

Welcome and Introductions

Wednesday, April 7, 2021



Allen Jansen

Senior Deputy Director

Behavioral Health and Developmental Disabilities

*Putting people first, with the goal of helping all Michiganders lead healthier
and more productive lives, no matter their stage in life.*

Housekeeping

We will not be granting permission for you to record today's presentation. Instead, **we will record it** and send the recording to these groups for distribution to their members:

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

If you're not a member and would like the recording, email us at MDHHS-COVID-AFC-HFA-Response@michigan.gov

- Please keep your microphones muted and **type your questions into Chat.**

Today's topic and guest

Support for mental well-being while helping others through COVID-19

Dr. Debra Pinals

Psychiatrist and Medical Director for Behavioral Health
& Forensic Programs

Michigan Department of Health and Human Services

Support for mental well-being while helping others through COVID-19: Challenges in the AFC/HFA Environment



Debra A. Pinals, M.D.
**Medical Director, Behavioral Health and
Forensic Programs**

April 7, 2021



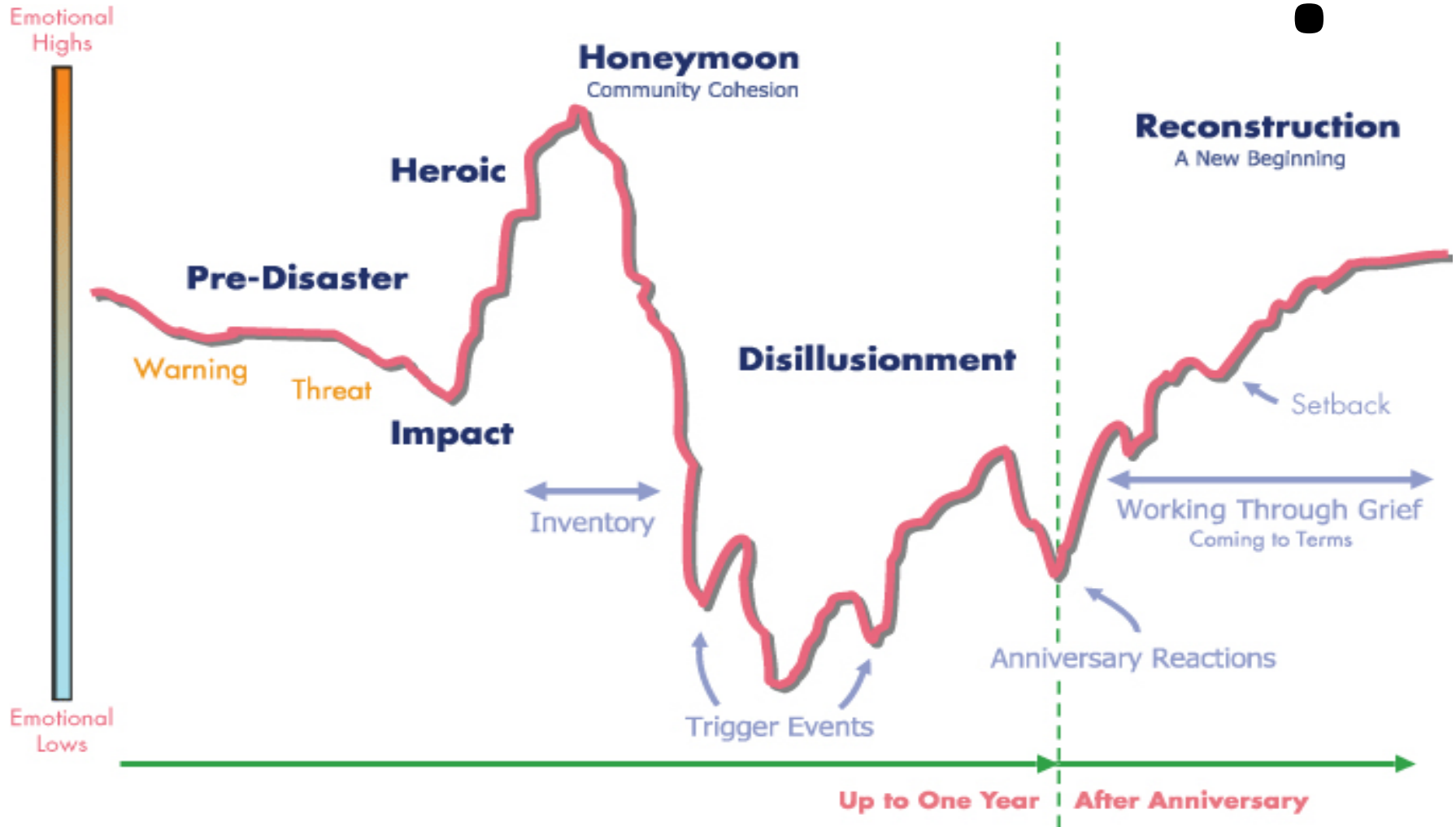
The Toll of Every Day

- Demands that overwhelm capacity to cope
- Compassion Fatigue



Level Setting

EMOTIONAL STAGES OF A DISASTER: COLLECTIVE REACTIONS



CONTEXT AND TIMELINES

TODAY

Racism
Exposed Again

Global Pandemic

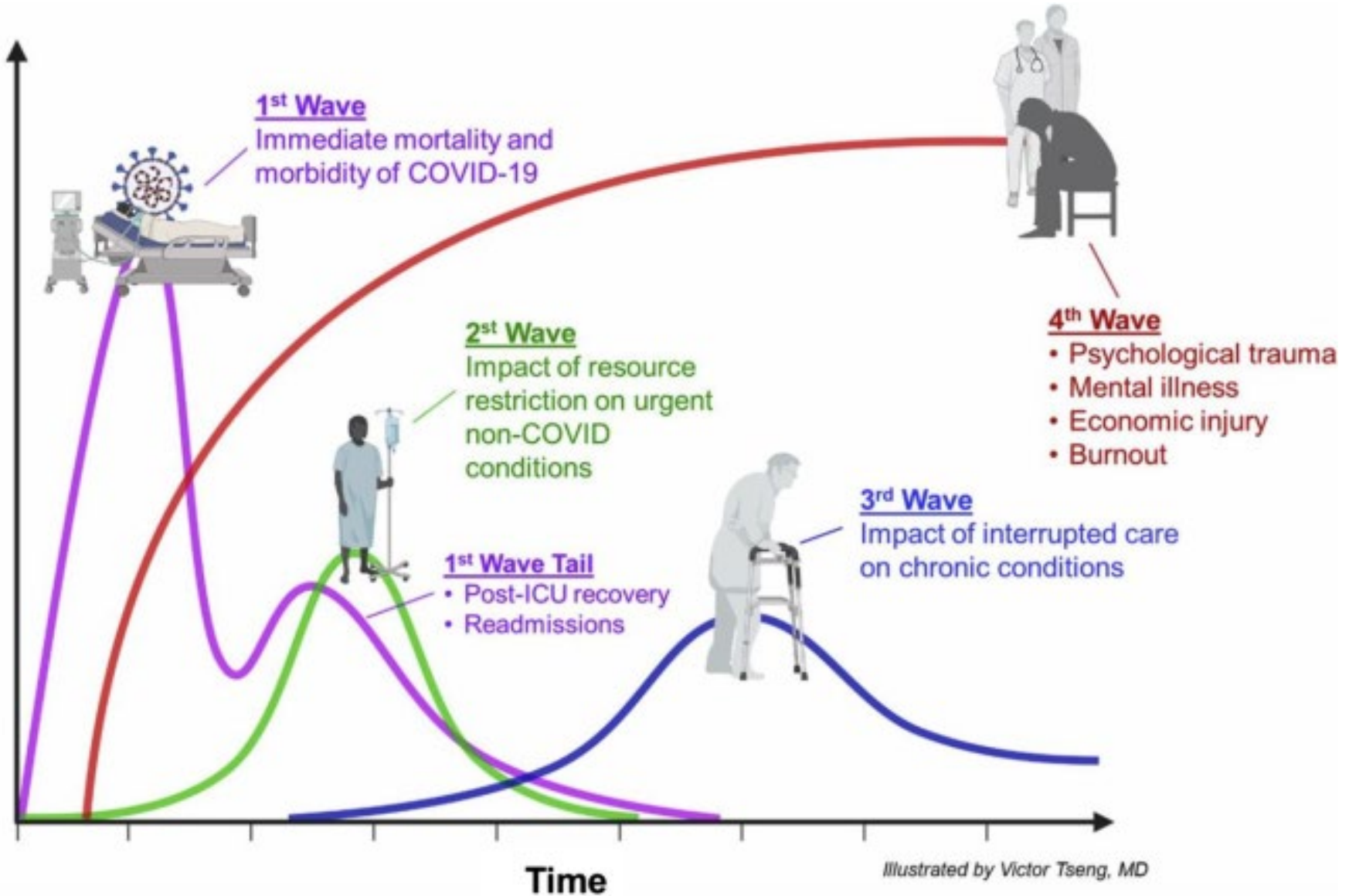
Opioid & Suicide Crisis

Adult Life Stressors

Early Trauma

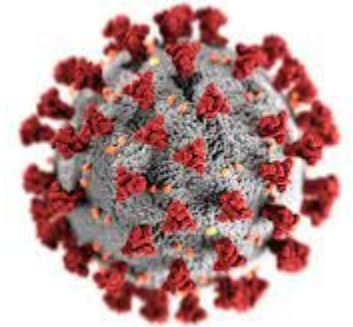
Generational Trauma

Health Footprint of Pandemic



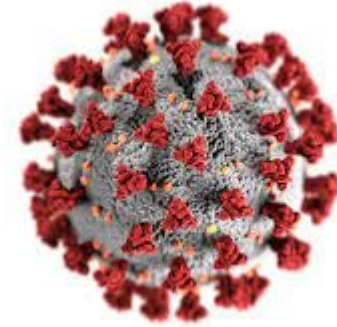
Added Stress with Responsibility for Others

- Fear of being infected
- Fear of taking home infection to families
- Worries that the people being served will be infected
