

Business to Business Zoom Conference Series

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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Legal Disclosure:

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 [Q and A](#) function to ask your questions at anytime.

Good Health Is Good Business Survey (Updated July 15)

Page 1 of 1

1. I am able to apply the tools and guidance provided today to support my workplace 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 employer?*

☐ 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 topic(s) would you like us to focus on in the future?

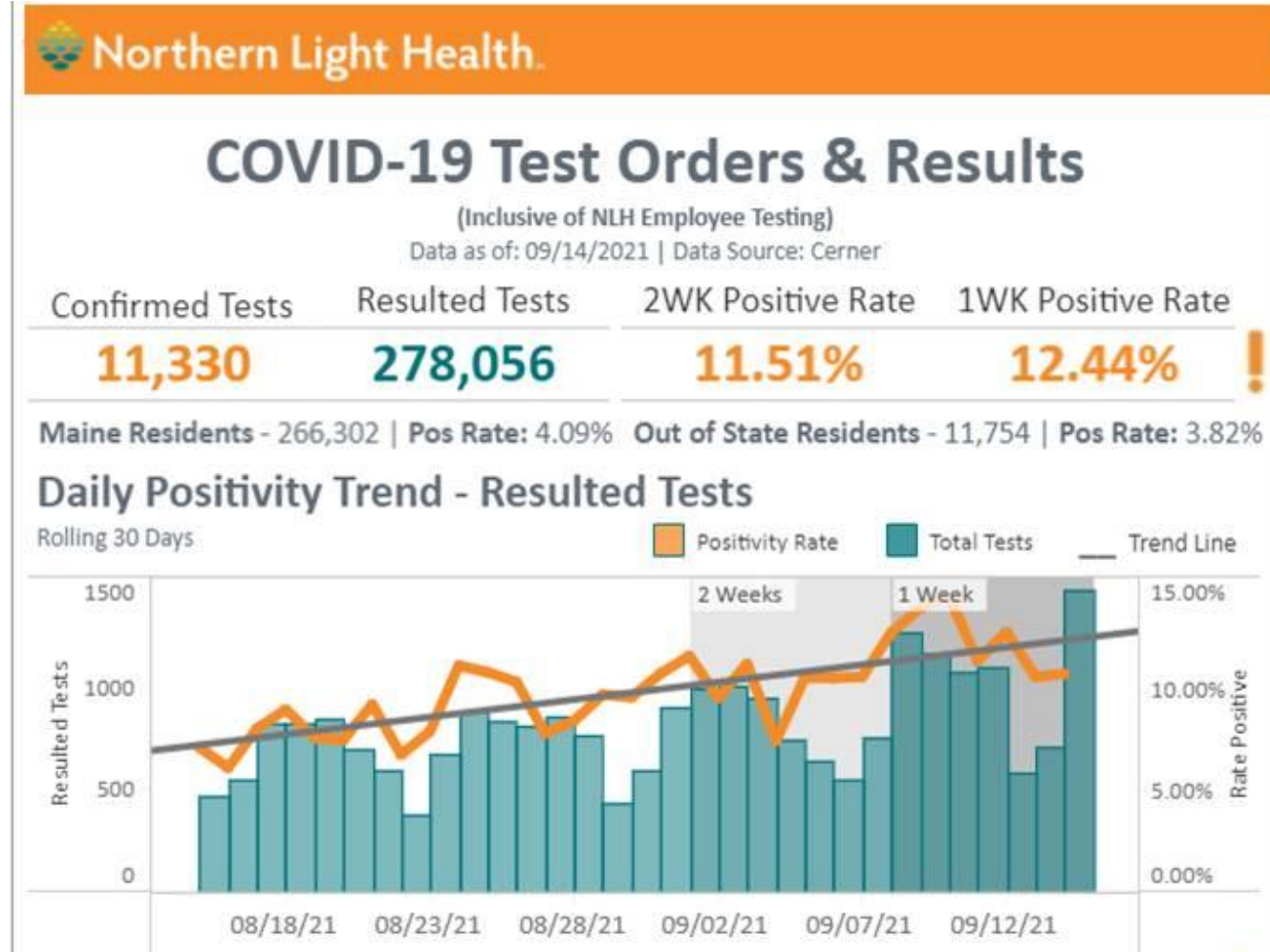
Done

Latest on COVID-19

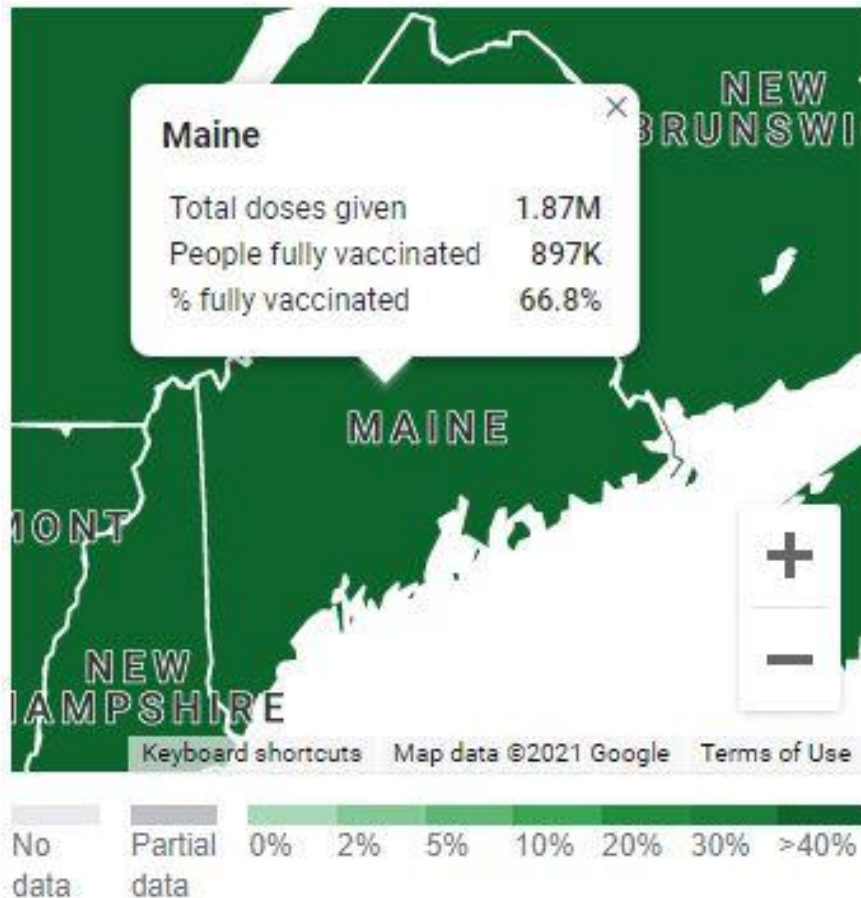
