

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





Karen Hawkes, MS
VP, Operations
Northern Light
Beacon Health



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Senior Physician
Executive , Incident
Command, Northern
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Legal Disclosure:

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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.

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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

COVID-19 World View

Weekly Trends

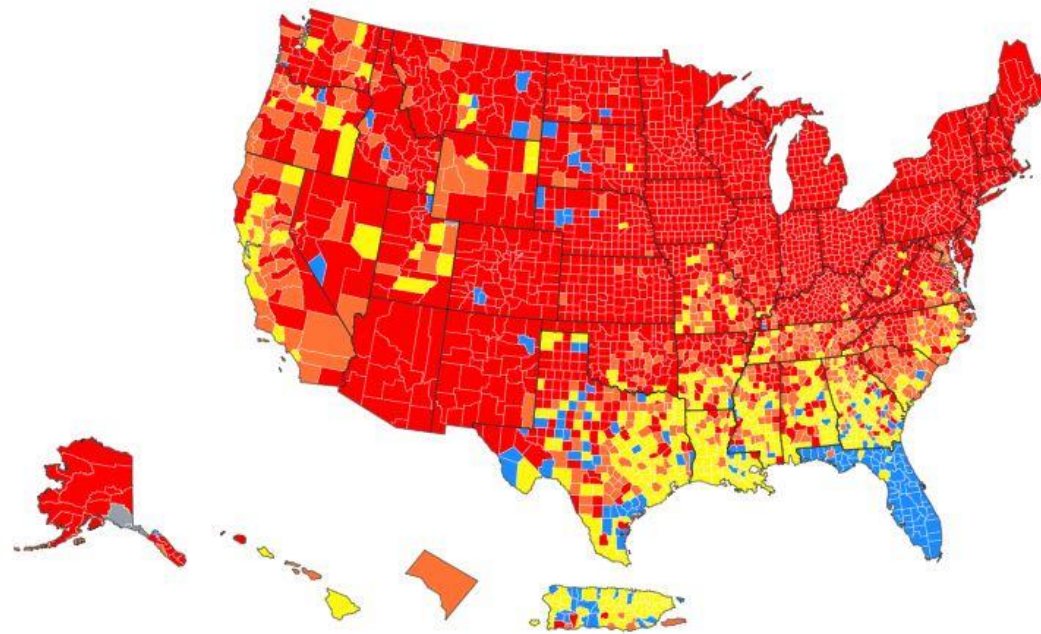
MAIN WEEKLY TRENDS Columns ▾ Search:

All Europe North America Asia South America Africa Oceania										
#	Country, Other	Cases in the last 7 days	Cases in the preceding 7 days	Weekly Case % Change	Cases in the last 7 days/1M pop	Deaths in the last 7 days	Deaths in the preceding 7 days	Weekly Death % Change	Deaths in the last 7 days/1M pop	Population
	World	4,013,480	3,944,442	+2%		48,711	50,699	-4%		
1	USA	596,827	674,978	-12%	1,788	6,020	7,694	-22%	18	333,749,517
2	Germany	406,395	377,258	+8%	4,829	2,071	1,573	+32%	25	84,163,150
3	UK	302,248	299,006	+1%	4,419	854	926	-8%	12	68,390,701
4	France	241,832	152,324	+59%	3,693	493	413	+19%	8	65,477,969
5	Russia	235,325	251,855	-7%	1,612	8,600	8,735	-2%	59	146,023,052
6	Turkey	165,972	171,186	-3%	1,938	1,420	1,416	+0%	17	85,622,825
7	Poland	162,991	151,239	+8%	4,313	2,465	2,065	+19%	65	37,787,922
8	Netherlands	149,738	156,721	-4%	8,712	361	269	+34%	21	17,188,541
9	Belgium	130,360	110,813	+18%	11,179	310	261	+19%	27	11,661,012
10	Czechia	127,733	113,576	+12%	11,896	728	737	-1%	68	10,737,105

Omicron

- Variant of concern
- Travel restrictions
- New vaccines (just in case)