- Stress of balancing complex decisions for people under your care



Emotional Stressors of Quarantine During Quarantine Periods

(Brooks et al, Lancet 2020)



- Duration
- Fear of infection
- Frustration and boredom
- Loss of routine
- Loss of social contact

During late June, 40% of U.S. adults reported struggling with mental health or substance use*

ANXIETY/DEPRESSION SYMPTOMS



STARTED OR INCREASED SUBSTANCE USE



TRAUMA/STRESSOR-RELATED DISORDER SYMPTOMS



SERIOUSLY CONSIDERED SUICIDE†



*Based on a survey of U.S. adults aged ≥18 years during June 24-30, 2020

†In the 30 days prior to survey

For stress and coping strategies: bit.ly/dailylifecoping

Indicators of Anxiety or Depression Based on Reported Frequency of Symptoms During Last 7 Days

Select Time Period

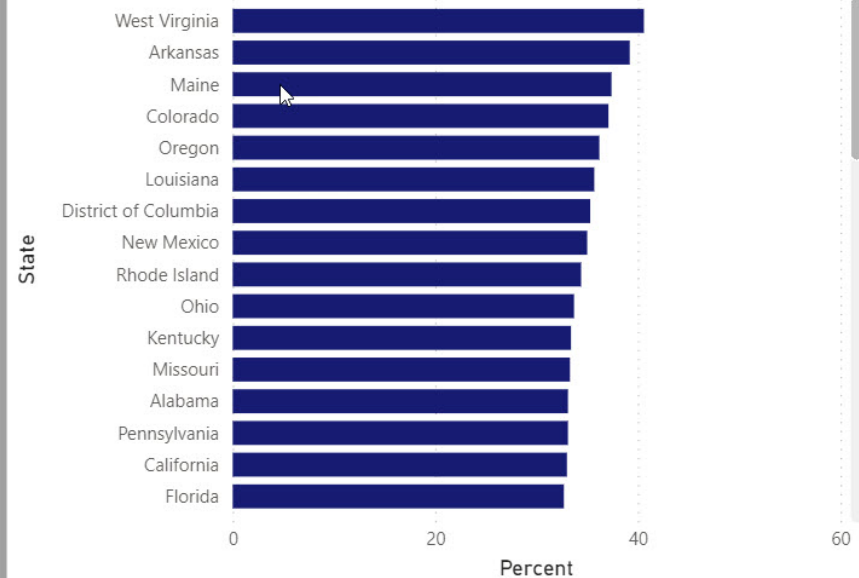
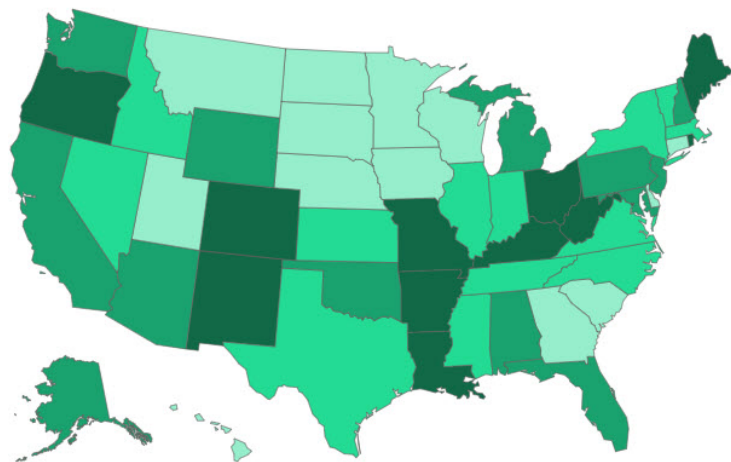
Mar 3 - Mar 15