Immunology of breakthrough infections

Cognitive bias

Latest on COVID-19 – a Northern Light Health snapshot



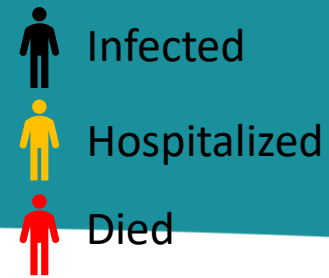
Vaccines and boosters – where are we?



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



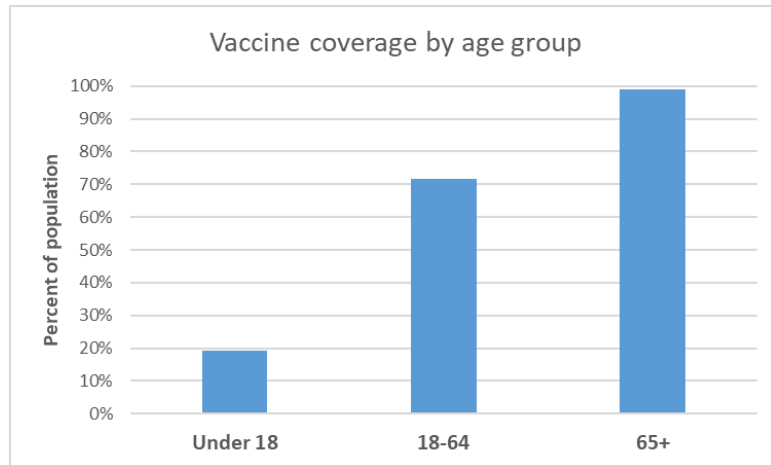
What NOT to do

Unproven therapies:

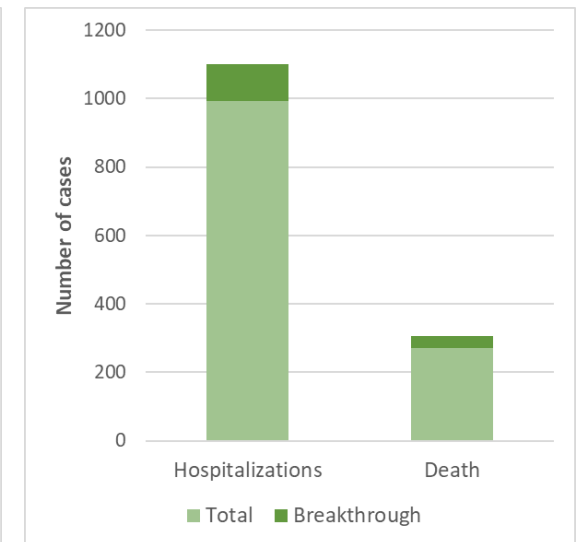
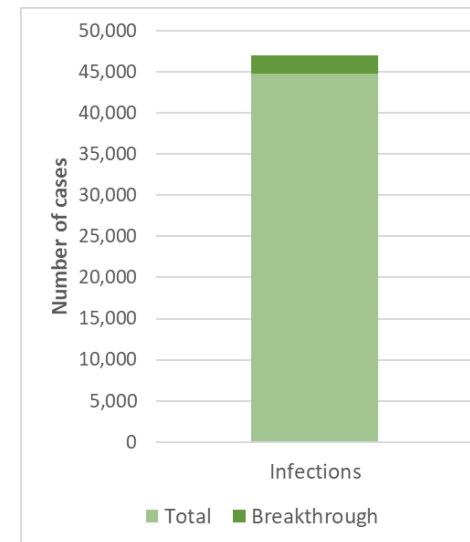
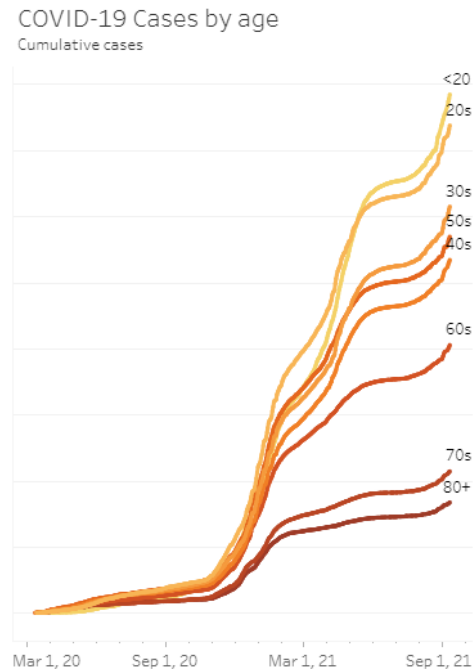
- No supplements or medications have shown to reduce the risk of contracting COVID-19 – excessive intake of supplements can be harmful
- Many are being studied
- **Contact your healthcare professional before starting any treatments**



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.

