

AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY

W W W . A A C A P . O R G

Virtual Forum

Hospital-Based Child and Adolescent Psychiatric Care in the Setting of the COVID-19 Pandemic

April 25, 12:00-2:00pm EDT

Sponsored by:

American Academy of Child and Adolescent Psychiatry

Emergency Child Psychiatry Committee

Inpatient and Partial Hospitalization Committee

Physically Ill Child Committee

***Our moderators and our panel of speakers have no conflicts of interest to disclose**

Moderators:

Patrick Kelly, MD

Co-Director of the Child and Adolescent Psychiatric Emergency Unit, Co-Director, Child and Adolescent Consultation / Liaison Services, Division of Child and Adolescent Psychiatry, Department of Psychiatry, Harbor-UCLA Medical Center

Maryland Pao, MD

Clinical & Deputy Scientific Director, National Institutes of Mental Health
National Institutes of Health Bethesda, Maryland

Objectives:

- Reflect upon current and past experiences at several health systems in the administrative, clinical, education and staff-related stress response activities in response to the COVID-19 pandemic
- Review innovations in care, training and support to health system workflow and wellness in the setting of the current health crisis
- Understand the potential impacts of the COVID-19 response among health systems to current and future mental health practice in pediatric hospital-based settings
- Discuss anticipated and unanticipated challenges in the pediatric hospital-based response to COVID-19 as well as lessons learned that will inform continued and future response to this pandemic

Outline

- Introduction of Forum and Speakers
- Address from AACAP President, Dr. Gabrielle Carlson
- Review of Hospital-Based Care Along Four Domains:
 - Administrative Issues and Staffing
 - Clinical Service Delivery
 - Training and Education
 - Staff Stress Response and Psychological Trauma

Each domain will include a brief presentation and time for questions and discussion.

Virtual Forum Logistics

Go to Webinar:

- All participants will be silenced during the forum
- **Questions will be shared through the Q&A function and shared by the moderator at the end of each Domain discussed**
 - **We will not be using the hand-raising functioning**
- Due to time limitations, not all questions may be answered but we will try to answer as many as is feasible
- Slides will be posted, along with webinar recording, to www.aacap.org/virtual_forum on Monday, 4/27

