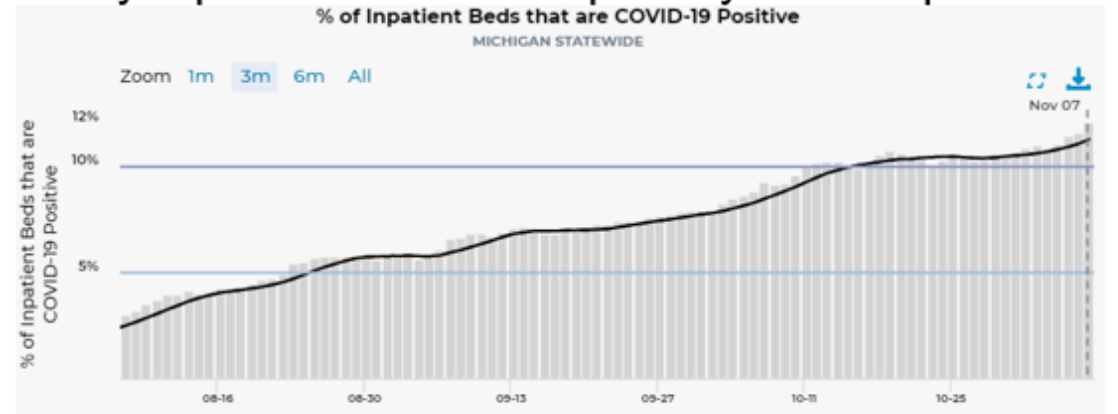
# Time Trends – Positivity, Case Rates, Hospitalizations, Deaths

➤ Core COVID-19 indicators show that transmission is increasing, and burden remains high in Michigan

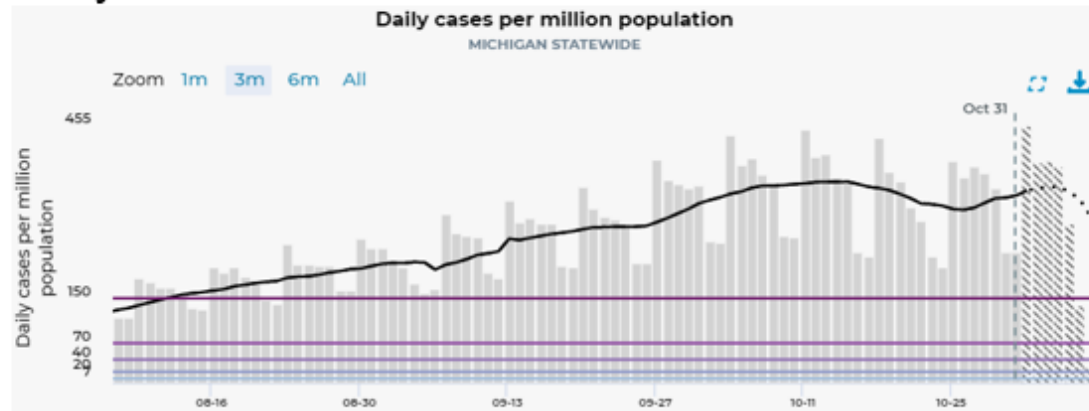
## Daily Positive Test Rate



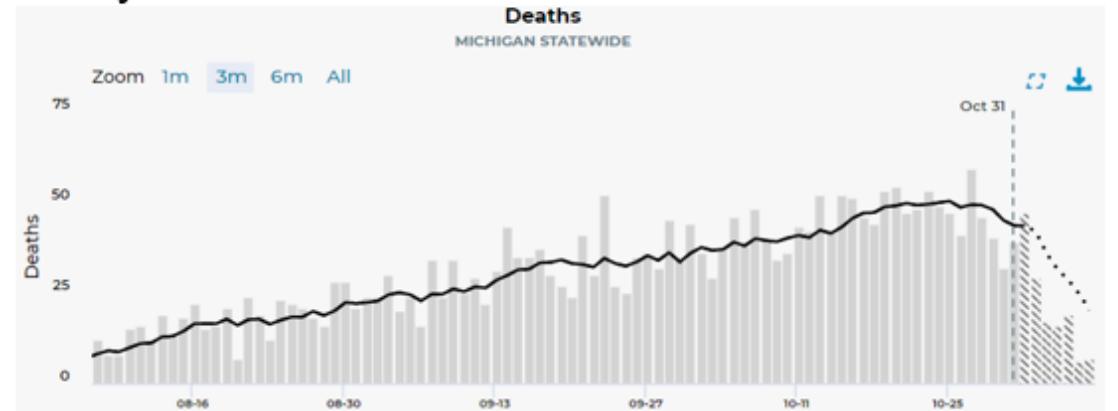
## Daily Inpatient Beds Occupied by COVID patients