Vaccine Immunology

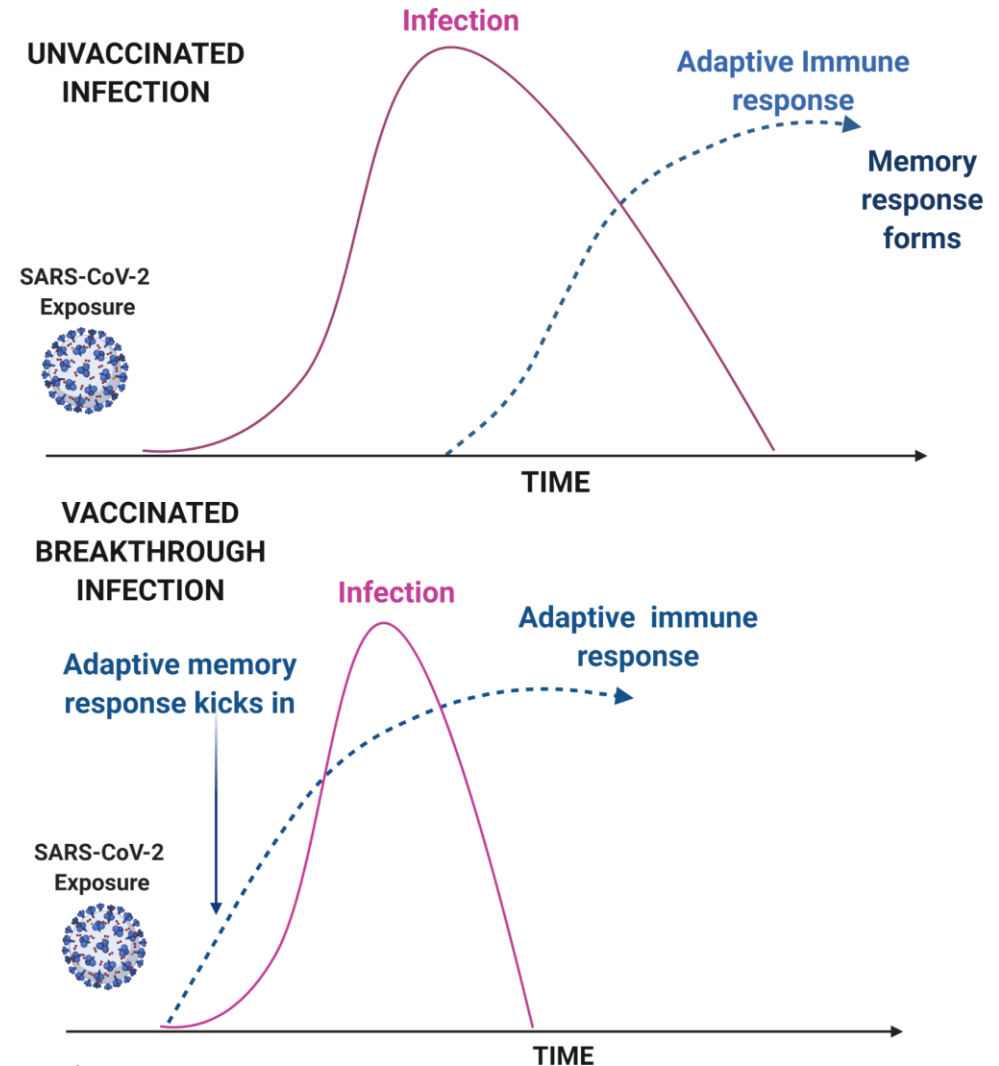
Why is a SARS-CoV-2 infection different if you're vaccinated?

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.

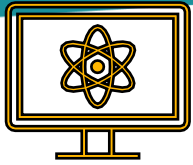
If vaccinated:

- 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.



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?)

Make sense of
this new info
quickly

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

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.”

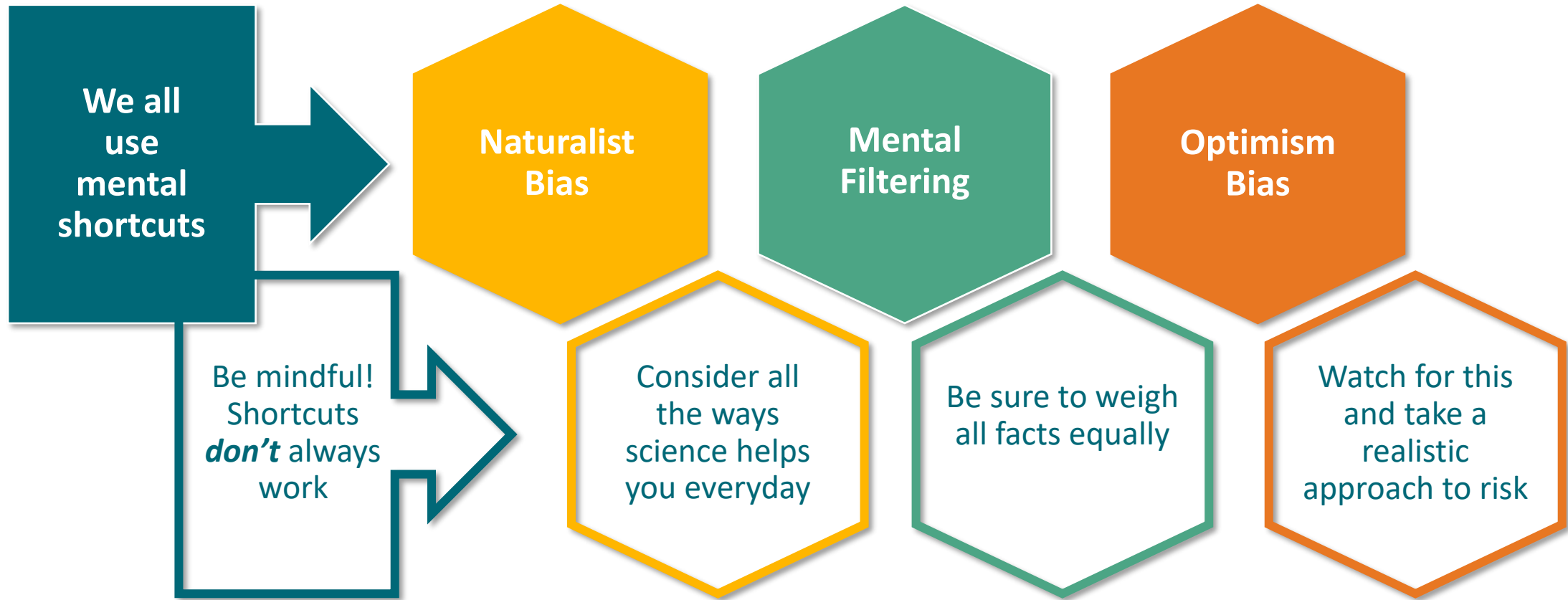
Optimism Bias:
“People my age don’t get that sick.”

