



Northern Light
HealthSM

Business to Business Zoom Conference Series

The pandemic's unexpected impact on mental health and substance use

Topics:

1. COVID-19 update
2. One in three people have longer term mental health or neurological symptoms
3. Increase in diagnosis of anxiety and mood disorders
4. Alcohol use on the rise (dominant substance that plagues Maine)

5.20.21

Good Health Is Good Business





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



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



Yemaya St. Clair, LCPC-C,
Employee Assistance
Program, Northern Light
Work Force



Jacquelyn Cyr, NPC,
Director Substance Use
Services, Northern Light
Acadia Hospital

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.

In regard to employment, every situation is unique, and must be reviewed on a case-by-case basis to ensure compliance with the law. The information presented should not be taken as legal advice and you will need to retain your own counsel to review specific questions regarding employment situations and/or accommodations in your organization.

Ask us questions – give us feedback – this hour is for you

- Please use the **chat** function to ask your questions at anytime.

Safe Return to Business Survey

Page 1 of 1

1. I am able to apply the tools and guidance provided today in supporting my safe reopening? *
 Strongly Agree
 Agree
 Neutral
 Disagree
 Strongly Disagree
2. My questions about opening safely were answered in a way that I understood? *
 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

VACCINATE

- This *is* the punchline.
- Dr. Shah (May 14): “Getting vaccinated is the best way to protect yourself and your community from COVID-19.”
- Governor Mills (May 14): “Please don’t wait. Get your shot now.”

COVID-19 ICU Beds Occupied

U.S. Choose A State ▼ [United States Country Profile](#) >

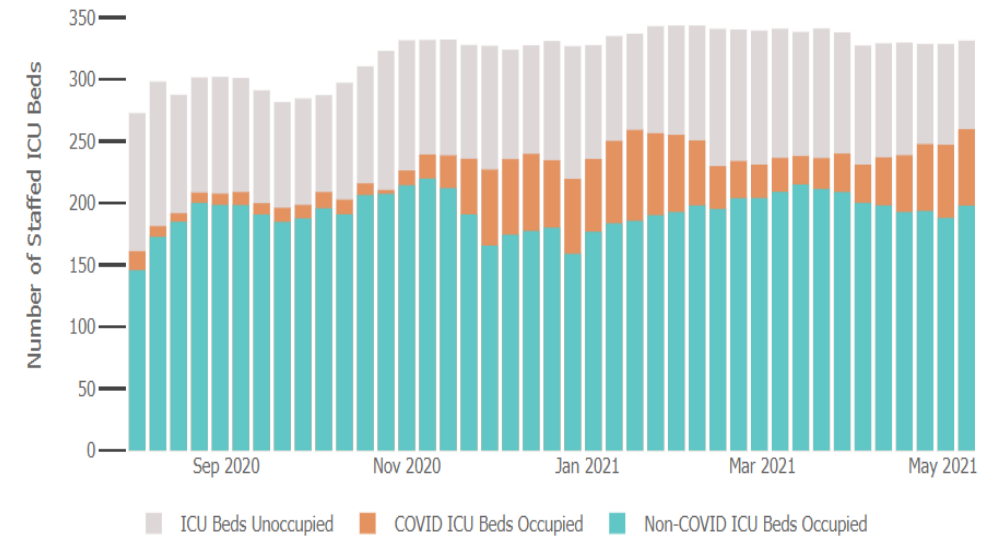
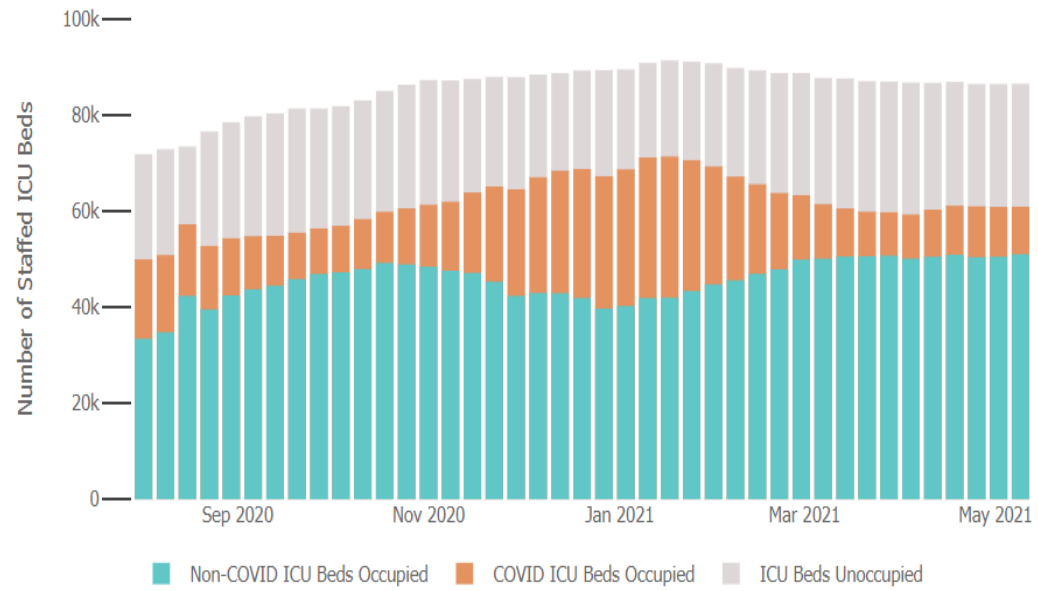
U.S. **Maine** ▼ [Maine State Profile](#) >