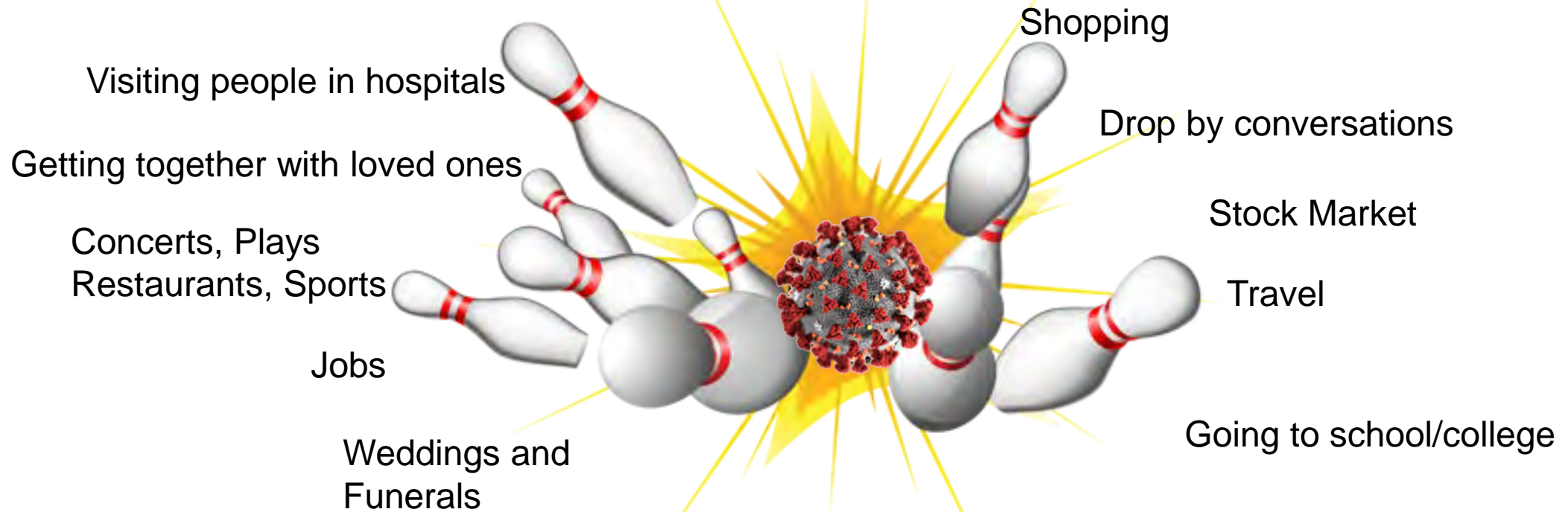
President's Address

Gabrielle A. Carlson MD

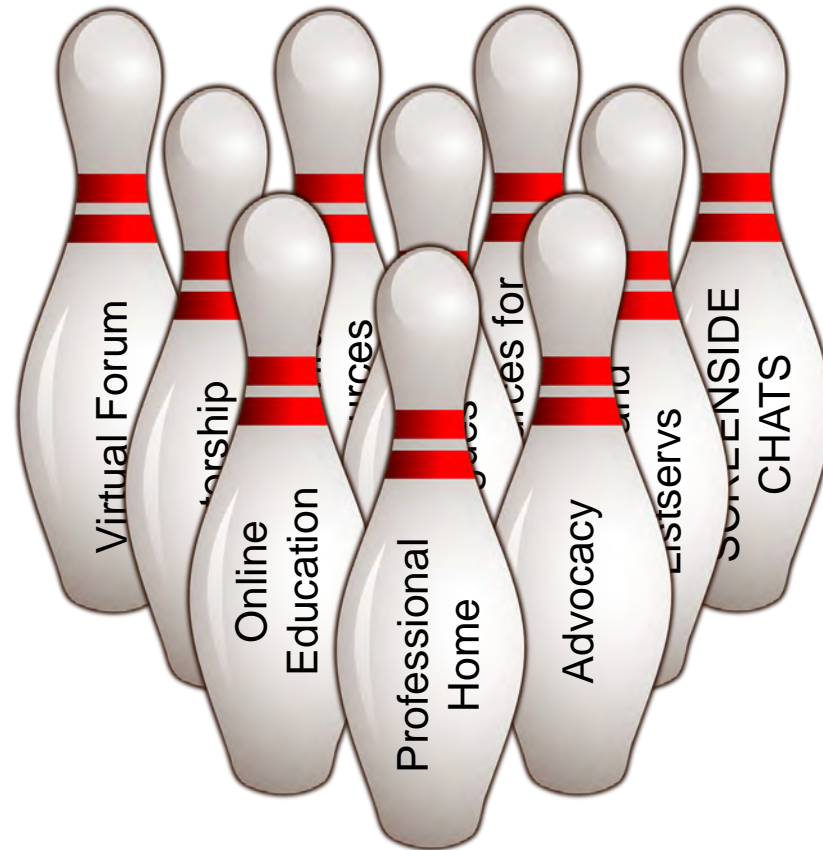
Professor of Psychiatry and Pediatrics

Renaissance School of Medicine at Stony Brook University

What Corona Virus Has Smashed



What AACAP is Doing to Help



Administration and Systems of Care

Matthew B. Perkins, MD, MBA, MPH

Medical Director, Children and Family Services
New York State Office of Mental Health

Nasuh Malas, MD, MPH

Director, Pediatric Consultation-Liaison Psychiatry
Assistant Professor, Division of Child and Adolescent Psychiatry, Department of Psychiatry,
Department of Pediatrics, C.S. Mott Children's Hospital, University of Michigan Health
System

New York State Office of Mental Health

- Licenses MH programs in NY State
- Operates MH programs (inpatient, day treatment, clinic)
 - 22 state-operated Psychiatric Centers (PCs)
 - 10 PCs with C&Y Inpatient (4 dedicated Children's PCs)
 - 329 child beds (2997 adult and forensic beds)
 - Mix of indirect admissions from acute psychiatric inpatient and direct admissions from ED