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

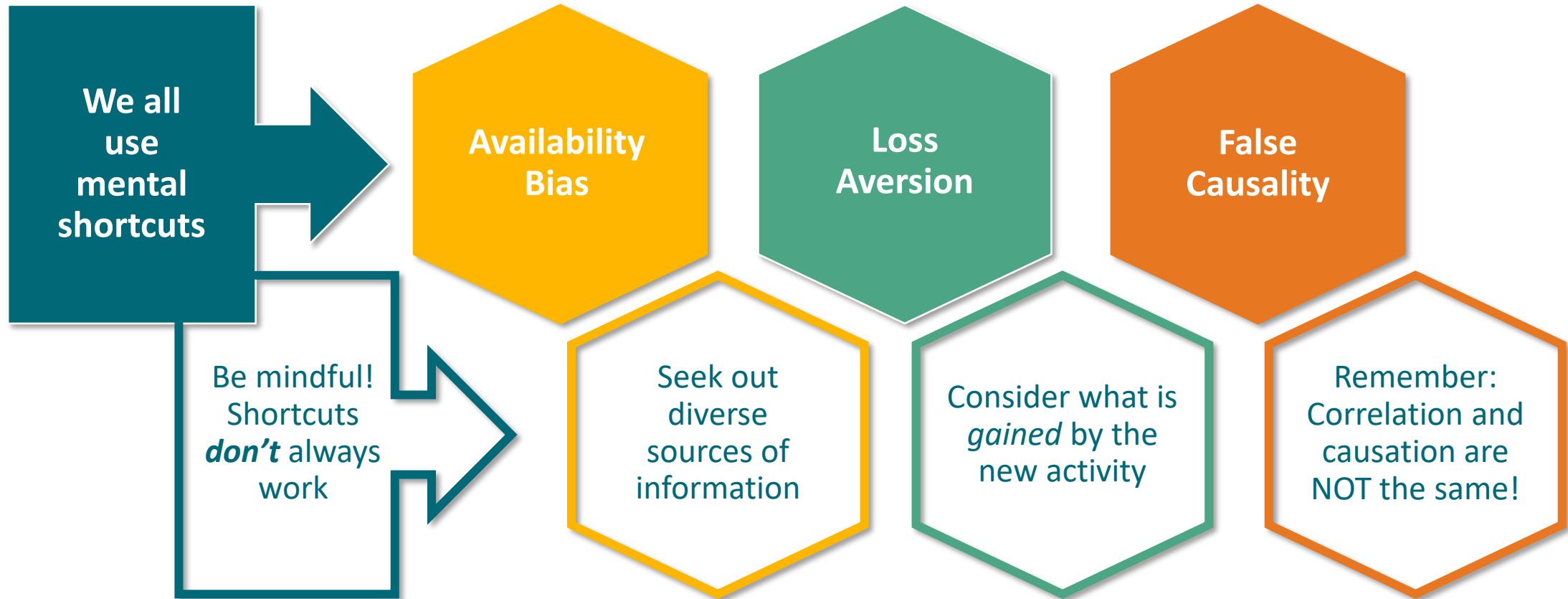
Naturalist Bias: “I only want to put natural things in my body.”



