Mental health and living with continued COVID

Topics:
• Latest on COVID-19
• Boosters
• Vaccines
• Supporting good mental health and increasing awareness
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Ask us questions – give us feedback – this hour is for you

- Please use the **Q and A** function to ask your questions at anytime.

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**Good Health Is Good Business Survey (Updated July 15)**

1. I am able to apply the tools and guidance provided today to support my workforce and/or employees.
   - Strongly Agree
   - Agree
   - Neutral
   - Disagree
   - Strongly Disagree

2. The information provided today was easy to understand and relevant.
   - Strongly Agree
   - Agree
   - Neutral
   - Disagree
   - Strongly Disagree

3. How likely are you to recommend the Business to Business Zoom Conference series to a fellow colleague and/or Maine employee?
   - Very Likely
   - Likely
   - Neutral
   - Unlikely
   - Very Unlikely

4. How likely are you to attend one of our Business to Business Zoom Conferences in the future?
   - Very Likely
   - Likely
   - Neutral
   - Unlikely
   - Very Unlikely

5. What topics would you like us to focus on in the future?
Latest on COVID-19
Immunology of breakthrough infections
Cognitive bias
Latest on COVID-19 – a Northern Light Health snapshot
Vaccines and boosters – where are we?

Booster shots?

- **Authorized vaccines continue to be highly effective against Delta variant**
- **Booster/Additional dose Update:**
  - An additional dose of mRNA advised for moderately to severely immunocompromised to help build more protection against the disease
  - Booster doses may be needed to help against waning immunity for people who built up enough protection after vaccination
  - Waiting FDA’s authorization and ACIP’s (Advisory Committee on Immunization Practices) recommendation
## Monoclonal Antibodies in our community

<table>
<thead>
<tr>
<th>Infected</th>
<th>Hospitalized</th>
<th>Died</th>
</tr>
</thead>
</table>

- Infected: [Number of individuals]
- Hospitalized: [Number of individuals]
- Died: [Number of individuals]
What NOT to do

Unproven therapies:

• No supplements or medications have shown to reduce the risk of contracting COVID-19 – excessive intake of supplements can be harmful
• Many are being studied
• **Contact your healthcare professional before starting any treatments**
Vaccine Immunology

Are the vaccines still working in Maine?

We see the lowest case increase in the ages with the highest vaccine rate (true worldwide).

Breakthrough infections can happen, but they do not make up the bulk of the new infections, hospitalizations or death.
Why is a SARS-CoV-2 infection different if you’re vaccinated?

**If unvaccinated:**
- It takes time for your immune response to turn on and eliminate the virus.
- While this period elapses, the virus continues to spread throughout your body.

**If vaccinated:**
- Your immune system is ready to respond right away.
- This can block the infection completely in some.
- In those who develop breakthrough infections, it results in the virus being cleared much more quickly. Before it has time to spread throughout your body and cause severe disease.

Northern Light Health.
Mental Shortcuts
Mental Shortcuts are Adaptive

We’re given new information...

The brain tries to make sense of the new info AND

Make sense of the world (does it match something I know?)

Now I understand! (But maybe I don’t?!)

Make sense of this new info quickly
Common Mental Shortcuts

**Availability Bias:** “I’ve seen this all over my news feed – this must be true!”

**Mental Filtering:** “I heard of heart issues from the vaccine.”

**Loss Aversion:** “I heard you can get sick from the vaccine.”

**False Causes:** “Ice cream sale and murder rates increase in the summer; so ice cream must cause murders.”

**Status Quo Bias:** “So far so good! No reason to change now.”

**Optimism Bias:** “People my age don’t get that sick.”

**Group Think:** “None of my friends/family believe this.”

**Naturalist Bias:** “I only want to put natural things in my body.”

The Big Idea: Mental shortcuts are helpful ....... Until they aren’t!

(Greenstone & Leviton, 1993)
Mindfully Solve for Mental Shortcuts

We all use mental shortcuts

Be mindful! Shortcuts don’t always work

Naturalist Bias

Consider all the ways science helps you everyday

Mental Filtering

Be sure to weigh all facts equally

Optimism Bias

Watch for this and take a realistic approach to risk
Mindfully Solve for Mental Shortcuts

We all use mental shortcuts

Be mindful! Shortcuts don’t always work

Availability Bias
Seek out diverse sources of information

Loss Aversion
Consider what is gained by the new activity

False Causality
Remember: Correlation and causation are NOT the same!