Planning and Preparation for COVID-19

- Medical system overwhelmed
- Staff shortages
- Access to services
- Continuation of Operations Plan
 - Infection Control: testing, PPE, decreasing density (patients/staff), quarantine and isolation
 - Screening: admissions, patients, staff, visitors, vendors
 - Staffing
- Guidance



Coordination and Communication

- State level: <https://omh.ny.gov/omhweb/guidance/>
- Hospital level
- Dissemination and frequency
 - Huddles and Emails
- Response time
 - Email virtual warmline
 - 24-hour Physician Hotline
 - Updates (Hub)
- Tracking



Coordination and Communication

Balancing Guidance and Fatigue



OMH Communications Relevant to State-Operated Programs

Admissions

- COVID-19 SCREENING FORM For Admission to NYS OMH Adult, Forensic, and Child Psychiatric Center's Inpatient Services (April 6, 2020)
- Adult and Child/Adolescent Admissions to Psychiatric Centers and COVID-19 ([April 2, 2020](#))
- [For Downstate NYC-area PCs](#) (Rockland, Pilgrim, Creedmoor, Kingsboro, Bronx, Manhattan, South Beach):
 - Admissions to NYS OMH Downstate Adult Psychiatric Centers from NYC Area Article 28/31 Hospitals during the COVID-19 Emergency (April 7, 2020)
 - [Direct Referral Form to NYS OMH Psychiatric Centers 3-2020](#) (April 7, 2020)
 - Admissions to NYS OMH Downstate Adult Psychiatric Centers from NYC Article 28/31 Facilities ([April 2, 2020](#))
- Procedures for Screening for Novel Coronavirus (COVID-19) for Reviewing Admission to New York State Office of Mental Health Psychiatric Centers (March 18, 2020)

Personnel / Infection Control

- Message from the Commissioner on Governor's Executive Order 202.16 (April 16, 2020)
- OMH Guidance for Implementation of Executive Order 202.13 Provisions Regarding Background Checks (April 13, 2020)
- REVISED: COVID-19 Infection Control Guidance for OMH Residential and Site-Based Programs (April 13, 2020)
- NYSDOH COVID-19 Infection Prevention and Control (IPC) preparedness checklist (April 12, 2020)
- NYSDOH Health Advisory: COVID-19 Updated Guidance for Hospital Operators Regarding Visitation (April 12, 2020)
- Updated Guidance Regarding Personal Protective Equipment (PPE) for Psychiatric Center Staff (April 10, 2020)
- OMH COVID Guidance on Limiting Transmission for PCs (April 10, 2020)
- OMH COVID - Instructions for PCs re widespread COVID (April 10, 2020)
- OMH COVID PC Staff Screening Form (April 10, 2020)
- OMH COVID PPE Information for frontline staff (April 10, 2020)
- DOH Health Advisory: Updated Protocols for Personnel in Healthcare and Other Direct Care Settings to Return to Work Following COVID-19 Exposure or Infection (March 31, 2020)
- DOH Protect Yourself Poster (March 30, 2020)
- Updated instructions for managing Psychiatric Center patients and staff suspected or confirmed positive for COVID-19 (March 25, 2020)
- COVID-19 Infection Control Guidance for OMH Residential Programs (March 24, 2020)
- Instructions for managing Psychiatric Center patients and staff suspected or confirmed positive for COVID-19 (March 22, 2020)
- NYS OMH Psychiatric Centers: Immediate Action Checklist for Suspected/Confirmed COVID-19 Cases (March 22, 2020)
- Instructions for testing Psychiatric Center patients for COVID-19 ([March 22, 2020](#))

Provision of Treatment

- OMH Children's Day Treatment Program and Billing Guidance regarding Emergency Response to COVID-19 (April 13, 2020)
- OMH ACT Program and Billing Guidance regarding Emergency Response to COVID-19 (April 13, 2020)
- OMH COVID Guidance - Adult and Children's Residential Documentation (April 13, 2020)
- OMH COVID Guidance – Reducing Density in State PC's (April 6, 2020)
 - Telemental Health from Home (April 6, 2020)
 - Remote-Based Network Access “How To” Documents (April 6, 2020)
 - Psychotherapy-Complex Care Note (updated April 14, 2020)
 - Evaluation and Management Note (April 6, 2020)
- Update in Policy for State-Operated Clinic Staffing (Telemental Health at Home) (April 2, 2020)
- Treatment planning and documentation standards for state-operated psychiatric hospitals during emergency period. (March 30, 2020)
- Administering injectable medications in clients' places of residence (March 23, 2020)
- Addendum to visitor, volunteer and student restrictions at Psychiatric Centers with focus on visitors to child and adolescent patients (March 18, 2010)
- Patient Pass Restrictions at Psychiatric Centers during Novel Coronavirus (COVID-19) Emergency (March 18, 2020)
- Visitor, volunteer, and student restrictions at Psychiatric Centers (March 14, 2020)