## Daily Case Rate

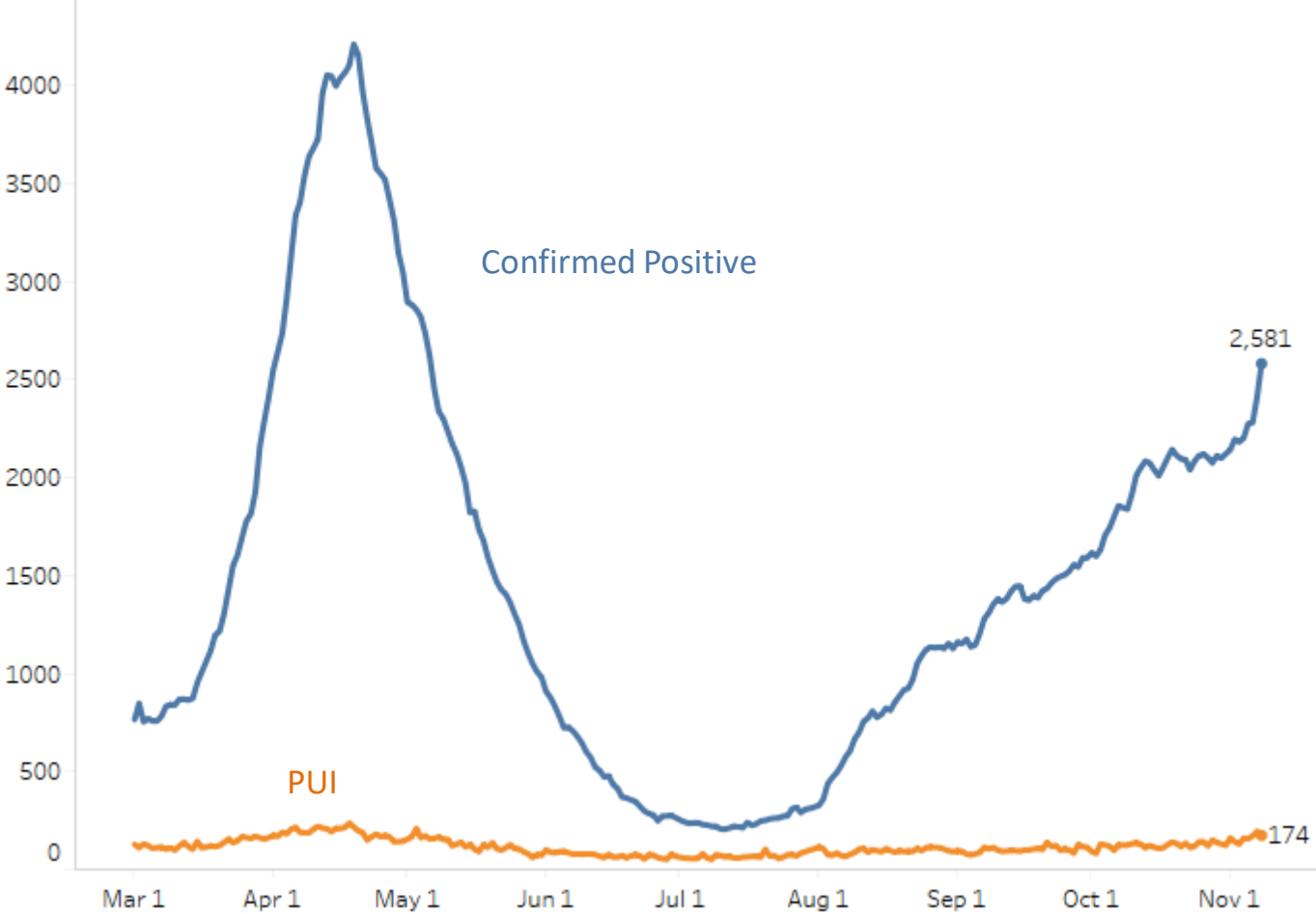


## Daily Deaths



# Statewide Hospitalization Trends: Total COVID+ Census

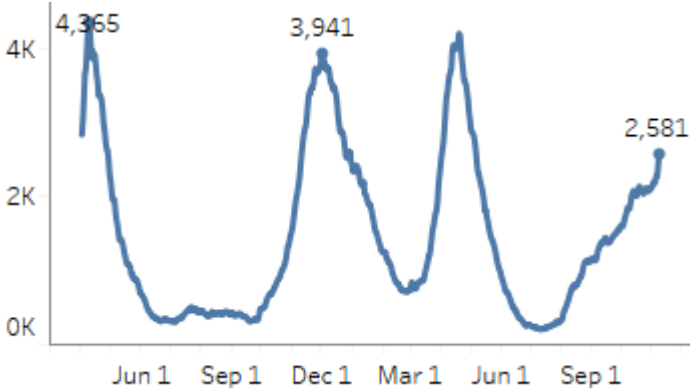
Hospitalization Trends 3/1/2021 – 11/8/2021  
Confirmed Positive & Persons Under Investigation (PUI)



The COVID+ census in hospitals has increased by 20% in the past week after being flat for the 2 weeks prior.

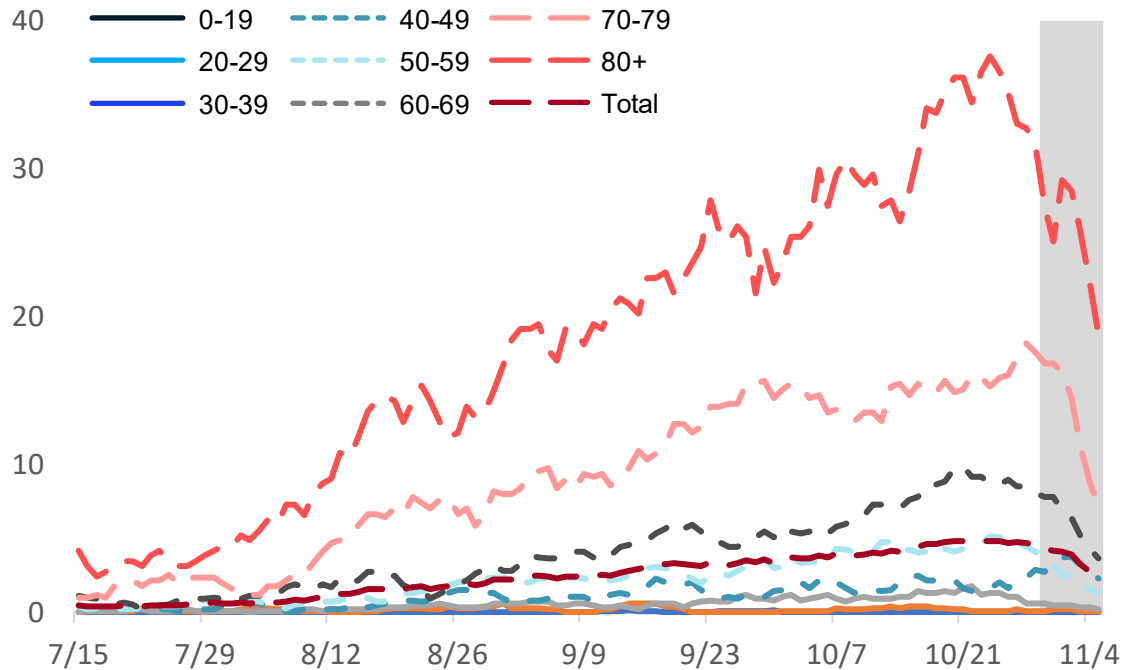
There has been rapid growth over the past 4 days.

Hospitalized COVID Positive Long Term Trend (beginning March 2020)



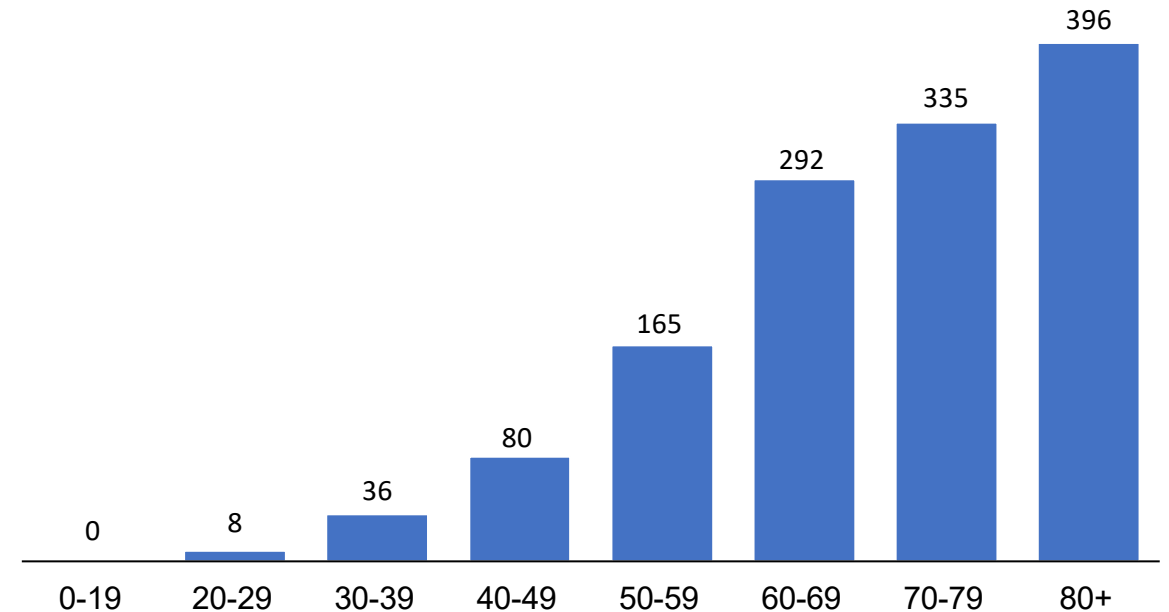
# Average and total new deaths, by age group

Daily COVID-19 deaths in confirmed and probable cases per million by age group (7 day rolling average)



Total COVID-19 deaths in confirmed and probable cases by age group (past 30 days, ending 11/1/2021)