Good Health Is Good Business
Supporting good mental health and increasing awareness
Mental Health Impact of COVID-19

Percentage of US Population Reporting Symptoms of Anxiety, Depression or Both

Source: NCHS/Census Bureau Household Pulse Survey
Maine v. United States: Mental Health Impact of COVID

Percentage of Population Reporting Symptoms of Anxiety or Depression - Maine v. United States

Source: NCHS/Census Bureau Household Pulse Survey
Mental Health Impact of COVID-19 Differs for Age Groups

Source: NCHS/Census Bureau Household Pulse Survey – Aug 2021
Employee Perception of What Reduces Stress (2017)

1. Change job or work role (24%)
2. New supervisor (11%)
3. Specific Intervention Strategy (11%)
4. Increased Personal Resources (10%)
   1. Positive Coping
   2. Protective Coping
5. Improved Relationships with supervisor/colleague (8%)

Walking the Walk – Incorporating Relaxation in the Workplace

You Tube Headspace one minute relaxation - Google Search
Good Health Is Good Business

Work Force: Reminders as we enter a new wave of uncertainty

• We know a lot more about Covid
• We know a lot more about working creatively
• We’ve proven our resiliency
• We’re human
• We’re going to drop some balls

Call Work Force EAP at 1-800-769-9819 to inquire about services available for your employees.

The State of Maine’s StrengthenME program offers additional resources for all people experiencing stress reactions to the COVID-19 Pandemic.

For Statewide assistance, call 207-221-8191

www.strengthenme.com
Northern Light Acadia Mood and Memory Clinic
Northern Light Alzheimer’s Disease Research Program
Social Isolation is a Critical Determinant of Health for Older Adults

“Social isolation and loneliness are the new epidemics of old age and impact health to the same degree as diabetes and hypertension”

New physical distancing guidelines have reduced not only disease transmission pathways, but also many of the pathways through which people express love, care, and social support.

nam.edu/Perspectives
COVID-19 Impacts on Older Adults

Greater risks:
- Greater social isolation
- More likely to be dependent on others
- Much more vulnerable to severe consequences of infection
- More likely to be in congregate living settings with greater exposure
- Less internet connectedness and less savvy with internet resources

Those at greatest risk:
- Long term care
- Recently widowed
- Dementia caregivers

Unclear whether mental health impact was greater:
Older adults may have adapted better with certain exceptions
Successful Adaptations to Social Isolation during COVID

- Young adult children moving back in from the cities
- Improving Zoom and video conferencing skills
- Expanded options for food and service delivery
- Expanding options for online activity and social group experiences
- Greater access to healthcare consultations for rural and less mobile elders
Now’s your time to ask questions. Please use the Q and A option.
Tools you can use:

https://northernlighthealth.org/Resources/Safe-Return-to-Business

Work Force: Reminders as we enter a new wave of uncertainty

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COVID-19 Impacts on Older Adults

Greater risks:
- Greater social isolation
- More likely to be dependent on others
- More prone to severe consequences of infection
- More likely to be in congregate living settings with greater exposure
- Less internet connectedness and less ability to use remote resources

Those at greatest risk:
- Long-term care
- Recently vaccinated
- Elders with chronic conditions

Mindfully Solve for Mental Shortcuts

- We all use mental shortcuts

Naturalist Bias
- Consider all the ways science helps you everyday
- Be sure to weigh all facts equally
- Watch for this and take a realistic approach to risk

Mental Filtering
- Be mindful
- Shortcuts don’t always work

Optimism Bias
- Be sure to weigh all facts equally
- Watch for this and take a realistic approach to risk

Due to Regional COVID-19 Rates

Masking is Required Inside
Regardless of Vaccination Status
Thank You!
Be sure to register for Thursday, September 30:
COVID-19: Navigating New Information to Support Our Employees’ Health

Topics:

- Latest on COVID-19
- Vaccines / Boosters
- Flu Vaccines
- Monoclonal Antibodies
  - What is it?
  - How does it work?
  - Who should get it and why?
- Vaccine mandates
  - Considerations when communicating policy changes to employees
  - Preparing for potential impact on staffing
- Supporting employees’ mental health
Legal Disclosure:

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