Mindfully Solve for Mental Shortcuts

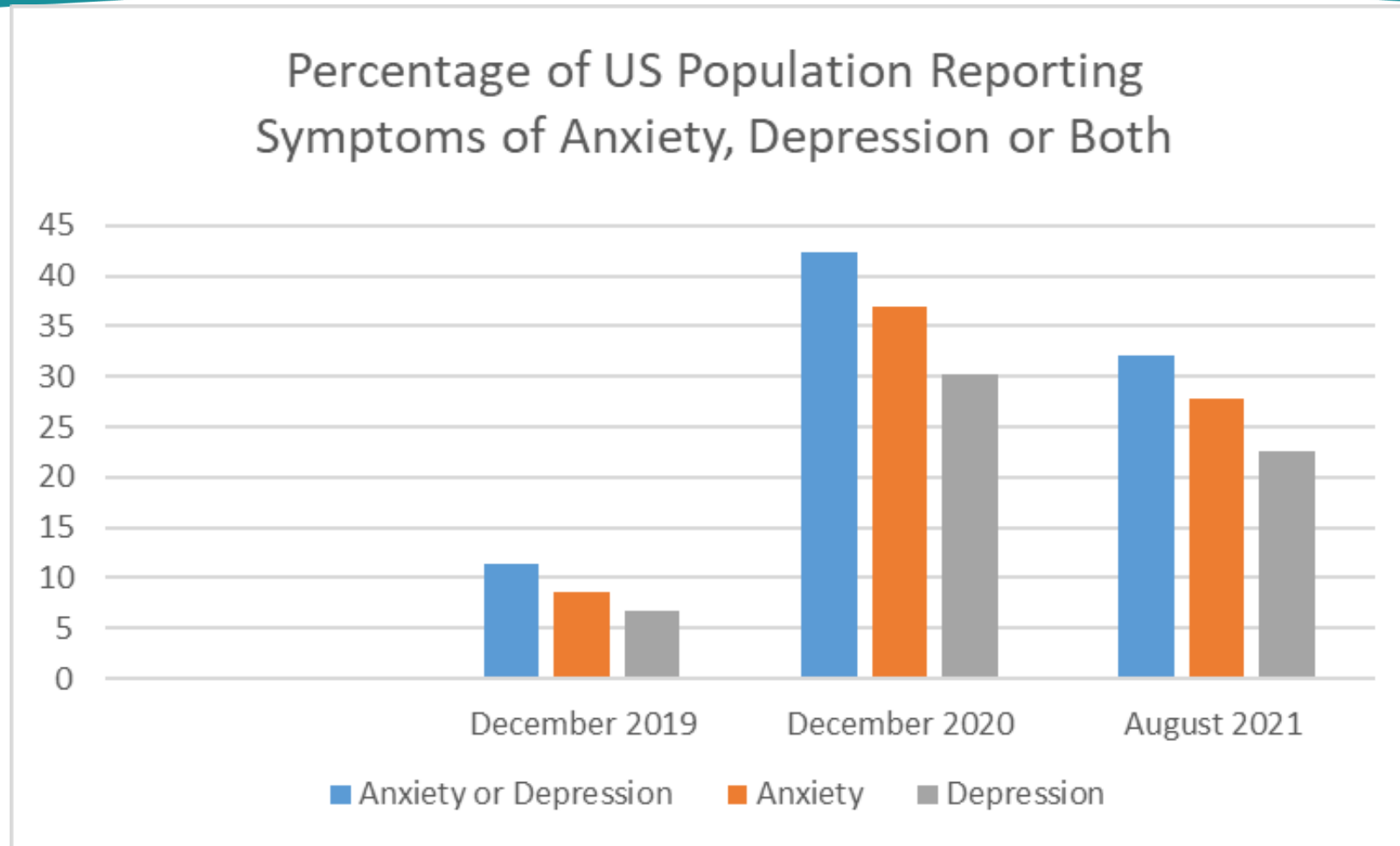


Mindfully Solve for Mental Shortcuts



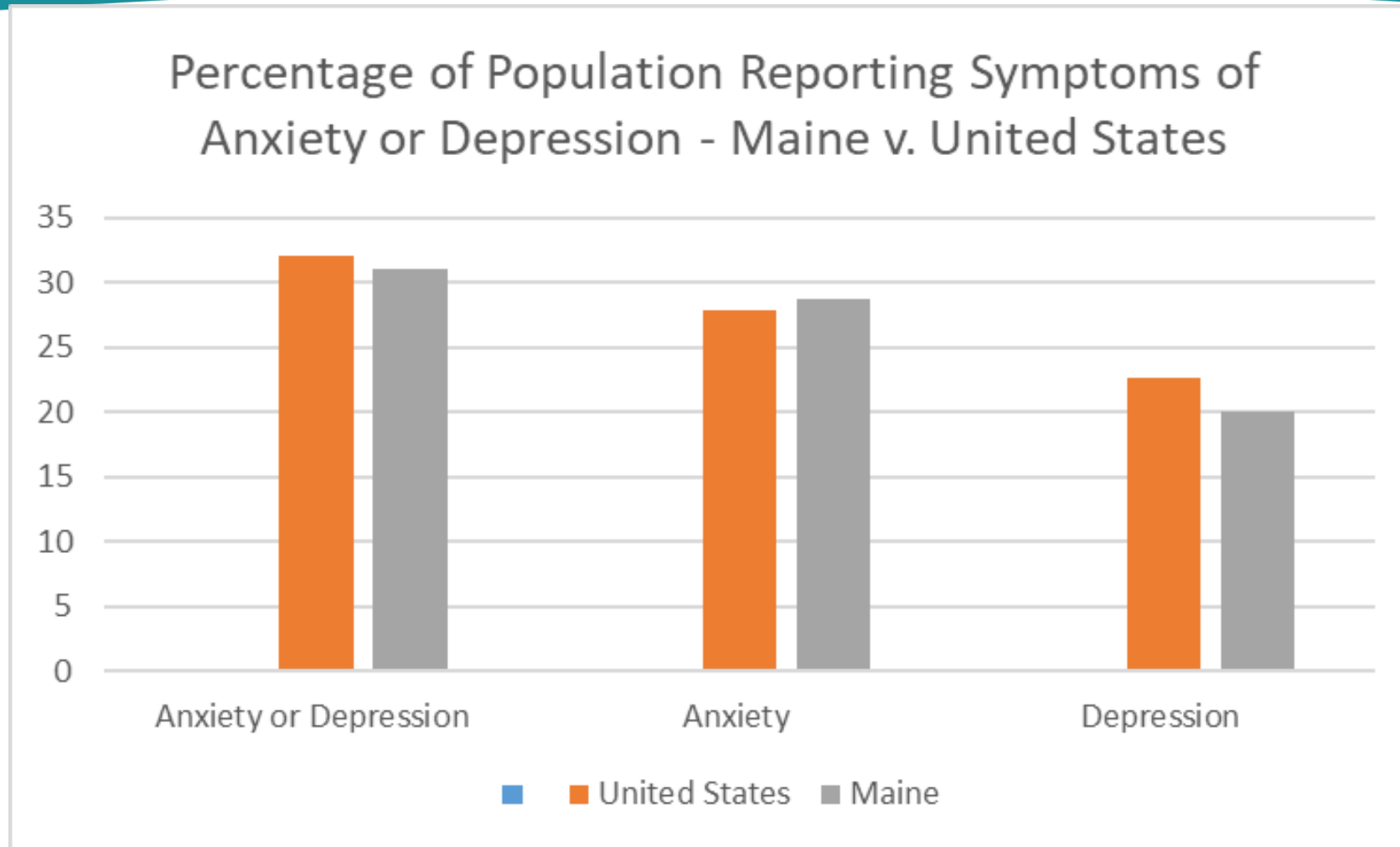
Supporting good mental health and increasing awareness

