Resiliency is the name of the game
Today’s Topics:

1. COVID-19 – the latest
2. What does resiliency look like?
3. The science behind a COVID-19 vaccine
4. Anticipating and supporting Mental Health
Resiliency is the name of the game

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The Coronavirus pandemic is an ongoing, continuously evolving situation. Northern Light Health encourages everyone to follow federal and state governmental guidance and mandates.

Northern Light Health does not know the particulars of your situation, so the information presented today is general in nature and is based upon Northern Light Health’s own experience, which may or may not apply in your specific situation, and which may be revised as we learn more about the Coronavirus.

Accordingly, following any guidance Northern Light Health presents today in no way guarantees that you, your employees and/or your customers and clients will not contract or spread the Coronavirus.
Ask us questions – give us feedback – this hour is for you

- Please use the chat function to ask your questions at anytime.
COVID-19, Updates, testing, and screening
Latest on COVID-19

- Cases on the rise AGAIN
  - Rural locations
  - Influenza season is looming
COVID-19 Testing

- Testing capacity increasing
- 4-5 day turnaround times
- Newer test being deployed
  - Can they be used for asymptomatic
- Schedule an appointment
  - Changes almost daily
  - Best to reach out to local facilities
HOW TO STAY SAFE AND HAVE FUN this Halloween

Many of our usual Halloween activities are off the table this year, but there are a lot of ways to still have fun.

Keep the following things in mind, no matter how you’re celebrating:

- Wear a cloth face covering when outside your home and around others that are not part of your household. (Consider a face covering in a Halloween print or pick a costume where your face covering can be part of the outfit. Halloween costume masks do not provide adequate protection from COVID-19.)

- Avoid confined spaces. (Stay away from indoor spaces that don’t allow for easy distancing of at least six feet between you and others.)

- Avoid close contact. (Stay at least six feet away (three or more adult steps) from all other people who are not part of your own household, especially while talking, eating, drinking, and singing.)

- Wash or sanitize your hands often.

- Clean frequently touched items regularly.

- If you are sick, have been in contact with someone who is sick with COVID-19 or who has symptoms of COVID-19, you should stay home, not participate in in-person Halloween festivities, and not give out candy to trick-or-treaters.

For complete information and Halloween recommendations, please visit https://www.maine.gov/decd/checklists/seasonal-activities
Holiday Safety

- Thanksgiving
- Shopping
- December
What does resiliency look like?
What resilient people do or learn how to do

1. Face their fears
2. Imagine realistically optimistic possibilities
3. Adjusts thinking; corrects cognitive distortions
4. Identify priorities, set boundaries and pace themselves
5. Accept reality while adapting to uncertainty
6. Shift to realistic standards
7. Learn from failure
8. Show kindness to themselves for their imperfections
9. Ask for help when they need it and get back up when they fall
10. Share their experiences and are open about their feelings
11. Find ways to have fun and enjoy themselves
12. See the funny side
13. Take care of themselves physically
14. Sustain themselves spiritually
15. Focus on their mission
16. Search for meaning and ask, “What is life asking of me?”
• In Maine on a travel assignment
• Never ending problems; resolve one then the next comes along
• Uncertainty and being isolated from friends and family compounds the feelings of worry and despair
• Hard time maintaining work/life balance and feels guilty about self-care
• “Zooms out” to shift perspective when overwhelmed
• Takes refuge in hiking, photography and ice cream
• Connects with people
• Is reflective and takes joy and solace in ordinary things
What resilient people do or learn how to do

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Kim’s resilient behaviors

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The science behind a COVID-19 vaccine
How vaccines work

• Vaccines work by training the immune system to recognize & combat pathogens

Molecules (antigens) from pathogen (bacteria/virus) introduced onto the body

Triggers immune response

Antibodies and T cell responses

immune memory

Attack before disease develops
Public/private partnership: pharma and US Government

- Preclinical, toxicology

Overlapping clinical phases

Manufacturing

Rapid production

VACCINE

Approval

Distribution

Existing data from SARS-CoV-1/MERS/other coronaviruses

SARS-CoV-2 Vaccine — Operation Warp Speed

2020

Build facilities now

2021
## Types of vaccines

<table>
<thead>
<tr>
<th>PLATFORM</th>
<th>Example</th>
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<tr>
<td>Inactivated virus</td>
<td>Influenza, hepatitis A</td>
</tr>
<tr>
<td>Live attenuated virus</td>
<td>Nasal influenza (FluMist), measles</td>
</tr>
<tr>
<td>Protein subunit</td>
<td>Hepatitis B</td>
</tr>
<tr>
<td>Non replicating viral vector</td>
<td>Ebola</td>
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<tr>
<td>DNA</td>
<td>None licensed</td>
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<tr>
<td>RNA</td>
<td></td>
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![Diagram of antibody production in response to a vaccine](image.png)
SARS-Co-V-2 vaccines in development