Predicting future trends



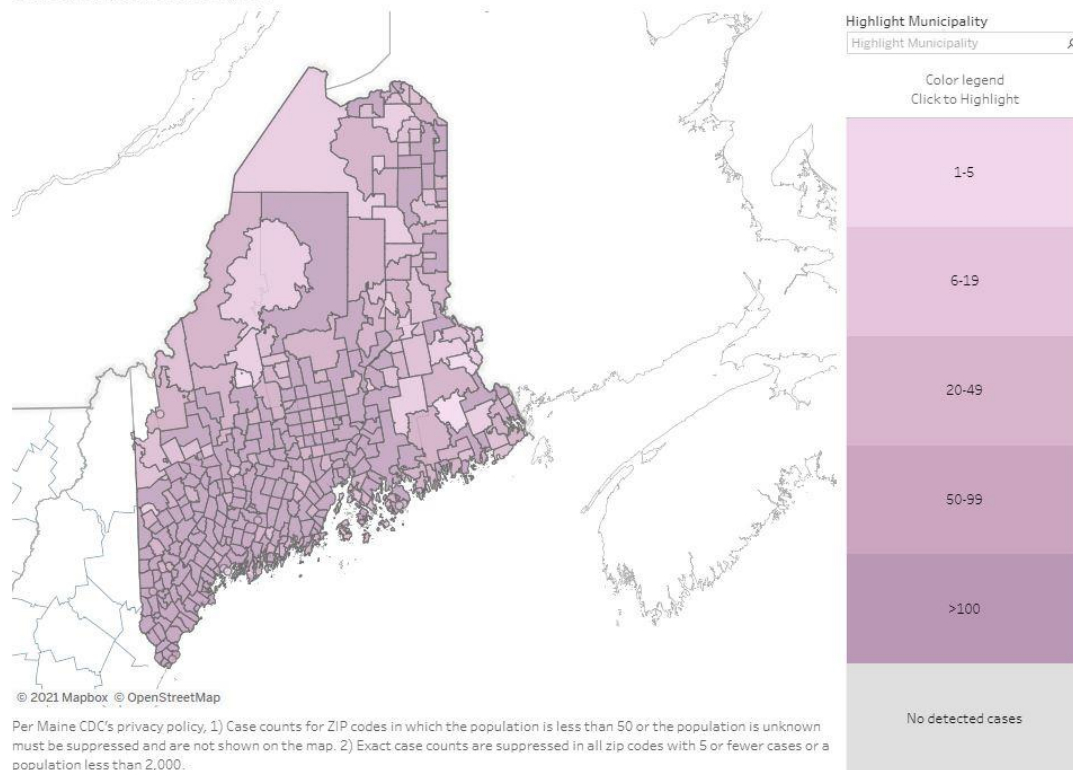
● High ● Substantial ● Moderate ● Low ● No Data

What's happening across Maine

Cumulative COVID-19 Cases by ZIP Code

Cumulative COVID-19 cases by ZIP code

Hover for detail | 502 cases with unknown ZIP codes, 1,375 cases with unmappable ZIP codes
Data as of: November 21, 2021
Dashboard updated: November 24, 2021