- 22% of deaths below age sixty



- Through 11/1, the 7-day avg. death rate is more than 15 daily deaths per million people for those over the age of 70
- In the past 30 days, there were no deaths among confirmed and probable COVID-19 cases under the age of 20
- 30-day proportion of deaths among those under 60 years of age is steady from the prior week

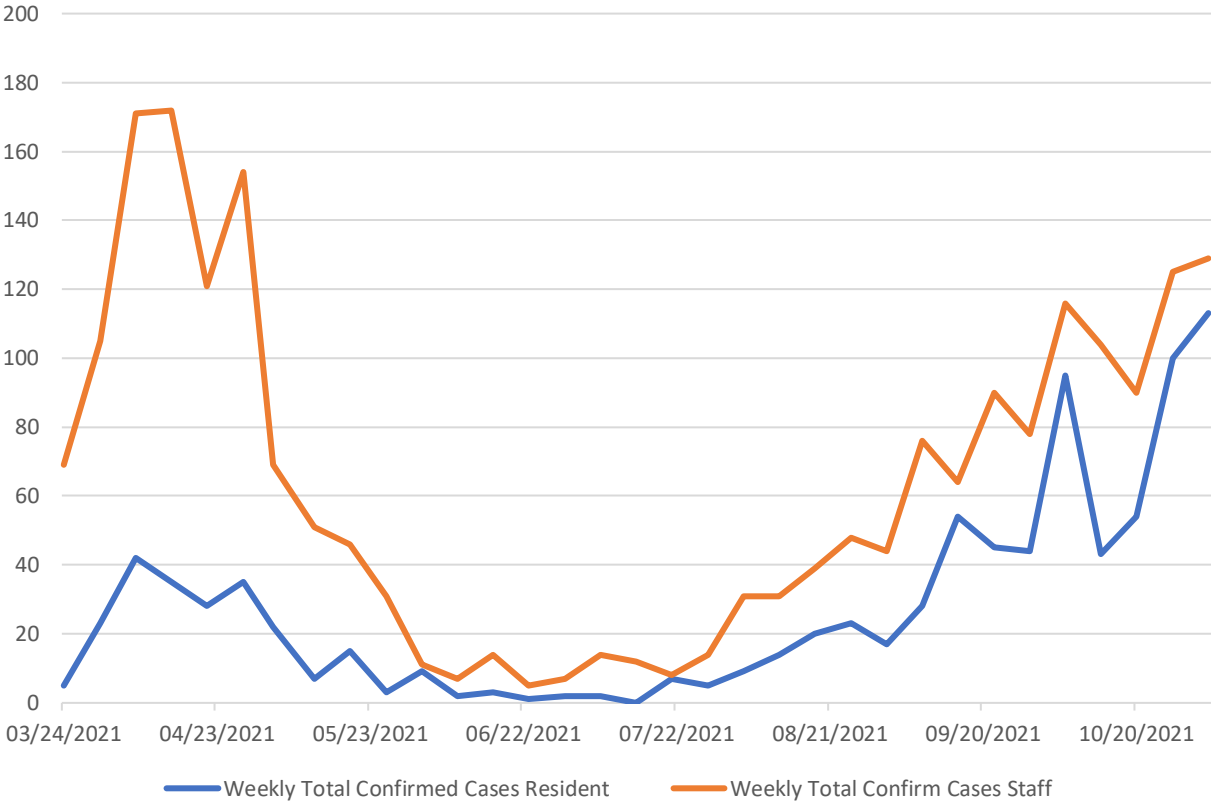
Note: Death information sourced from MDHHS and reflects date of death of confirmed and probable cases.

Source: MDHHS – Michigan Disease Surveillance System (MDSS)