Select Indicator

Symptoms of Anxiety Disorder

Symptoms of Anxiety Disorder

State Ranking



NOTE: All estimates shown meet the NCHS standards of reliability. See Technical Notes below for more information about the content and design of the survey.

SOURCE: U.S. Census Bureau, Household Pulse Survey, 2020-2021

Most recent CDC data: Mar 3-15, 2021

<https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>



Finding Balance and Integrating Priorities

- Public Health
- Mental Health

Balancing *our* mental health and the mental health of *those we serve*

- Complex issues and complex decision making for Line Staff and Supervisors
- Each situation may have variables that the public health orders don't and cannot fully cover
- Major stress points in navigating safe practices for all include:
 - Visitors
 - Testing
 - Outings
 - Vaccines
- State guidance aims to help address questions, but can also raise other questions

Mental Health According to the CDC

<https://www.cdc.gov/mentalhealth/learn/index.htm>

What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.¹ Mental health is important at every stage of life, from childhood and adolescence through adulthood.



Although the terms are often used interchangeably, poor mental health and mental illness are not the same things. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of [physical, mental, and social well-being](#).

Mental Health and Overall Health

- Mental health can impact physical health conditions, and vice versa (e.g., diabetes, heart disease)
- Mental health can change over time
- Stress can impact mental health, and can be brought on with sudden trauma or chronic issues
 - COVID-19 pandemic stressors can include:
 - Coping with grief and loss
 - Coping with isolation
 - Coping with financial hardships
 - Coping with boredom
 - Coping with uncertainty
 - Etc....

Self Check-in

How am I doing at work?

How am I doing generally?

Elements of Burnout

- Exhaustion
- Mental Distance
- Cognitive Impairment
- Emotional Impairment



https://burnoutassessmenttool.be/project_eng/

According to the World Health Association...

- Burn-out per ICD-11: “Burn-out is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions:
 - feelings of energy depletion or exhaustion;
 - increased mental distance from one’s job, or feelings of negativism or cynicism related to one's job; and
 - reduced professional efficacy.”
- “Burn-out refers specifically to phenomena in the occupational context and should not be applied to describe experiences in other areas of life.”

<https://www.who.int/news/item/28-05-2019-burn-out-an-occupational-phenomenon-international-classification-of-diseases>

Oldenburg Burnout Inventory

- I always find new and interesting aspects in my work.
- There are days when I feel tired before I arrive at work.
- It happens more and more often that I talk about my work in a negative way.
- After work, I tend to need more time than in the past in order to relax and feel better.
- I can tolerate the pressure of my work very well.
- Lately, I tend to think less at work and do my job almost mechanically.
- I find my work to be a positive change.
- Etc....



Strategies for Fostering Mental Well-Being



HOLDING HOPE:

Being Aware and
Being Prepared
as Individuals



Holding hope and instilling hope:

- This crisis will end...
- The great majority of people will do well
- Strengthened by previous adversity... call on that
- Seek out, recognize, amplify kindness/generosity

From the CENTER FOR THE STUDY OF TRAUMATIC STRESS

For more information visit:

<https://www.cstsonline.org/covid-19/mental-health-support>

Dictionary

Search for a word



com·pas·sion fa·tigue

/kəm'paSHən fə'tēg/

noun

noun: **compassion fatigue**

indifference to charitable appeals on behalf of those who are suffering, experienced as a result of the frequency or number of such appeals.

Translate compassion fatigue to

Choose language



Combating Compassion Fatigue

- Get educated
- Practice Self-Care
- Set emotional boundaries
- Engage in outside hobbies
- Cultivate health friendships outside of work
- Keep a journal
- Boost your resiliency
- Use positive coping strategies
- Identify workplace strategies (group support, breaks, check-ins)
- Seek personal therapy



**Build Resilience
Muscles!!!**

What Are Your Self-Help Strategies?



Even for caretakers!!!