Mental Health Impact of COVID-19



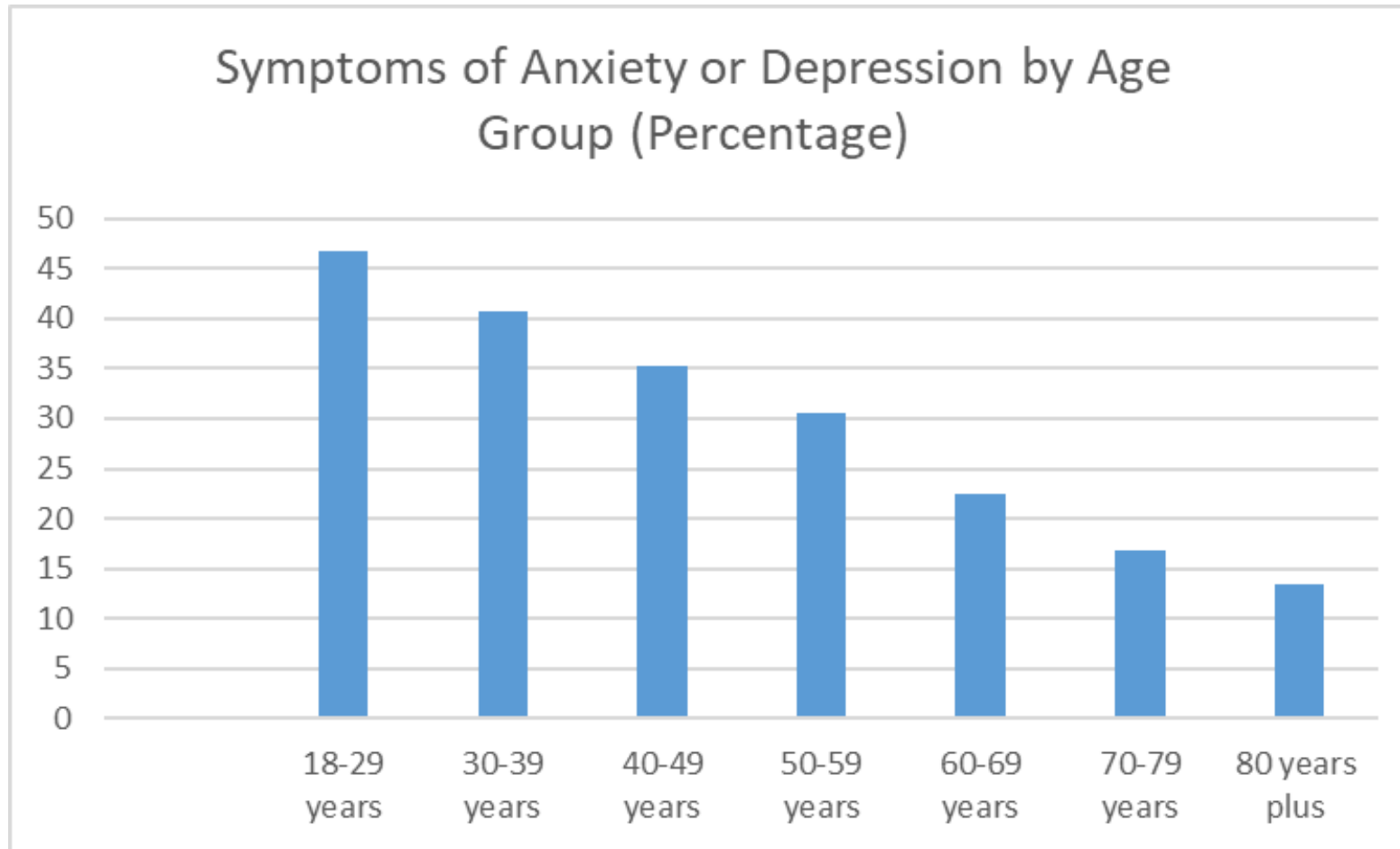
Source:
NCHS/Census
Bureau Household
Pulse Survey