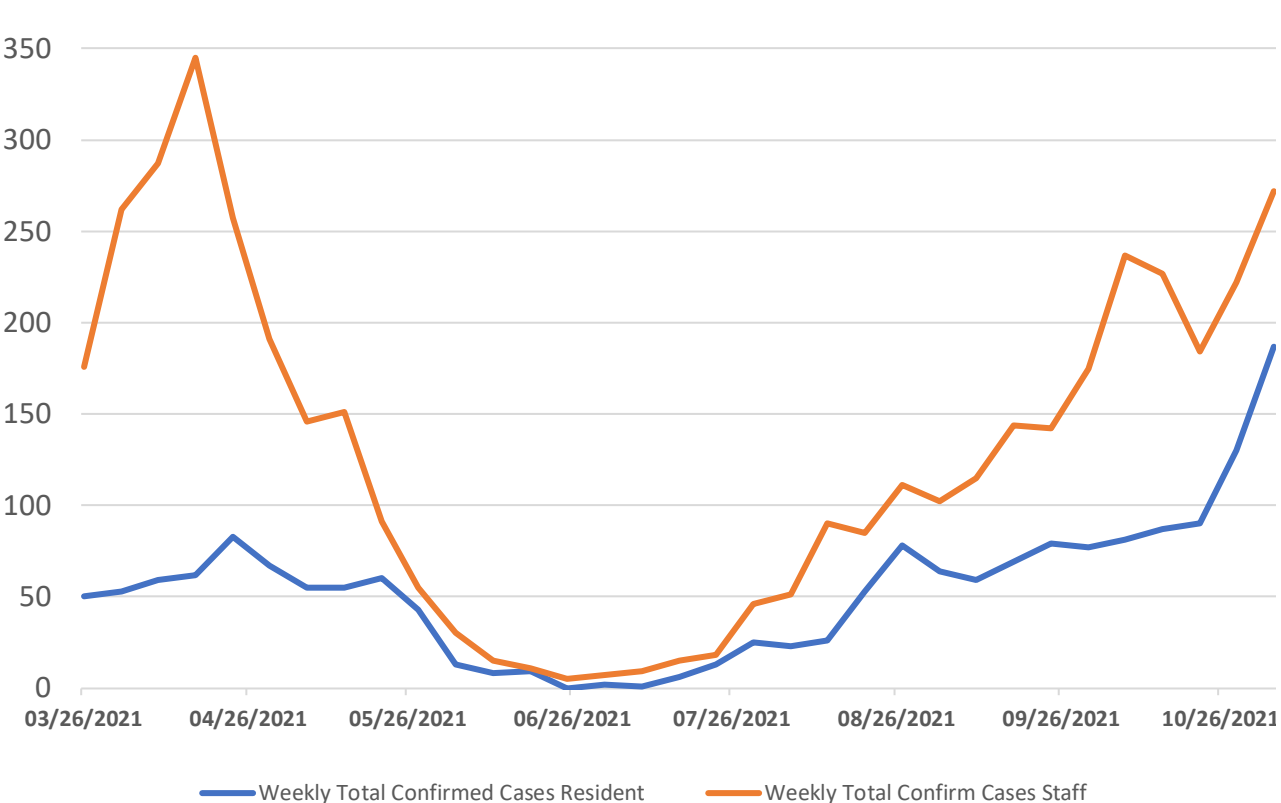


# MICHIGAN LTCFs COVID-19 CASE TREND

STATE OF MICHIGAN WEEKLY TOTAL CONFIRMED COVID-19 CASES IN AFC/HFA RESIDENTS AND STAFF 03/24/2021 TO 10/27/2021



STATE OF MICHIGAN WEEKLY TOTAL CONFIRMED COVID-19 CASES IN SNF RESIDENTS AND STAFF 03/26/2021 TO 10/29/2021



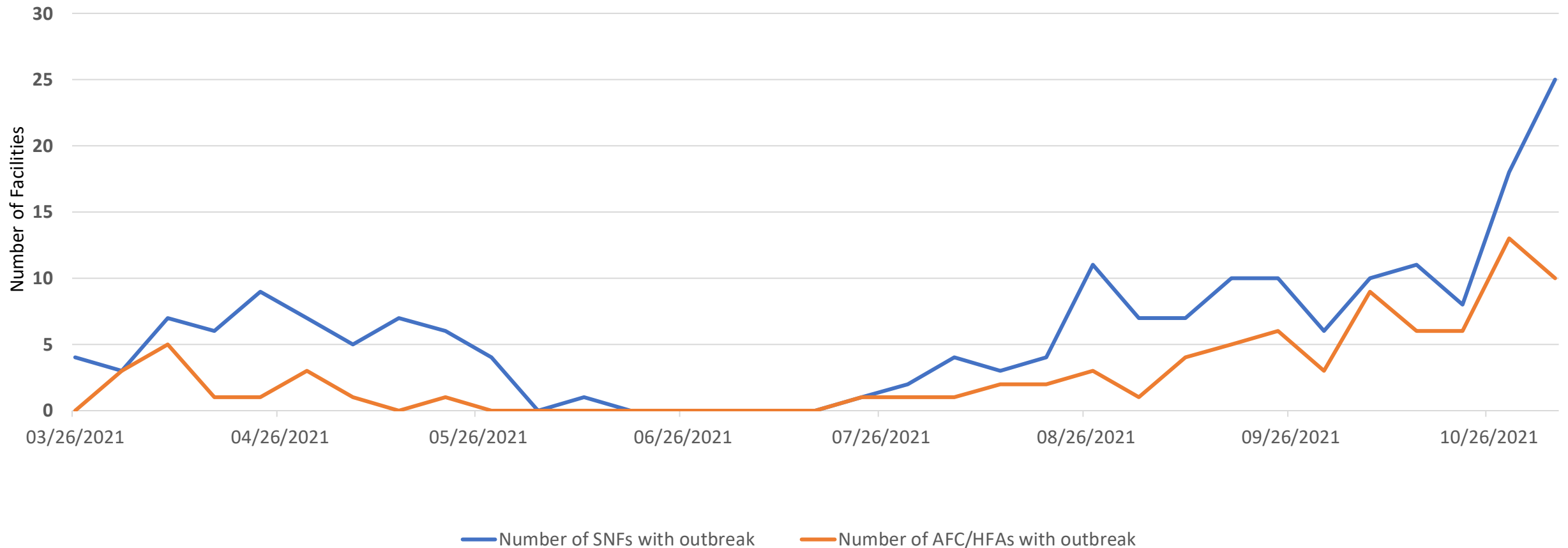
COVID-19 outbreaks are generally defined as two or more cases with a link by place and time indicating a shared exposure outside of a household ([https://www.michigan.gov/coronavirus/0,9753,7-406-98163\\_98173\\_102057---,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-98163_98173_102057---,00.html))

The data is from weekly reporting by facilities with bed occupancy of at least 13 beds.



# MICHIGAN LTCFs COVID-19 OUTBREAK TREND

## SNFs AND AFC/HFA with 3 or more Confirmed Cases



COVID-19 outbreaks are generally defined as two or more cases with a link by place and time indicating a shared exposure outside of a household ([https://www.michigan.gov/coronavirus/0,9753,7-406-98163\\_98173\\_102057---,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-98163_98173_102057---,00.html))

The data is from weekly reporting by facilities with bed occupancy of at least 13 beds.



# Providing COVID-19 Vaccination to Residents

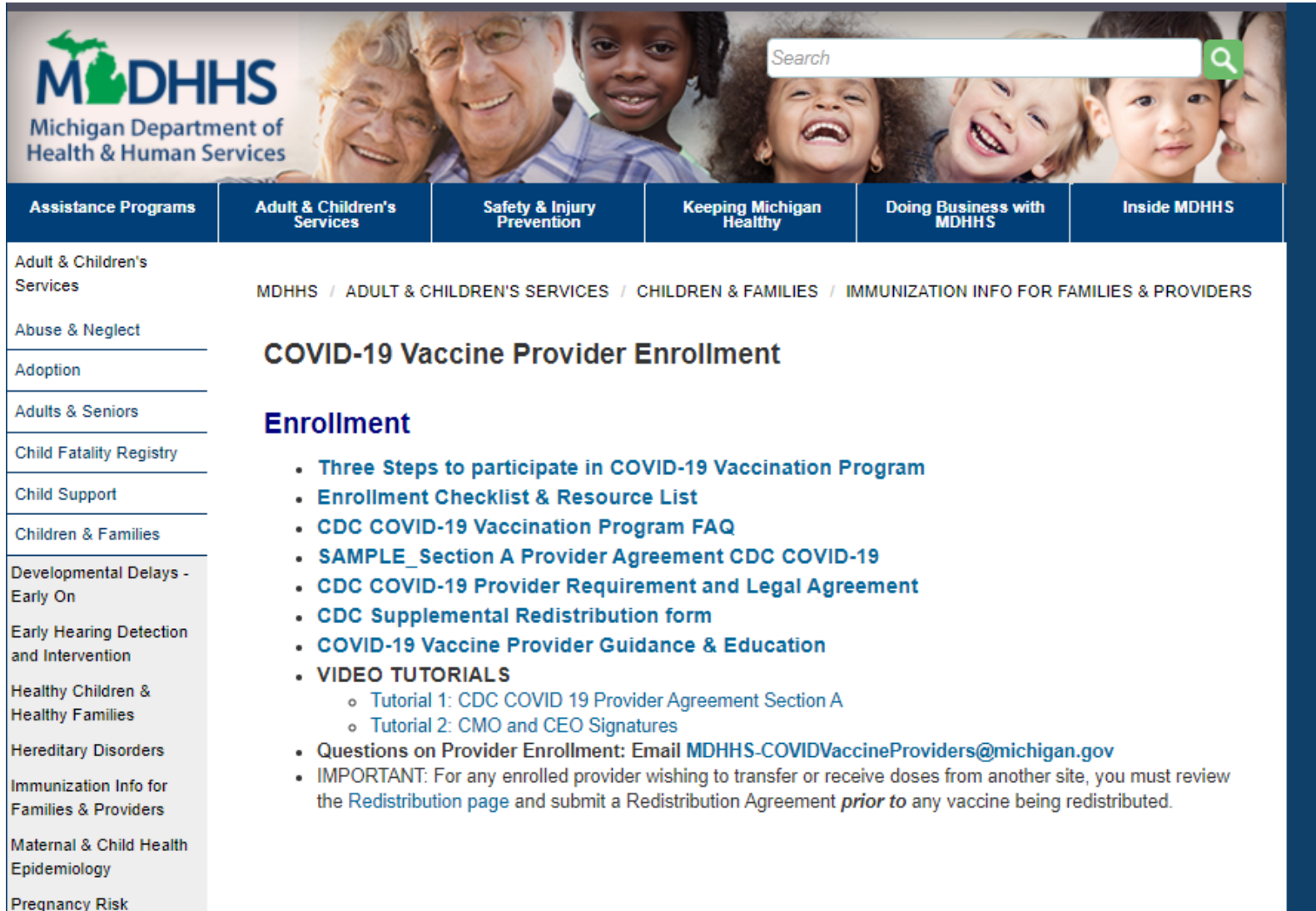
- Pharmacies are not engaged with providing vaccine to long term care facilities to the same degree they were in the initial vaccine rollout.
- This means AFCs/HFAs will need to seek out vaccine.