Tips for Self-Care

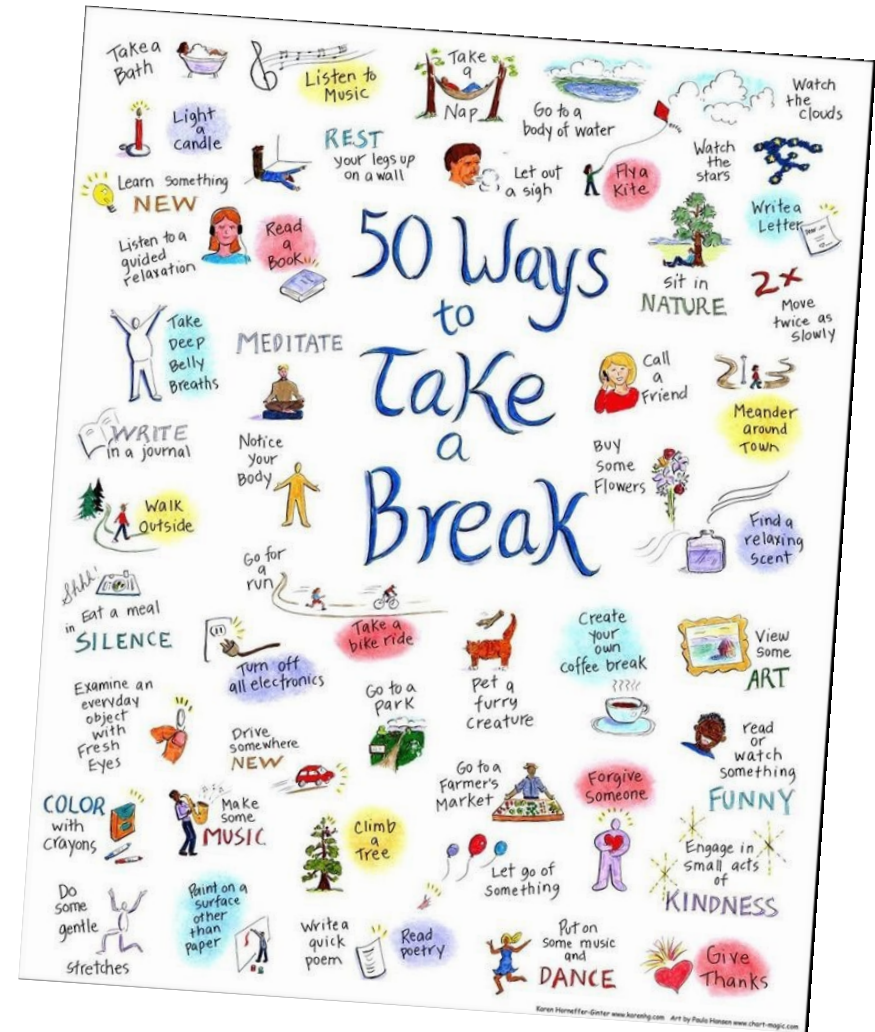
- Acknowledge challenges and address them
- Meet basic needs
- Eat balanced meals
- Exercise
- Take breaks
- Connect with colleagues
- Communicate constructively
- Develop schedules
- Get adequate sleep
- Respect differences
- Reach out to family
- Stay updated but limit exposure to media
- Self-check in
- Forgive yourself for being human
- Have mindful moments
- Avoid drugs and excessive alcohol

Mindful Strategies

- Deep breathing
 - Square breathing technique (Breathe in for 4, hold for 4, out for 4, hold for 4 and repeat)
 - Breathe in and out deeper for a moment, with one hand on chest, one hand on belly, feel the movement
- Guided imagery
 - Imagine a spot where you find beauty or peace. Hold the thought. Pay attention to your breathing.
- Take a stretch, then relax and exhale.
- Reflect in the moment on what all your senses are experiencing
- Consider mindfulness apps

Ideas to Improve Mental Health

- Listen to music
- Take a nap
- Read or watch something funny
- Make some music
- Call a friend
- Eat a meal in silence
- Color with crayons
- Engage in small acts of kindness
- Sit in nature



“Post-Traumatic Growth” is Possible!

- Becoming more understanding and tolerant
- Having increased appreciation for relationships and loved ones
- Being grateful for what they have and for those in their community who are loving and caring
- Experiencing enhanced spiritual connection
- Becoming more socially active
- Amplify kindness

A faint, light blue outline map of the state of Michigan is centered in the background of the slide. The map shows the distinct shape of the Lower and Upper Peninsulas.