ICU Capacity Inpatient Capacity

ICU Capacity Inpatient Capacity

Hover for more detail.

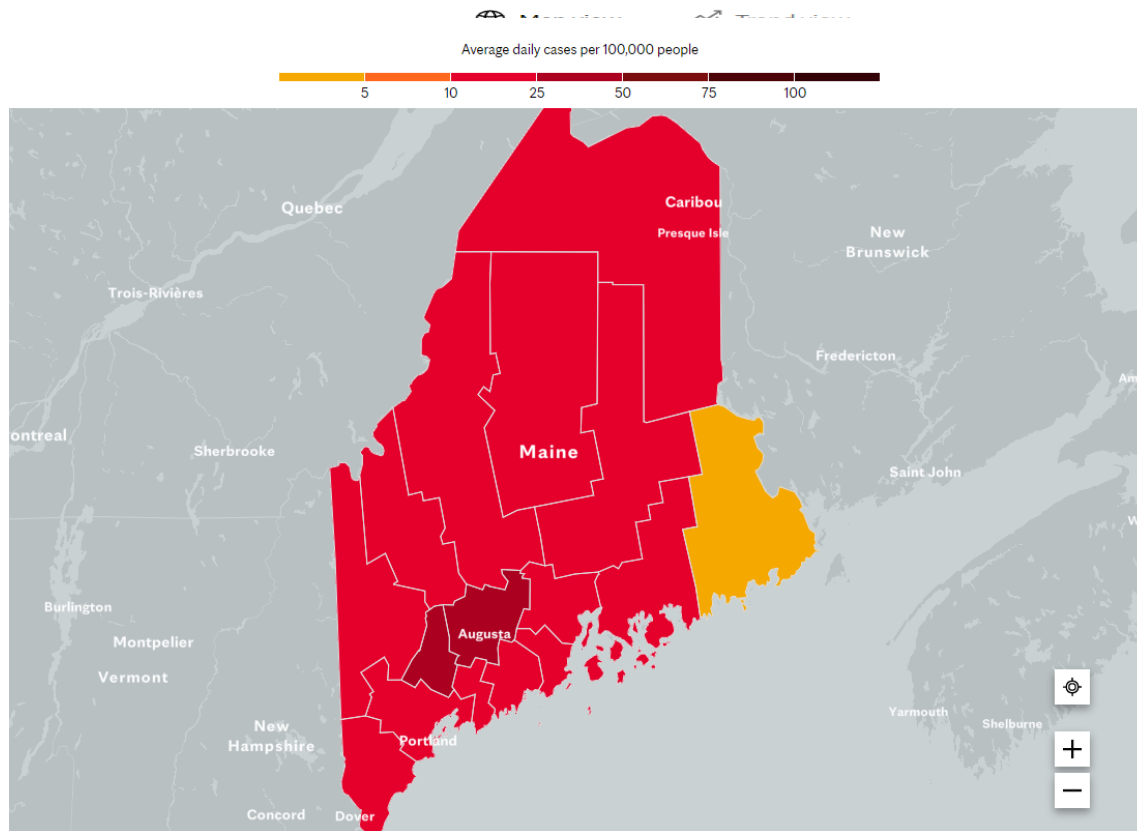
Hover for more detail.