Maine v. United States: Mental Health Impact of COVID



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

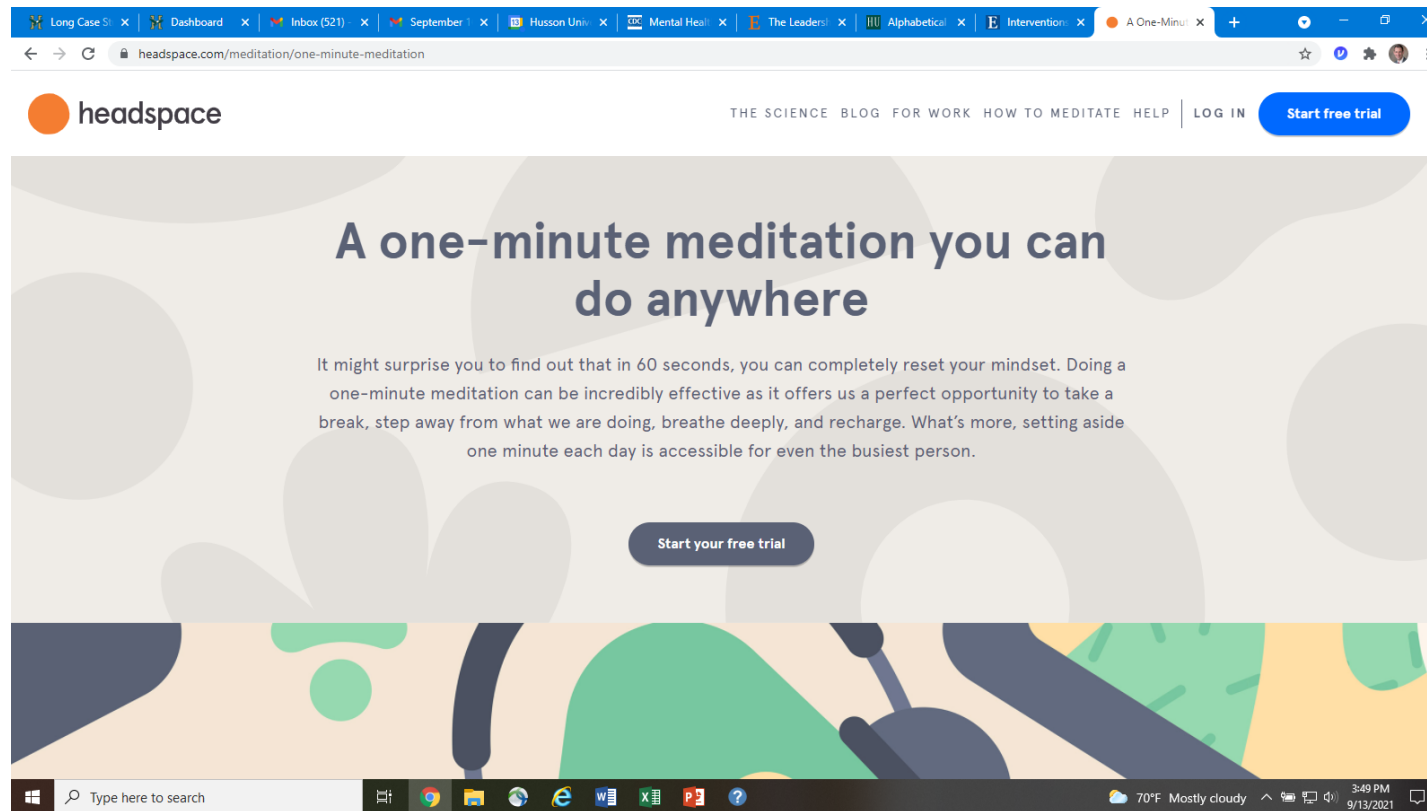
Employee Perception of What Reduces Stress (2017)

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%)

SOURCE: Pignata S, Boyd CM, Winefield AH, Provis C (2017). Interventions: Employee's perceptions of what reduces stress. *Biomedical Research International*, Article ID 3919080.

Walking the Walk – Incorporating Relaxation in the Workplace

[You Tube Headspace one minute relaxation - Google Search](#)



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.

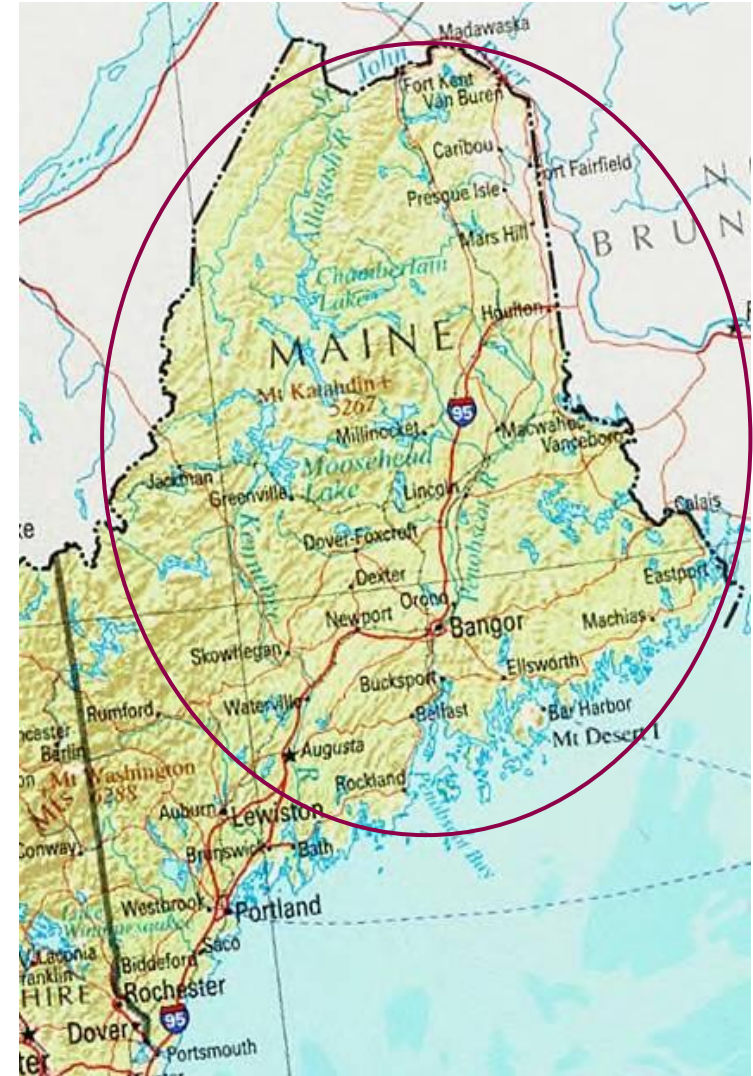
For Statewide assistance, call 207-221-8191