Accessing Support

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



STAY WELL
Michigan.gov/StayWell

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

Michigan.gov/StayWell

Michigan.gov

FAQ ALTERNATE LANGUAGES HOME MDHHS SEARCH

Coronavirus MI SAFE START CONTAIN COVID RESOURCES PRESS RELEASES DONATE VIDEO UPDATES


CORONAVIRUS / RESOURCES / MENTAL HEALTH RESOURCES

MENTAL HEALTH RESOURCES

If you're feeling emotional distress due to the COVID-19 pandemic, get free, confidential support from a Michigan Stay Well counselor.

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

The Stay Well counseling line is available 24/7.



BE KIND TO YOUR MIND

Staying mentally healthy during a pandemic can be challenging, but help is available. Connect with emotional-support resources and services without having to leave home.



Virtual Support Groups



Help Lines (Phone & Text)



Mental Wellness Webinars



Behavioral Health Guides



Video Resources

Attend a virtual support group

COVID-19 frontline workers: could you use some emotional support? How about decompressing with others who understand what you're dealing with? Register for a virtual support group specifically for health care workers, first responders and other frontline workers, hosted by our Stay Well counseling team.

[Register](#) for one or more sessions:

Thursday, April 8, 2021 - 4:00 p.m.

Thursday, April 15, 2021 - 4:00 p.m.

Thursday, April 22, 2021 - 4:00 p.m.

To register:

- **Michigan.gov/StayWell**
- **Select “Virtual Support Groups”**
- **Select “Michigan Frontline Workers”**

Find this at:

https://www.michigan.gov/coronavirus/0,9753,7-406-98178_99557_104975-549331--,00.html

SUPPORTING EMOTIONAL HEALTH OF THE BEHAVIORAL HEALTH WORKFORCE DURING COVID-19



As a behavioral health provider, you are likely experiencing additional challenges during the COVID-19 infectious disease outbreak. This may include concerns about your own health, your family's health, stigma from within your community, and managing the distress of people you support in your professional life.

We acknowledge the risks you take every single day, and we recognize that with the COVID-19 outbreak the world feels upside down. You are shifting your office setting to telepractice, learning new technologies, determining who needs a face to face appointment and how to do that safely, and where to send people who may be in more distress. We recognize that with all the changes comes increased stress. We also recognize the increased risk and burden placed upon you and your family. If you are still needing to see people face to face for support of their behavioral health condition, your duty to serve can put you at increased risk of getting sick and conflicts with your own safety. That is a stress most will never understand.

Find this at:

https://www.michigan.gov/coronavirus/0,9753,7-406-98178_99557_104975-549331--,00.html

GRIEF & LOSS

IN THE COVID-19 CONTEXT AND BEYOND

Grieving is hard. Loss is often unexpected. Even if it was foreseeable, it may still feel sudden or as if there was no time to prepare. Perhaps you lost someone or something recently, or the current situation is causing feelings of sadness from a previous loss to re-emerge. If someone you loved has died, know you are not alone.

Across the globe, hundreds of thousands of people have died from COVID-19, even though many more have recovered. It is likely you were unable to see your loved one before they passed away. The severity of COVID-19 illness and intensity of treatments created a sense of inevitable death for some people. Others may have seemed to be recovering or experiencing mild illness, leaving you shocked by their passing.



For some people, grief reactions may become overwhelming or lead to suicidal thoughts. These impairing thoughts generally mean that more help is needed. There are many resources to assist with these concerns.

Disaster Distress Helpline:

Call 1-800-985-5990

Text TALKWITHUS to 66746

National Suicide Prevention

Michigan Stay Well

National Suicide Prevention Lifeline

Call: 1-800-273-8255 - Available 24/7

Visit: suicidepreventionlifeline.org

National Suicide Prevention Deaf and Hard of Hearing Hotline

Access 24/7 video relay service

Call: 1-800-273-8255 (TTY 1-800-799-4889)

Visit: suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/



**Thank You
FOR all
YOU DO!**

**Debra A. Pinals, M.D.
pinalsd@michigan.gov**



Thoughts? Reflections?

Conclusion

Reminder

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

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Send your questions/comments to:

Staffing: MDHHS-LTCStaffing@michigan.gov

Vaccines: MDHHS-COVID-Longtermcare@Michigan.gov

Testing: MDHHS-Binaxnowrequest@michigan.gov

Emergency Orders: MDHHS-MSA-COVID19@michigan.gov

All Other Questions:

MDHHS-COVID-AFC-HFA-Response@michigan.gov

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