More About Maine

Hot spots in Maine

This map shows a rolling average of daily cases for the past week.
This is the best sign of hot spots.



Other Factoids

- Pfizer vaccines ages 12 and up.
- Moderna and J&J vaccines 18 and up.
- Approximately 50% of Maine's population is fully vaccinated.
- [Maine.gov/covid19/vaccines](https://www.maine.gov/covid19/vaccines) or call 1-888-445-4111
- Effective May 24, 2021
 - fully vaccinated people do not need to wear facial coverings indoors.
 - lift all capacity limits and requirements to physically distance in all public outdoor settings.
 - lift all capacity limits in public indoor venues and physical distancing requirements, except in settings where people are eating or drinking and therefore would be removing their face covering – such as indoor restaurants, bars, dining areas in camps or in congregate living facilities, and break rooms.

[Maine to Adopt U.S. CDC's New COVID-19 Guidance | Office of Governor Janet T. Mills](#)

The Bottom Line

- The global strategy to end this pandemic is to achieve herd immunity.
- Herd immunity is achieved by vaccinating 70-85% of the people.

- **Vaccinate.**

COVID-19 infections and long-term neurological symptoms

Symptoms



Up to 30% of individuals who had symptomatic COVID-19 report neurologic deficits.

These Include:

- Memory Loss
- Brain Fog-difficulty concentrating or thinking
- Seizures
- Strokes
- Neuropathy-prolonged numbness/tingling

Risks

Unknown at this time but it seems to be spread across populations

- We would expect that those with prior brain injuries are more susceptible, such as:
 - Traumatic Brain Injury
 - Stroke
 - Critically ill
(especially if needing a ventilator)



Long Term Affects

Aside from permanent conditions like post-stroke brain damage

- A third of people fully recovered
- A third lingering affects eventually improved
- A third continue with persistent symptoms



Increase in diagnosis of anxiety and mood disorders

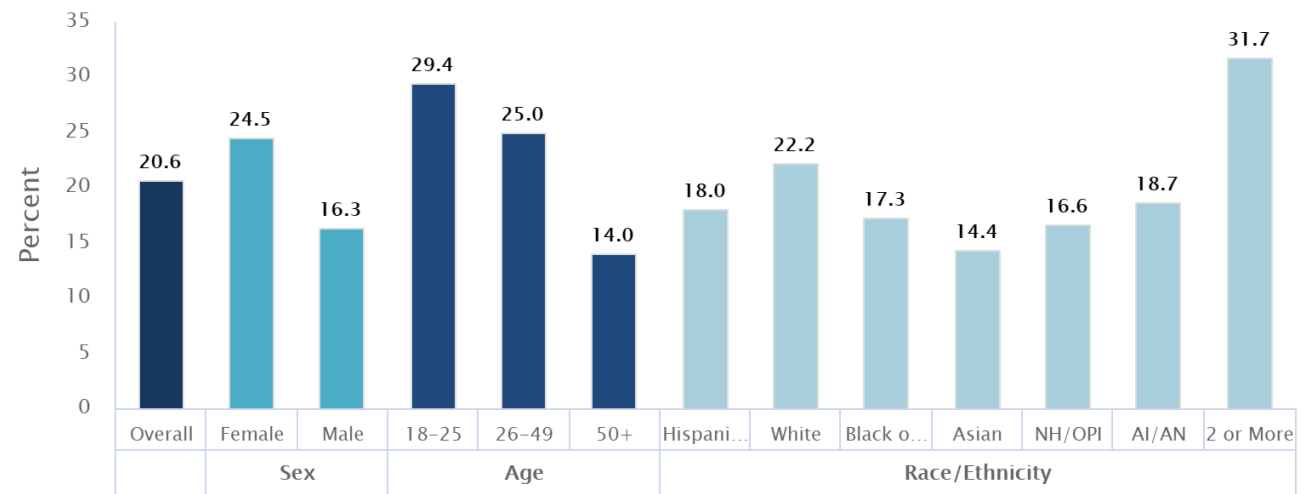
General Mental Health Data

- **1 in 5** adults have a diagnosable mental health condition
- Mental Health Conditions include:
 - Anxiety, Depression, Substance Use Disorder, Bipolar Disorder, Post-Traumatic Stress Disorder, Schizophrenia, and Suicidal Thoughts (among others)
- **46 percent** meet the criteria for a diagnosable mental health condition sometime in their life
 - half will develop conditions by age of 14
- **56%** do not receive mental health treatment
- **21%** of adults with mental illness report they try and can't get treatment

Mental illnesses :impact a person's mood, thinking, feelings, and behavior.