Hospitalized: Confirmed Cases

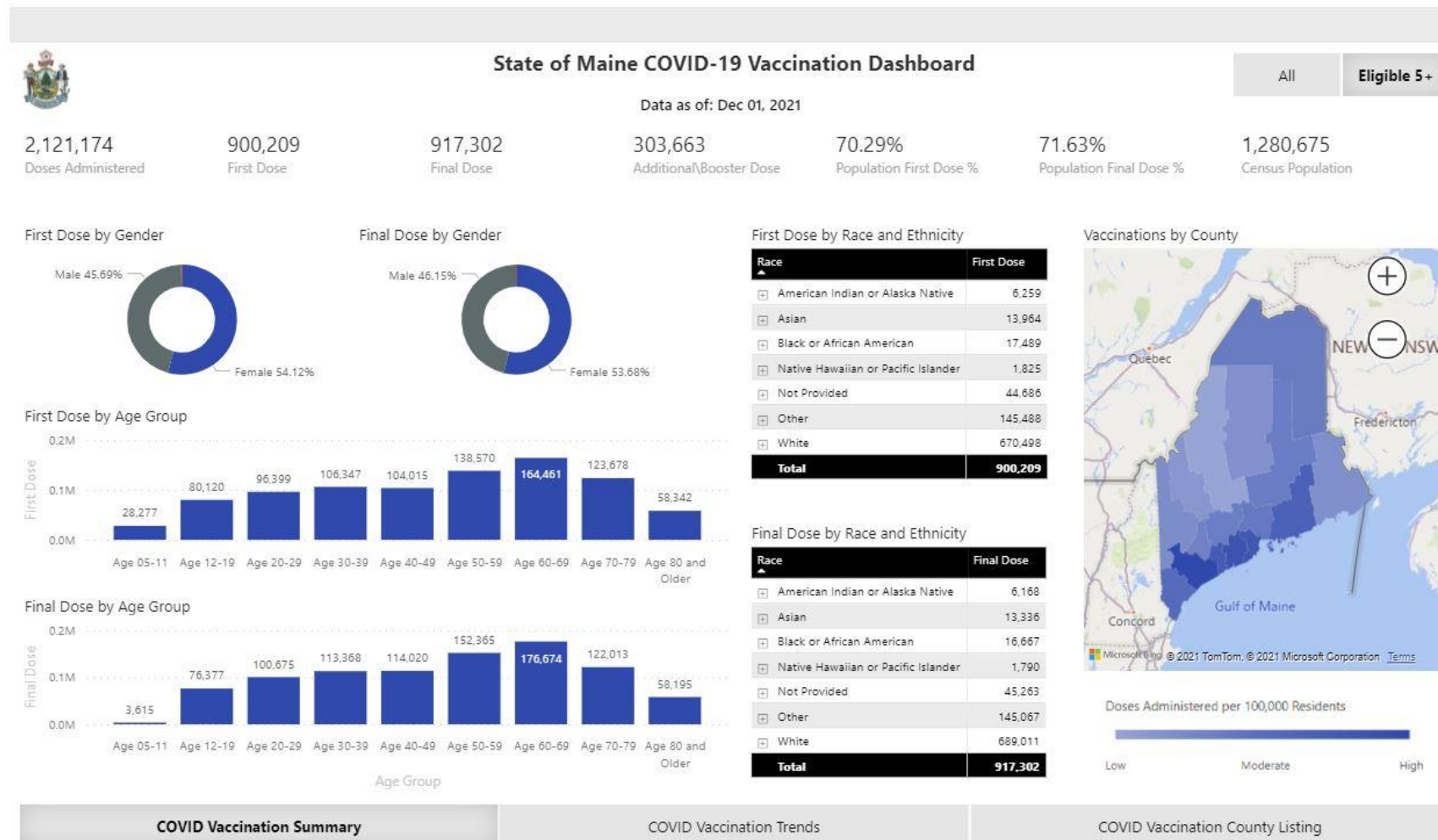
Total Hospitalized	334
... In Critical Care	99
..... On a Ventilator	49