# Options for providing residents with COVID-19 booster shots

There is no “one size fits all,” but you may find success with these options:

- 1) Become a COVID-19 Vaccine Provider
- 2) Contact nearby retail pharmacies
- 3) Reach out to your local health department
- 4) Contact your local Area Agency on Aging or Center for Independent Living
  - a) For small facilities, may be able to provide transportation assistance
  - b) Some AAAs/CILs are COVID-19 vaccine providers and can vaccinate on site
- 5) MDHHS mobile vaccine vendors may be able to assist -- but may need to prioritize sites.  
If you've exhausted options 1-4, please reach out to:  
[MDHHS-COVID-LongTermCare@Michigan.gov](mailto:MDHHS-COVID-LongTermCare@Michigan.gov)

# Becoming a COVID-19 Vaccine Provider



The screenshot shows the MDHHS website header with the logo and a search bar. Below the header is a navigation menu with categories: Assistance Programs, Adult & Children's Services, Safety & Injury Prevention, Keeping Michigan Healthy, Doing Business with MDHHS, and Inside MDHHS. The main content area displays the breadcrumb trail: MDHHS / ADULT & CHILDREN'S SERVICES / CHILDREN & FAMILIES / IMMUNIZATION INFO FOR FAMILIES & PROVIDERS. The page title is "COVID-19 Vaccine Provider Enrollment". The "Enrollment" section contains a list of links for resources, including a three-step guide, enrollment checklist, FAQ, provider agreement samples, requirements, and video tutorials. An important note states that providers must review the redistribution page and submit an agreement before receiving doses.

**MDHHS**  
Michigan Department of Health & Human Services

Search

Assistance Programs | Adult & Children's Services | Safety & Injury Prevention | Keeping Michigan Healthy | Doing Business with MDHHS | Inside MDHHS

Adult & Children's Services

Abuse & Neglect

Adoption

Adults & Seniors

Child Fatality Registry

Child Support

Children & Families

Developmental Delays - Early On

Early Hearing Detection and Intervention

Healthy Children & Healthy Families

Hereditary Disorders

Immunization Info for Families & Providers

Maternal & Child Health Epidemiology

Pregnancy Risk

MDHHS / ADULT & CHILDREN'S SERVICES / CHILDREN & FAMILIES / IMMUNIZATION INFO FOR FAMILIES & PROVIDERS

## COVID-19 Vaccine Provider Enrollment

### Enrollment

- [Three Steps to participate in COVID-19 Vaccination Program](#)
- [Enrollment Checklist & Resource List](#)
- [CDC COVID-19 Vaccination Program FAQ](#)
- [SAMPLE\\_Section A Provider Agreement CDC COVID-19](#)
- [CDC COVID-19 Provider Requirement and Legal Agreement](#)
- [CDC Supplemental Redistribution form](#)
- [COVID-19 Vaccine Provider Guidance & Education](#)
- **VIDEO TUTORIALS**
  - [Tutorial 1: CDC COVID 19 Provider Agreement Section A](#)
  - [Tutorial 2: CMO and CEO Signatures](#)
- [Questions on Provider Enrollment: Email \[MDHHS-COVIDVaccineProviders@michigan.gov\]\(mailto:MDHHS-COVIDVaccineProviders@michigan.gov\)](#)
- **IMPORTANT:** For any enrolled provider wishing to transfer or receive doses from another site, you must review the [Redistribution page](#) and submit a [Redistribution Agreement](#) *prior to* any vaccine being redistributed.

[https://www.michigan.gov/mdhhs/0,5885,7-339-73971\\_4911\\_4914-553727--,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-73971_4911_4914-553727--,00.html)

Questions: [MDHHS-COVIDVaccineProviders@michigan.gov](mailto:MDHHS-COVIDVaccineProviders@michigan.gov)

# Becoming a COVID-19 Vaccine Provider

## Enrollment Application Requirements

- Organization Site & Affiliate Location Site(s) Information
- MCIR Site ID – [How to Find your MCIR Site ID](#)
- Chief Medical Officer & Chief Executive Officer, (fiduciary)  
License Information & Signatures
- Site Immunizing Provider (MD, DO, NP, PA, RPh)  
License Information
- Site Vaccine Storage Unit & Current Storage Capacity
- Site Vaccine Coordinator Contact Information, & Site Vaccine Delivery Times
- Site Provider Type and General Patient Demographic Information



## Vaccine Storage & Handling, Administration & Redistribution Resources

Connect with your [Local Health Department](#) contact(s) regarding vaccine administration, vaccine transport, and storage & handling or redistribution concerns. Also, visit [MDHHS COVID-19 Provider Guidance and Educational Resources](#).

## MCIR Transaction, Documentation and Training Guidance

Connect with your [Regional MCIR Office](#) and visit our [MCIR Immunizing Provider webpage](#) or the [COVID-19 Immunizing Provider webpage](#) regarding site administrator, MCIR dose documentation, transaction adjustment and inventory education and training resources.

# Identifying a Retail Pharmacy Partner

## Vaccines & Immunizations

CDC > COVID-19 Vaccination > Planning & Partnerships > Federal Retail Pharmacy Program



### 🏠 COVID-19 Vaccination

Product Info by U.S. Vaccine +

Interim Clinical Considerations +

Clinical Care +

Provider Requirements and Support +

Training and Education +

Vaccine Recipient Education +

Health Departments +

**Planning & Partnerships** -

COVID-19 Vaccination Program Operational Guidance +

## How to Request a COVID-19 Vaccination Clinic On-Site or in a Retail Pharmacy Location

The links and contact information in the table below cover how to request a COVID-19 vaccination clinic on-site or in a retail pharmacy location. If you need help finding the pharmacy partner closest to you, visit [www.vaccines.gov](http://www.vaccines.gov).

Residential or community-based long-term care providers can also request COVID-19 vaccination support from a long-term care pharmacy enrolled with the federal government. [Visit Long-term Care Pharmacies Participating in the Federal Retail Pharmacy Program](#) 📄 for more information.

### Pharmacy Partners

### Instructions for How to Contact Them

#### Albertsons Companies

(Acme, Albertsons, Albertsons Market, Amigos, Carrs, Haggen, Jewel-Osco, Lucky's, Market Street, Osco, Pak n Save, Pavilions, Randalls, Safeway, Sav-On, Shaw's, Star

[Submit a request to Albertsons](#) 📄.

