How to support good mental health during the holidays

Topics:
• Latest on COVID-19, vaccines, and boosters
• Roundtable discussion: Experts share strategies on wellness that include alternatives to substance use
Legal Disclosure:

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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.
Latest on COVID-19
COVID-19 World View

Weekly Trends

### Omicron
- Variant of concern
- Travel restrictions
- New vaccines (just in case)
Predicting future trends
What’s happening across Maine

Cumulative COVID-19 Cases by ZIP Code

Hospitalized: Confirmed Cases

Total Hospitalized: 334
- In Critical Care: 98
- On a Ventilator: 49

Capacity

- Available Critical Care Beds: 61
- Available Critical Care Beds (Adult): 45
- Available Critical Care Beds (Youth): 16
- Total Critical Care Beds: 367
- Total Critical Care Beds (Adult): 301
- Total Critical Care Beds (Youth): 66
- Available Ventilators: 191
- Total Ventilators: 308

Updated on 12/1/2021

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Vaccinations across Maine

State of Maine COVID-19 Vaccination Dashboard
Data as of: Dec 01, 2021

- Doses Administered: 2,121,174
- First Dose: 900,209
- Final Dose: 917,302
- Additional/Booster Dose: 303,663
- Population First Dose %: 70.29%
- Population Final Dose %: 71.63%
- Correct Population: 1,280,675

First Dose by Gender:
- Male: 58.88%
- Female: 41.12%

Final Dose by Gender:
- Male: 48.19%
- Female: 51.81%

First Dose by Age Group:
- Ages 00-09: 28,277
- Ages 10-19: 80,320
- Ages 20-29: 98,599
- Ages 30-39: 109,347
- Ages 40-49: 104,615
- Ages 50-59: 153,675
- Ages 60-69: 104,461
- Ages 70-79: 122,679
- Ages 80 and Older: 82,342

Final Dose by Age Group:
- Ages 00-09: 28,277
- Ages 10-19: 80,320
- Ages 20-29: 98,599
- Ages 30-39: 109,347
- Ages 40-49: 104,615
- Ages 50-59: 153,675
- Ages 60-69: 104,461
- Ages 70-79: 122,679
- Ages 80 and Older: 82,342

First Dose by Race and Ethnicity:
- American Indian or Alaska Native: 9,129
- Asian: 12,084
- Black or African American: 17,469
- Native Hawaiian or Pacific Islander: 1,825
- Not Provided: 10,064
- Other: 34,325
- White: 873,063
- Total: 966,359

Final Dose by Race and Ethnicity:
- American Indian or Alaska Native: 6,979
- Asian: 12,508
- Black or African American: 18,757
- Native Hawaiian or Pacific Islander: 1,192
- Not Provided: 48,285
- Other: 102,543
- White: 890,841
- Total: 917,302

COVID Vaccination Summary  COVID Vaccination Trends  COVID Vaccination County Listing

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12.2.21
COVID-19 Vaccinations Prevent Hospitalization!

<table>
<thead>
<tr>
<th>89 HOSPITALIZED</th>
<th>35 IN ICU</th>
<th>9 ON VENTILATORS</th>
</tr>
</thead>
<tbody>
<tr>
<td>29 VACCINATED</td>
<td>6 VACCINATED</td>
<td>0 VACCINATED</td>
</tr>
<tr>
<td>60 UNVACCINATED</td>
<td>29 UNVACCINATED</td>
<td>9 UNVACCINATED</td>
</tr>
</tbody>
</table>

UNDER 60 | OVER 60 | UNDER 60 | OVER 60 | UNDER 60 | OVER 60

60 is the average age for currently hospitalized patients, but younger vaccinated and unvaccinated individuals are being treated as well.
COVID-19 (Coronavirus) Portal - Public Vaccination (northernlighthealth.org)

**COVID-19 Vaccination and Booster Eligibility Updates**

Booster dose appointments for Pfizer, Moderna, and Johnson & Johnson COVID-19 vaccines are now available for people 18 and over who meet criteria.

People 5 years or older are currently eligible to schedule a COVID-19 vaccination.

**Important:**

- Community members under age 18 who would like to be vaccinated, must have a parent or guardian complete and initial the online scheduling form on their behalf.
- In addition to scheduling a vaccine using the online process, patients under 18 are required to bring a completed consent to treat form signed by their parent or guardian to their appointment.
- Patients under the age of 16 must be accompanied by a parent or guardian to their vaccination.
- If you have any questions please call 207-204-8551*  
*Long distance or carrier fees may apply.

**Scheduling your vaccination:**

- If you cannot find an appointment that works for you at a Northern Light Health location, please visit the state COVID-19 vaccination sites list.
- Please print your appointment confirmation and bring it with you. Vaccination candidates will receive an email confirming their vaccination location.
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Now’s your time to ask questions. Please use the Q and A option.

Karen Hawkes, MS
VP, Operations
Northern Light Beacon Health

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

Elisabeth Marnik, Ph.D
Assistant Professor
College of Science and Humanities, Husson University

John Campbell, MD, FANPA
VP Senior Physician Executive, Chief Medical Informatics Officer, Northern Light Acadia

Jacquelyn Cyr, NPc
Director Substance Use Services, Northern Light Acadia Hospital
Maine Crisis Line 1.888.568.1112 provides confidential 24/7 support and information

Contact your companies Employee Assistance Program or Occupational Health Provider

Reduce stigma and be sure to have compassion and resources at the ready to help employees. Know what your company’s benefits plan provides; have a clear drug free workplace policy and expectation.

Educate yourself and your company on the impact of substance use on health, productivity, and teams. Contact Substance Abuse and Mental Health Services Administration (SAMHSA.gov) for information.

Northern Light Acadia Substance Use treatment 207.973.6100
Be sure to register for Thursday, December 16: A safe and healthy New Year

Topics:

• Latest on COVID-19
• Living and celebrating safely with COVID-19
• Building new habits to support mental and physical wellness
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