Past Year Prevalence of Any Mental Illness Among U.S. Adults (2019)

Data Courtesy of SAMHSA



2021: Stamping Out Stigma

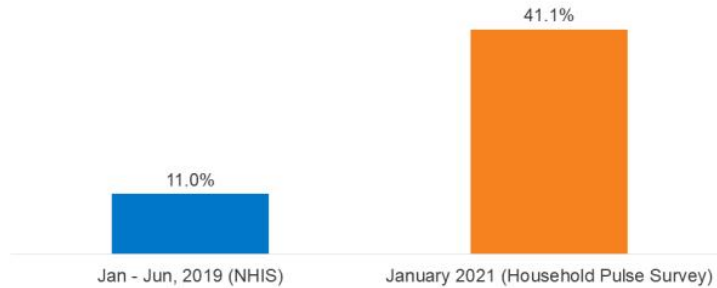


- Stigma is when someone, or even yourself, views a person in a negative way just because they have a mental health condition or substance use disorder.
- Dispelling false ideas about mental illnesses and addictions helps reject stigmatizing stereotypes.

Prevalence of Mental Illness During the Pandemic

Figure 1

Average Share of Adults Reporting Symptoms of Anxiety Disorder and/or Depressive Disorder, January-June 2019 vs. January 2021

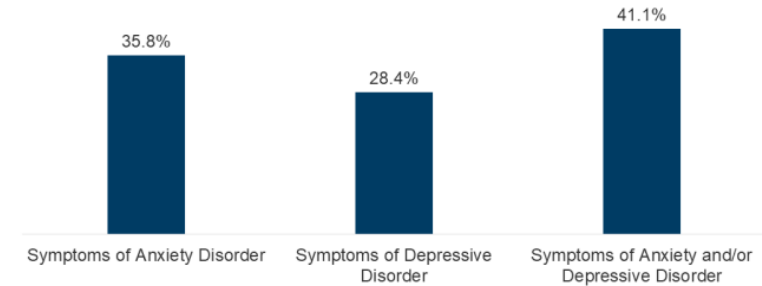


NOTES: Percentages are based on responses to the GAD-2 and PHQ-2 scales. Pulse findings (shown here for January 6 – 18, 2021) have been stable overall since data collection began in April 2020.
SOURCE: NHS Early Release Program and U.S. Census Bureau Household Pulse Survey. For more detail on methods, see: <https://www.cdc.gov/nchs/data/nhis/earlyrelease/ERmentalhealth-508.pdf>



Figure 2

Share of Adults Reporting Symptoms of Anxiety or Depressive Disorder During the COVID-19 Pandemic



NOTES: These adults, ages 18+, have symptoms of anxiety or depressive disorder that generally occur more than half the days or nearly every day. Data shown is for January 6 – 18, 2021.
SOURCE: U.S. Census Bureau, Household Pulse Survey, 2020 - 2021.



- In January 2021, **41%** of adults reported symptoms of anxiety and/or depressive disorder
- During the pandemic, a larger than average share of young adults (**ages 18-24**) report symptoms of anxiety and/or depressive disorder (**56%**)
- During the pandemic, adults in households with job loss or lower incomes report higher rates of symptoms of mental illness (**53% vs. 32%**)
- Women with children are more likely to report symptoms of anxiety and/or depressive disorder than men with children (**49% vs. 40%**)
- The pandemic has **disproportionately** affected the health of communities of color
- Essential workers are more likely to report symptoms of anxiety or depressive disorder (**42% vs. 30%**)

Awareness is key

The below symptoms may indicate that someone needs additional support:

- Difficulty sleeping or concentrating.
- Fear and worry about their health or the health of loved ones.
- Changes in sleeping or eating patterns.
- Feelings of sadness or grief.
- Excessive irritability or impatience.
- Increased startle reflex.
- Increased use of alcohol, tobacco or other substances.
- Difficulty setting priorities or making decisions.
- Worsening of mental health conditions.