- Costco Wholesale Corp.
  - CPESN USA, LLC
  - CVS Pharmacy, Inc. (including Long's)
  - GeriMed (long-term care and retail pharmacies)
  - Good Neighbor Pharmacy and AmerisourceBergen Drug Corporation's pharmacy services administrative organization (PSAO), Elevate Provider Network
  - Health Mart Pharmacies
  - LeaderNET and The Medicine Shoppe Pharmacy, Cardinal Health's PSAs
  - Managed Health Care Associates (retail and long-term care pharmacies)
  - Meijer, Inc.
  - Rite Aid Corp.
  - The Kroger Co. (including Kroger, Harris Teeter, Fred Meyer, Fry's, Ralphs, King Soopers, Smiths, City Market, Dillons, Mariano's, Pick-n-Save, Copps, Metro Market, QFC)
  - Topco Associates, LLC (including Acme Fresh Markets, Associated Food Stores, Bashas, Big-Y Pharmacy and Wellness Center, Brookshire's Pharmacy, Super One Pharmacy, FRESH by Brookshire's Pharmacy, Coborn's Pharmacy, Cash Wise Pharmacy, MarketPlace Pharmacy, Giant Eagle, Hartig Drug Company, King Kullen, Food City Pharmacy, Ingles Pharmacy, Raley's, Bel Air, Nob Hill Pharmacies, Save Mart Pharmacies, Lucky Pharmacies, SpartanNash, Price Chopper, Market 32, Tops Friendly Markets, ShopRite, Wegmans, Weis Markets, Inc.)
  - Walgreens (including Duane Reade)
  - Walmart, Inc. (including Sam's Club)
-





## **At this time, we are no longer accepting vaccine clinic requests**

- Demand for on-site vaccine clinics has been overwhelming.
- When we are able to accept requests, we will update this page.
- We can still support your vaccine needs at our nearby retail locations

Visit [cvs.com](https://www.cvs.com) to learn more about scheduling your vaccine appointment [↗](#)

# Reaching out to your AAA and/or CIL



AREA AGENCIES ON AGING  
ASSOCIATION OF MICHIGAN



[Become a Member](#)

[Contact](#) [Login](#)

[Home](#) [About](#) [Advocacy](#) [Events](#) [Resources](#)



**Area Agencies on Aging- your local source of trusted information to assist older adults in Michigan**

Find your agency below:

Select your county

[BROWSE MEMBER DIRECTORY!](#)

[AFFILIATE MEMBER DIRECTORY](#)



We create opportunities for independence for people with disabilities through research, education, and consultation.

Search this site

[Resources on COVID-19](#)

Mailing List Sign-up

Email \*

First Name \*

Last Name \*

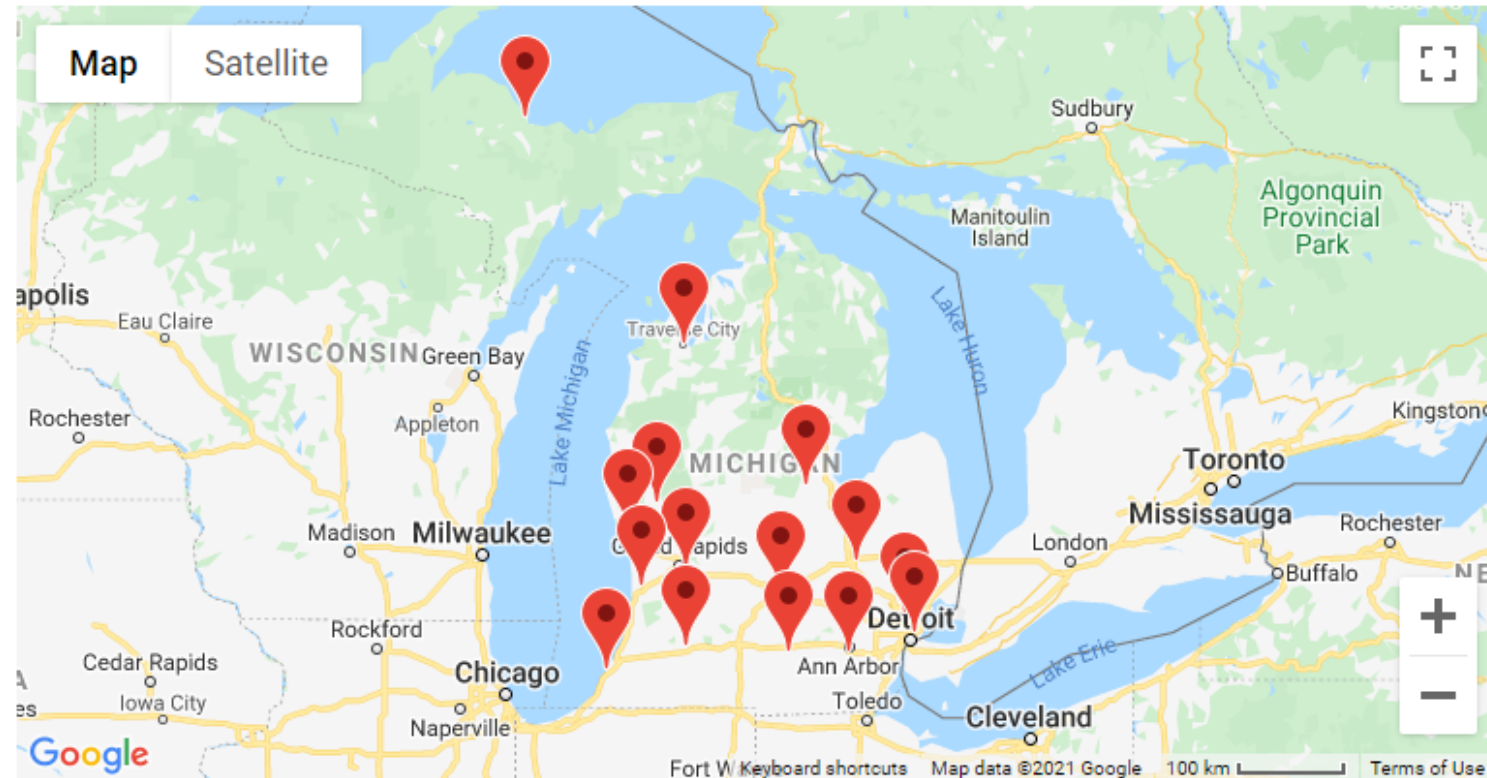
Quick Links for CILs

- [Home](#)
- [About the Center](#)
- [Center Staff](#)

## ILRU Directory of Centers for Independent Living (CILs) and Associations

Filter Directory by City

Filter by Counties Served



# In Summary

- Booster doses are now available for individuals who live or work in long term care facilities after completion of a primary series
- COVID-19 remains a threat to the health of Michiganders
- Booster doses can add to the existing protection of the fully vaccinated population, particularly the most vulnerable
- HFAs and AFCs will need to be an active participant in procuring their own onsite vaccine clinics and there are several options to consider
- We encourage all LTCFs to exhaust their options before reaching to MDHHS for assistance, but we will try to help where we are able

# [MDHHS-COVID-LongTermCare@Michigan.gov](mailto:MDHHS-COVID-LongTermCare@Michigan.gov)

Also: it's not too late for unvaccinated folks to get their first dose!

Consider  
Co-administering  
Flu vaccine!



# Pandemic Burnout?

## Mental Wellness and Resources during COVID-19 Pandemic

### PRESENTED BY

**Erin Wallace, CDP**

*CCP Grant Project Manager*

*Stay Well Grant Program, MPHI (contracted)*

*Founder and Managing Director of Bright Leaf Consulting*

**STAY WELL**  
[Michigan.gov/StayWell](https://Michigan.gov/StayWell)

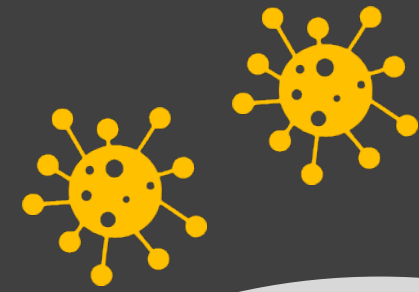
# What is the Stay Well grant program?

## Two Main Components:

### Crisis Counseling

Trained disaster crisis counselors provide phone-based emotional support and referral information to people who call the state's COVID-19 Hotline.

Dial **1-888-535-6136** and press **"8"**  
Counseling available  
24/7/365.