- **Operation warp speed vaccines**
  - First wave
    - Moderna (mRNA)
    - Pfizer (mRNA)
    - AstraZeneca-Oxford (adenovirus)*
  - Second wave
    - Novovax (protein particle)
    - J&J (adenovirus)*
    - SanofiPasteur (recomb protein)
    - Merck & Co (live VSV)

- **International**
  - Russia
    - SputnikV
    - EpiVacCorona
  - China
    - Ad5-nCoV
    - CoronaVac
  - India
    - COVAXIN
    - ZyCoV-D
  - Japan, Australia etc.
What does it all mean?

- **Efficacy**
  - Ideally vaccine > 90% effective
  - 70-75% acceptable; ? 50%

- **Logistics**
  - Distribution, storage, administration etc...

- **Utilize all tools**
  - Vaccines
  - Hand washing
  - Masks
  - Social distancing
  - Testing, isolation & contact tracing
  - Agility in response to surges
The face of resiliency
Rachel Nobel, MA
Grants consultant, Office of Community Health & Grants

• Mother of 3 school-age kids working remotely

• “I feel like in most things I am just hanging on by my fingernails and getting those things that have to get done done, and the things that should get done, or can get done later (or never) are being shuttled down the line. It’s hard to think anything can make things better right now.”

• Northern Light pandemic parenting advice column: “How do I calm the clutter – noise, stuff, distracting news – and how to talk to children about tyranny, oppression, racism, political division, climate change, COVID”

• EAP information at the ready “in case I just decide I can’t do it anymore. I think I am not alone in that.”

• “Be flexible” is her new mantra

• Stretches even for a few moments before getting up and going to bed

• Purpose-driven, volunteers in the community, loves to walk and hike, is thoughtful and spiritual and honest

• Takes Zoom piano lessons

Northern Light Health.
What resilient people do or learn how to do

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Rachel’s resilient behaviors

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Being resilient doesn’t mean you won’t go down.

It just means you’ll get back up.
Anticipating and supporting mental health
Start planning now to assess options

Make a list of your holiday traditions:

• What are they?
• Where are they?
• Who do you usually celebrate them with?
• Which bring you joy?
• Which do you do out of a sense of obligation?

It’s so easy to focus on what we can’t do right now.
But many aspects of the holidays can still happen just as they always have.

CDC Comprehensive Holiday Guidelines:
Tough decisions, Emotional reactions

Expect and cope with emotional reactions:

“Unfortunately, with all the uncertainty, we’re going to stay home this year.”

“I have to do what’s right for me and my family.”

“I know you’re really disappointed we won’t make it. I’m sad about it too.”

Get creative: recreate versions of your favorite traditions that fit current realities.

Prepare to be flexible: Even the best-made plans might go sideways at the last minute.
Coping with Holiday Stress

- Keep expectations for the holiday season manageable.
- It is okay not to feel jolly.
- Do something for someone else.
- Enjoy activities that are free.
- Be aware that excessive drinking and eating will have negative consequences.
- Try something new.
- Spend time with supportive and caring people.
- Save time for yourself.

**DRAMMA Model**

An employee’s responses after a week-long staycation:

“… I forgot about work” (detachment)

“… I did relaxing things” (relaxation)

“… I felt like I was free to decide for myself how to live my life” (autonomy)

“… I did things that challenge me” (mastery)

“… I did something that was important to me” (meaning)

“… I felt close to the people I was interacting with” (affiliation)

Work Force EAP Resources

For more information about Work Force trainings and clinical services:

1-800-769-9819
www.workforceeap.com
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Tools you can use:

https://northernlighthealth.org/Resources/Safe-Return-to-Business
For more information or to submit a topic for a future Zoom Conference:

Contact:
Lanie Abbott
Director of Communications
lwabbott@northernlight.org
Join us Thursday, November 5:

Topics:

• Helping our kids set expectations for the holidays
• Living with diabetes and enjoying the holidays
• Helping employees balance work and family obligations
• Latest on COVID-19
Legal Disclosure:

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