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm




Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).


Available Resources for Employers



We're here to help.

StrengthenME offers free stress management and resiliency resources to anyone in Maine experiencing stress reactions to the COVID-19 Pandemic.

For statewide assistance call:

 **207-221-8198**

Every day 8am to 8pm



Creating a Culture of Acceptance

Employers can change the climate of fear regarding mental health in the workplace.

- Mental health conditions cost employers more than \$100 billion and 217 million lost workdays each year
- By investing in mental health care for workers, employers can increase productivity and employee retention

Alcohol use on the rise

Alcohol Use on the rise



- ❖ 3rd leading preventable death in the United States
- ❖ Alcohol is the most widely misused substance in Maine by youth and adults.
- ❖ Excessive Drinking in Maine compared to US:
 - Men: 24 % / 22.7%
 - Females: 16 % / 14%
- ❖ Excess drinking in Maine based on Income:
 - less than \$25,000 15% / 13%
 - \$25-49,999 19% / 16%
 - \$50-74,999 22% / 20%
 - \$75,000 or more 21% / 23%

How does this impact the workplace?

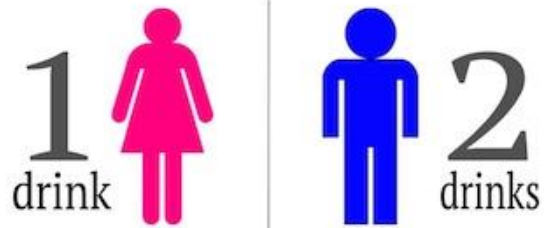


All impacting Financials

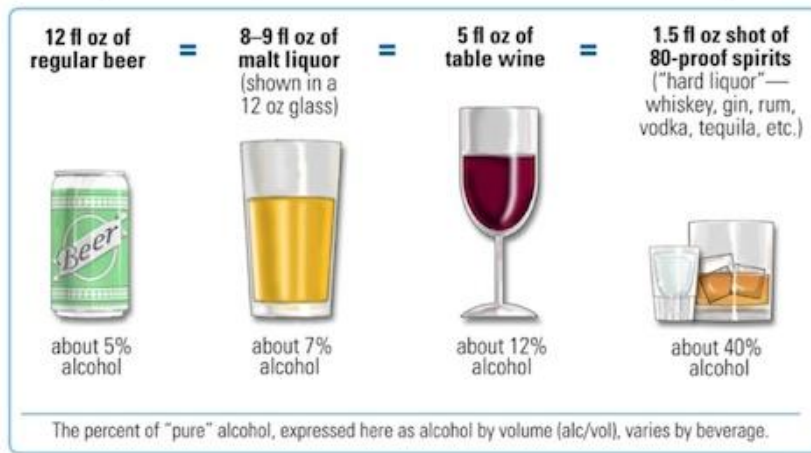
- ❖ Lateness and absenteeism
- ❖ Safety concerns
- ❖ Bad behavior or poor discipline
- ❖ Adverse effects on company image and customer relations
- ❖ Resentment among team members

How does it present and what to do?

How Much Alcohol Is Healthy?



According to the National Institutes of Health, in the United States, one “standard” drink contains roughly 14 grams of pure alcohol, which is found in one of the following:



www.PulseOS.com

Red Flags:

- Falling asleep at work or tired all the time
- Frequent mistakes
- Disappearing or frequent breaks
- Mood swings
- Being tardy or call outs often on Mondays or Fridays.
- In this time of Zoom, no longer on camera and volume off

What can you do?

- ❖ Consult HR or an employment attorney.
- ❖ Familiarize yourself with the company benefits plan.
- ❖ Drug free workplace - clear expectations with written policies
- ❖ Have compassion and resources at the ready
- ❖ Help reduce Stigma
- ❖ Educate on how substance use impacts health, productivity, and teams

Maine COVID-19 Support Resources

If you need resources or support, please contact one of the numbers below....