### Behavioral Health Outreach

Trained Outreach Specialists connect with members of vulnerable population groups

### Vulnerable Populations

Seniors and Older Adults - First responders and frontline workers - Children and families - Homeless and housing insecure - K-12 Educators - Unemployed residents - Immigrants and ESL - People with Substance Use Disorder - People with Intellectual and Developmental Disabilities - People who have experienced ethnic and health disparities

A behavioral health intervention program to help residents cope with emotional distress from the COVID-19 pandemic





<https://www.vox.com/identities/2020/3/25/21193142/coronavirus-covid-19-kids-work-from-home-child-care-school-cancellations>

**Stay Well Counseling Hotline: 1-888-535-6136, PRESS "8"**

**Web page: Michigan.gov/StayWell**



A row of lit matches with flames, symbolizing burnout. The matches are arranged horizontally, and the flames are bright orange and yellow, contrasting with the dark background. The entire scene is framed by a white, hand-drawn style border.

Let's talk about burnout

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# BURNOUT: Signs, Symptoms, Triggers

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## Signs

- Fatigue
- Anger
- Frustration
- Negative Reactions towards others
- Cynicism
- Negativity
- Withdrawal

## Symptoms

- Physical
  - Psychological
  - Cognitive
  - Relational
- Disturbances

## Triggers

- Personal characteristics
- Work related attributes
- Work organizational characteristics



"The expectation that we can be immersed in suffering and loss daily, and not be touched by it, is as unrealistic as expecting to be able to walk through water without getting wet."

-Rachel N. Remen, MD



# Compassion Fatigue

*Compassion fatigue is the profound emotional and physical erosion that takes place when helpers are unable to refuel and regenerate themselves after exposure to those suffering from the consequences of traumatic events.*

# Compassion Fatigue: Signs, Symptoms, Triggers

---

## Signs

- Sadness & grief
- Avoidance or dread of working with some people
- Reduced empathy
- Addiction
- Nightmares
- Calling in sick a lot
- Changes in beliefs, expectations, assumptions

## Symptoms

- Headaches
- Digestive problems
- Muscle tension
- Fatigue
- Psychological distress
- Poor concentration, focus and judgement
- Relational disturbances

## Triggers

- Personal characteristics
- Previous exposure to trauma
- Empathy & emotional energy
- Response to stressor
- Work environment
- Work related attitudes
- Prolonged exposure to trauma

# Professional and Interpersonal Effects of Secondary Traumatic Stress

## Professional

- ✓ Loss of productivity
- ✓ Exhaustion
- ✓ Poor communication
- ✓ Impatience
- ✓ Increased conflict among staff
- ✓ Inability to stop working
- ✓ Increased obsession with helping
- ✓ Decreased confidence
- ✓ Second guessing self
- ✓ Detachment/numbing

## Interpersonal

- ✓ Isolation
- ✓ Withdraw
- ✓ Loneliness
- ✓ Mistrust
- ✓ Anger often directed at loved ones
- ✓ Decreased interest in intimacy/sex
- ✓ Negative impact on parenting

Source: ASPR. Health and Human Services, USA

# COVID Traumatic Stress (CTS)

CTS is a theoretical form of Secondary Traumatic Stress resulting from the COVID-19 pandemic and the corresponding societal changes.

Essentially people are locked into flight or fight.

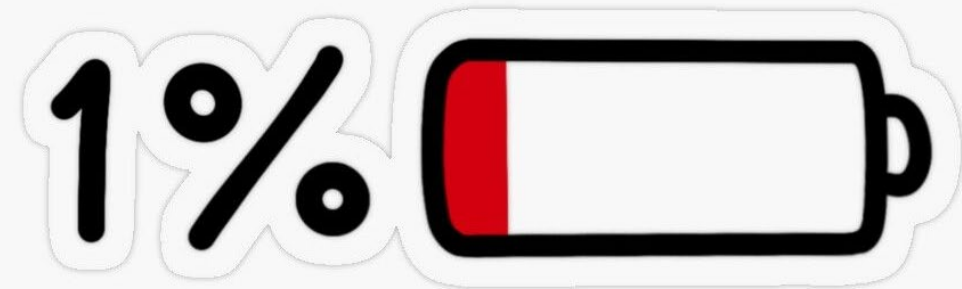
Distinct changes in personality, habits, or thought patterns should be noted when assessing ourselves or others for impact of COVID Traumatic Stress.

[www.ForestHughes.com](http://www.ForestHughes.com)

# Symptoms of COVID Traumatic Stress

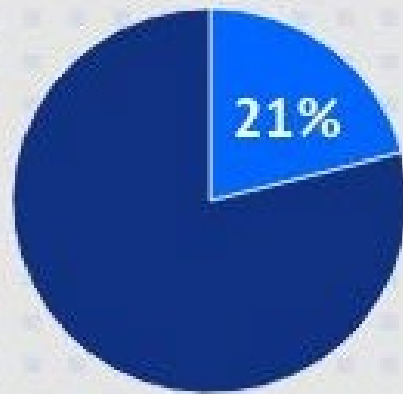
- trouble concentrating
- motivation struggles
- problem-solving skills
- prioritization, organization, and planning
- increased mistakes or errors
- **obsession with micro-managing**
- **controlling new aspects of themselves, their environment, or other people**
- denial and resistance to change
- anxiety, tension, and being overwhelmed
- difficulty sleeping, nightmares, or sleeping excessively
- edginess, jumpiness, and the inability to relax;
- **quick anger, irritability, and increased emotional reactivity**
- **worry about the future**
- feelings of hopelessness
- **black-and-white thinking**
- **distrust and heightened fear of “others”**
- **blaming of specific demographic groups**
- **defaulting to stereotypical thinking**
- **increased belief in conspiracy theories**
- abrupt and aggressive responses to intimacy
- distinct changes in personality
- depression
- thoughts of suicide

**Symptoms are a  
response,  
not a weakness**

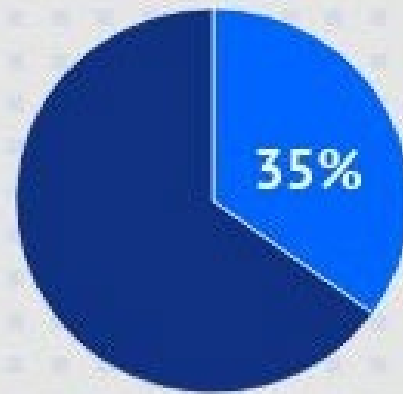


# Employees Feel Like They Have No One to Turn to at Work

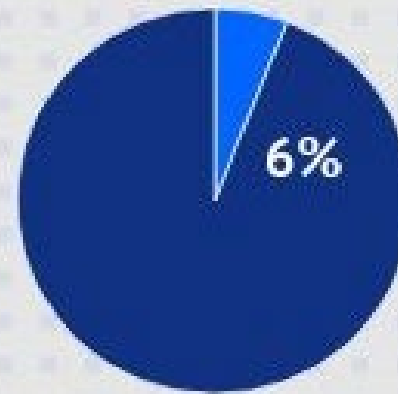
Who colleagues feel comfortable confiding in regarding their mental health:



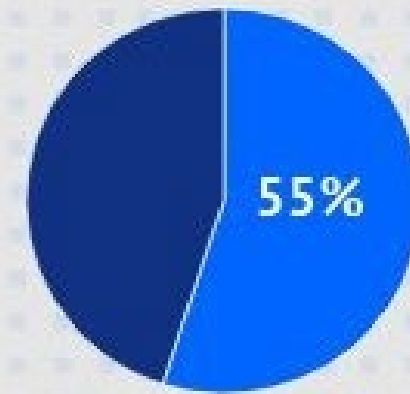
Supervisors



Co-workers



Subordinates



No Colleagues

30% of employees reported being fearful that disclosure of mental health could lead to being fired or furloughed