Capacity

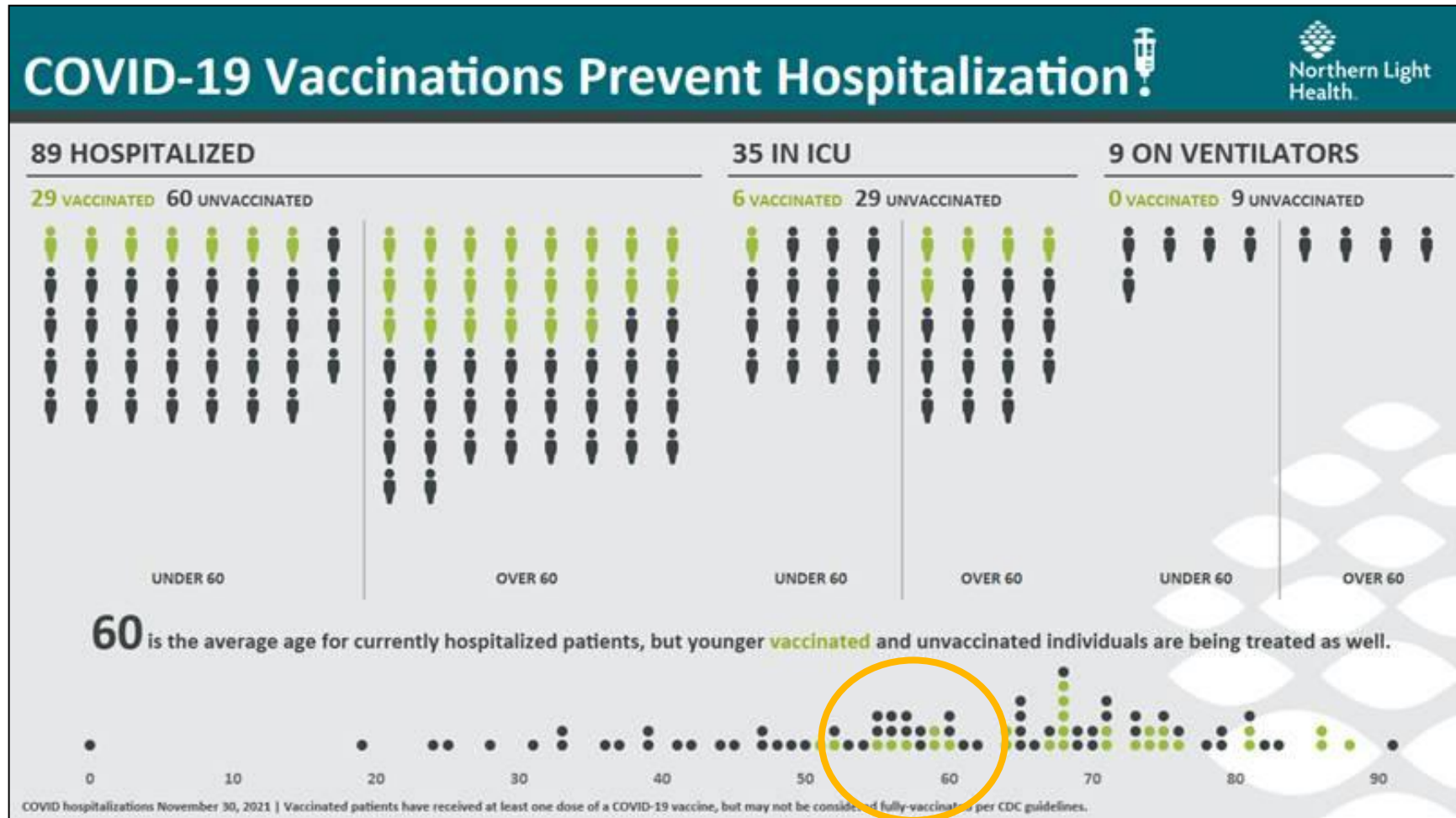
Available Critical Care Beds	61
... Available Critical Care Beds (Adult)	45
... Available Critical Care Beds (Youth)	16
Total Critical Care Beds	367
... Total Critical Care Beds (Adult)	301
... Total Critical Care Beds (Youth)	66
Available Ventilators	191
Total Ventilators	308

Updated on 12/1/2021

Vaccinations across Maine



COVID across Northern Light Health



Easy access to schedule your vaccine or booster shot

[COVID-19 \(Coronavirus\) Portal - Public Vaccination \(northernlighthealth.org\)](https://northernlighthealth.org/COVID-19)

 Northern Light Health.

Public Vaccination

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

Now's your time to ask questions. Please use the Q and A option.



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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

Tools you can use:

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



-  **Maine Crisis Line 1.888.568.1112** provides confidential 24/7 support and information
-  Contact your company's **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**
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Northern Light Health.



**KEEP INFLUENZA
OFF YOUR GUEST LIST**

No one has time for the flu, especially when you're getting ready for family celebrations. Get your flu shot, cover your cough, and wash your hands to keep your plans on track this year!

 **Northern Light Health.**

Due to Regional COVID-19 Rates



Masking is Required Inside
Regardless of Vaccination Status
Thank You!



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

**Northern Light Health.**

One-hour Zoom Conferences
Moderated forum with Q and A
presented by Northern Light Health

zoom Business to Business Conference Series

GOOD HEALTH IS GOOD BUSINESS

A Safe and Healthy Holiday and New Year

Thursday, December 16 at 11 am
The Zoom meeting ID will be sent to you upon registering



Topics will include:

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

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

Our Panelists:

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

Suzanne Moreshead, RN, BSN, CIC
AVP Infection Prevention
Northern Light Health

Yemaya St. Clair, NCC, LCPC-C
EAP, Northern Light Work Force

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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