Non-Crisis Peer Support	Maine Crisis Line	Information & Referral Resources
<p>Statewide Intentional Warm Line</p>  <p>1-866-771-9276</p> <hr/> <p><small>Offers non-crisis peer support 24 hours a day/7 days week</small></p>	 <p>1-888-568-1112</p>  <p><small>To access your local, mobile crisis services, please call the statewide hotline above...</small></p> <hr/> <p><small>Offers crisis phone support 24 hours a day/7 days week</small></p>	 <p>Dial 211 on your phone</p>  <p>Text Your Zip Code to: 898-211</p>  <p><small>Contact for information related to COVID-19 and/or referrals to needed services</small></p>

Additional Resources:

- Northern Light Acadia Hospital 207.949.4634
- <https://www.maine.gov/dhhs/samhs/virtual-recovery.shtml>

Please use the chat function to ask your questions:



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



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



Yemaya St. Clair, LCPC-C,
Employee Assistance
Program, Northern Light
Work Force



Jacquelyn Cyr, NPC,
Director Substance Use
Services, Northern Light
Acadia Hospital

Tools you can use:

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

Week 1 - Resources and Downloadables

Filter the results below by entering keywords into the search

Enter Search Text Here

H-ITH IS A HANDSHAKE FREE ZONE

Continuing to protect our patients' health means a handshake-free zone.

Handshake-free zone means no handshakes, hugs, or kisses. We encourage you to use a verbal greeting or a wave.

Handshake-free zone means no handshakes, hugs, or kisses. We encourage you to use a verbal greeting or a wave.

Handshake-free zone means no handshakes, hugs, or kisses. We encourage you to use a verbal greeting or a wave.

Northern Light Health

Handshake Free Zone - Poster

Hi! This is a handshake free zone. In order to stop the spread of germs our office is currently a handshake-free zone.

Download File

For the safety of all:

- Wearing a face covering is a must at all times
- Keep at least six feet physical distancing from others
- Wash or sanitize your hands every chance you get

Northern Light Health

Thanks for helping us keep patients, visitors, and staff safe.

For the safety of all - Poster

For the safety of all. Thanks for helping us keep patients, visitors, and staff safe.

Download File

Wearing a face covering
Risk of spreading germs

Low

Medium

High

Very High

Northern Light Health

Wearing a face covering - Poster

Wearing a face covering. Risk of spreading germs

Download File

Please Wear a Face Covering
Beyond This Point

Together, we can help stop the spread of germs in our facility. We encourage you to wear a face covering.

This covering can be a cloth mask, bandana, or scarf.

The face covering should be secured at the back and front.

Do not touch the face covering while wearing it.

Northern Light Health

Please Wear a Face Covering - Poster

Please Wear a Face Covering Beyond This Point

Download File

SAFELY PROVIDING CARE
FOR MEDICAL OFFICE VISITS

WATCH VIDEO

Safely providing care for Medical Office visits - Video

Safely providing care for Medical Office visits | Northern Light Health

Watch Video

Join us Thursday, June 3: Vaccine Hesitancy – Practical advice for parents

Topics:

- Vaccine awareness
- Attitudes and influences affecting youth
- Age-appropriate talking points
- Constructive solutions for parents who disagree with vaccines
- The role of providers and teachers



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

Thursday, June 3 at 11 AM The Zoom meeting ID will be sent to you upon registering



**Practical advice for parents:
How to discuss vaccine hesitancy
with your child or teen**

Topics will include:

- Previously administered vaccine awareness
- Attitudes and influences affecting youth
- Age-appropriate talking points
- Constructive solutions for parents who disagree about vaccines
- The family physician's and teachers' roles in supporting vaccine administration

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

Panelists:

Jim Jarvis, MD, FAAFP Senior Physician Executive Incident Command, Northern Light Health Director, Clinical Education, Northern Light EMMC	Yorgo Zahlanie, MD Pediatric Infectious Disease Northern Light EMMC	Elisabeth Marnik, Ph.D. Assistant Professor College of Science and Humanities Husson University
--	--	---

**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 on lwabbott@northernlight.org

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.

In regard to employment, every situation is unique, and must be reviewed on a case-by-case basis to ensure compliance with the law. The information presented should not be taken as legal advice and you will need to retain your own counsel to review specific questions regarding employment situations and/or accommodations in your organization.