57% of entry-level employees reported feeling uncomfortable talking about mental health compared to 37% of managers

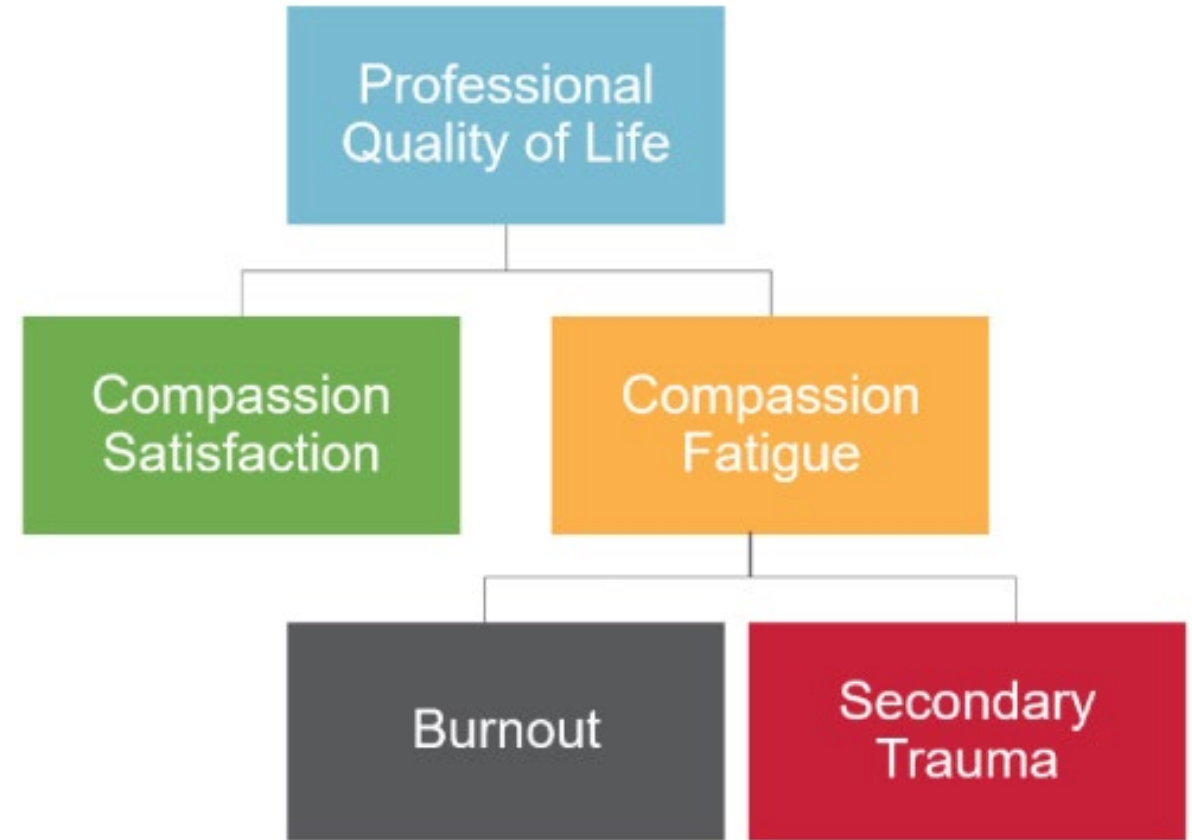


# Professional Quality of Life Measure Tool

Professional Quality of Life: Elements, Theory, and Measurement is a free, self guided resource, designed to help assess professional quality of life.

The tool, as well as their other resources have been translated into 28 different languages.

- [Professional Quality of Life Website](#)
- [ProQOL Tool](#)
- [ProQOL Handouts](#)





*All of us who attempt to heal the wounds of others will ourselves be wounded; it is, after all, inherent in the relationship.*

- David Hilfiker



## Personal Interventions to Alleviate Burnout

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1. Set boundaries
2. Acknowledge your limitations
3. Create space for yourself
4. Be active
5. Find non-work outlets
6. Utilize your network
7. Implement mindfulness practice
8. Consider speaking with someone

Source: ASPR. Health and Human Services, USA



**YOU GOTTA  
NOURISH  
TO FLOURISH**

BE **KIND** TO YOUR **MIND**

**STAY WELL**  
[Michigan.gov/StayWell](https://Michigan.gov/StayWell)

1-888-535-6136 and press "8"



# Here's how to engage with us -- to benefit your clients and employees

Spread the word about our Stay Well services:

- Post notices on your website and/or social media platforms
- Newsletter write-ups  
(we can write them!)
- Host a webinar (we will assist!)
- Distribute Stay Well brochures

Benefits for your staff:

- Free, confidential counseling services
- Stay Well counseling can be accessed any time of the day or night
- Printed materials are tailored for a variety of personal life scenarios



# Thank You

**Erin Wallace**

CCP Grant Project Manager for Stay Well  
Grant Program, MPHI (Contracted)

*Founder and Managing Director*

*Bright Leaf Consulting*

brightleafllc@gmail.com



Michigan Department of Health & Human Services



# Concluding Remarks



# Have you heard of Project Firstline?

- **Project Firstline** is a training collaborative for Healthcare Infection Prevention and Control, created by the CDC
- Michigan's SHARP Unit ("Surveillance for Healthcare-Associated & Resistant Pathogens") is part of the collaborative
- **Project Firstline** provides informative videos for workers in various healthcare settings, including AFCs and HFAs
- After viewing the videos, you can attend live Q& A sessions with infection prevention experts.



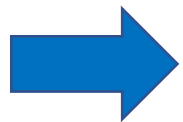
View this week's video on the [Concept of Infection Control](#) and join Project Frontline on **Friday, November 12 at 9:00 a.m.** for the live Q&A session. Infection prevention experts will review main concepts from the video and address your questions.

[Michigan.gov/ProjectFirstline](https://Michigan.gov/ProjectFirstline)

# Reminder

A recording of today's presentation will be sent to the groups below, and they will email it to their members.

- Community Mental Health Association of Michigan
- Michigan Assisted Living Association
- Michigan Center for Assisted Living
- Leading Age of Michigan



You can also download the slides from our presentations at [Michigan.gov/Coronavirus](https://Michigan.gov/Coronavirus). Click the RESOURCES tab and select "For AFC and HFA Operators." Scroll to bottom of page.

## Questions on other topics can be sent to:

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**Staffing:** [MDHHS-LTCStaffing@michigan.gov](mailto:MDHHS-LTCStaffing@michigan.gov)

**Vaccines:** [MDHHS-COVID-Longtermcare@Michigan.gov](mailto:MDHHS-COVID-Longtermcare@Michigan.gov)

**Testing:** [MDHHS-COVIDTestingSupport@michigan.gov](mailto:MDHHS-COVIDTestingSupport@michigan.gov)

**Emergency Orders:** [MDHHS-MSA-COVID19@michigan.gov](mailto:MDHHS-MSA-COVID19@michigan.gov)

**All Other Questions:**

[MDHHS-COVID-AFC-HFA-Response@michigan.gov](mailto:MDHHS-COVID-AFC-HFA-Response@michigan.gov)

- Subscribe to correspondence at this link: [Subscribe](#)