www.strengthenme.com



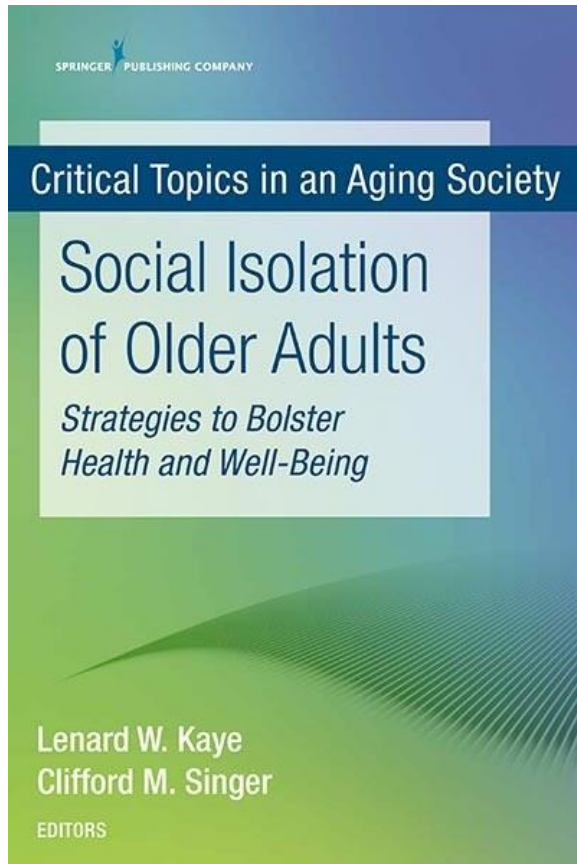
Northern Light Acadia Mood and Memory Clinic

Northern Light Alzheimer's Disease Research Program



Social Isolation is a Critical Determinant of Health for Older Adults

Pre-COVID



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

The World Has Changed:
Emerging Challenges for
Health Care Research to
Reduce Social Isolation
and Loneliness
Related to COVID-19

A National Academy of
Medicine Commentary

nam.edu/Perspectives



Post-COVID

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 on-line 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.



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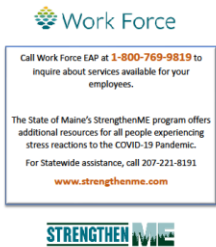
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and Memory
Clinic, Northern
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Hospital

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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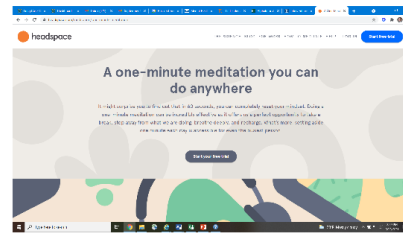
Northern Light Health.

Good Health Is Good Business

9.16.21

Leaders, how to incorporate Relaxation into the Workplace

[You Tube Headspace one minute relaxation - Google Search](#)



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Good Health Is Good Business

9.16.21

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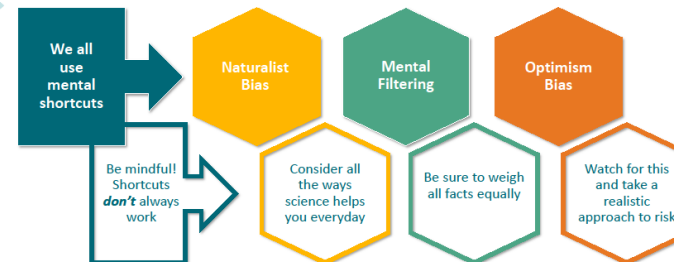
- Older adults may have adapted better with certain exceptions

Northern Light Health.

Good Health Is Good Business

9.16.21

Mindfully Solve for Mental Shortcuts



Northern Light Health.

Due to Regional COVID-19 Rates



Masking is Required Inside
Regardless of Vaccination Status


Thank You!


Northern Light Health.

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

**Northern Light Health.**

One-hour Zoom conferences
Twice a month on Thursdays at 11 am
Moderated forums with Q&A
presented by Northern Light Health

zoom Business to Business Conference Series

GOOD HEALTH IS GOOD BUSINESS
**COVID-19: Navigating New Information
to Support our Employees' Health**
Thursday, September 30 at 11 AM
The Zoom meeting ID will be sent to you upon registering



Topics will include:

- 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

Learn how to support your employees and your customers to operate a safe and healthy business.

Our Panelists:

Jim Jarvis, MD, FAFAP
Senior Physician Executive
Incident Command, Northern Light Health
Director, Clinical Education, Northern Light EMMC

Kyle Massey, PharmD, BCIDP
Co-Director, Antimicrobial Stewardship Program
Clinical Pharmacist, Infectious Diseases Specialist
Northern Light EMMC

Noah Lundy, MBA, SPHR, SHRM-SCP
VP Human Resources, East Region
Northern Light Health

Angela Fileccia, LCSW
Director Healthy Life Resource Program
Northern Light Acadia

Moderated by:
Ed Gilkey, MD, MS, MBA, CPE
Senior Physician Executive
Northern Light Beacon Health

**PLEASE REGISTER
BY CLICKING HERE
BEFORE JOINING THE MEETING**

Attendees are asked to join the conference by Zoom and listen to audio using your computer only. Please do not dial in while also connected via your computer. The dial-in number is for those not joining by computer. This will help accommodate a larger number of participants. **See you Thursday!**
Please contact Lanie Abbott for more information lwabbott@northernlight.org

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