Building

- COVID- 19 General Building Cleaning Guidance (March 10, 2020)

Medical

- Update: clozapine blood test monitoring recommendations (April 16, 2020)
- CPR precautions for COVID-19 patients in State Psychiatric Centers (March 30, 2020)
- Instructions for testing Psychiatric Center patients for COVID-19 (March 22, 2020)
- Clozapine and blood test monitoring (March 21, 2020)

General Guidance

- Feeling Stressed About Coronavirus (COVID-19)? Managing Anxiety in an Anxiety-Provoking Situation (March 16, 2020)

Office of Financial Management

- COVID Fiscal and Procurement Guidelines (April 13, 2020)
 - COVID-19 Revised Coding for NPS (April 13, 2020)
 - Supply Category Codes List (April 13, 2020)
- Facility PS Memo (April 13, 2020)
 - Regular Time Coding (April 13, 2020)
 - Over-Time Coding (April 13, 2020)
- Personal Protective Equipment Ordering and Distribution (April 5, 2020)
- PESP Policy Amendment MEMO (April 3, 2020)

Regulatory Adjustments

- Telemental health
 - Attestation
 - Two-way videoconferencing or telephone
 - Ryan Haight
 - HIPAA (HHS OCR)
 - Involuntary retention Physician evaluation



Regulatory Adjustments

- Documentation
 - Verbal consent, treatment planning, notes
- Discharge
- Restraint and seclusion
- Billing
- Clozapine monitoring



Support

OMH Emotional Support Helpline: 1-844-863-9314

Tips for Mental Wellness

<https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf>

#OMHCopesWithCOVID

10 TIPS FOR

Mental Wellness for Essential Workers

.....

When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'

—Fred Rogers

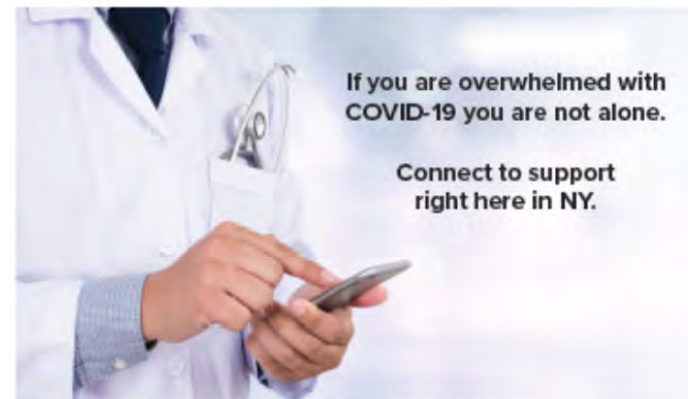
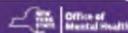
.....

Thank you for being one of the helpers.

- 1 Eat well, sleep well, get fresh air.
- 2 Practice deep breathing.
- 3 Reach out to others with a kind word. Supporting others helps you.
- 4 Savor small positive moments when they arise.
- 5 Create a safe space that has nothing to do with COVID-19.
- 6 People want to help you right now. Let them!
- 7 Make time for friends and family. Social connections are healing.
- 8 Be kind to yourself. It's okay to feel whatever you feel.
- 9 People all around the world are thinking of you and thanking you. Let their gratitude wash over you.
- 10 Reach out to talk. Call:

NYS Emotional Support Helpline

1-844-863-9314



NEW YORK STATE
COVID-19 EMOTIONAL SUPPORT HELPLINE

1-844-863-9314

8 AM - 10 PM, 7 days a week

Governor Andrew M. Cuomo announced a new helpline for people who are experiencing anxiety, stress and depression during the coronavirus emergency.

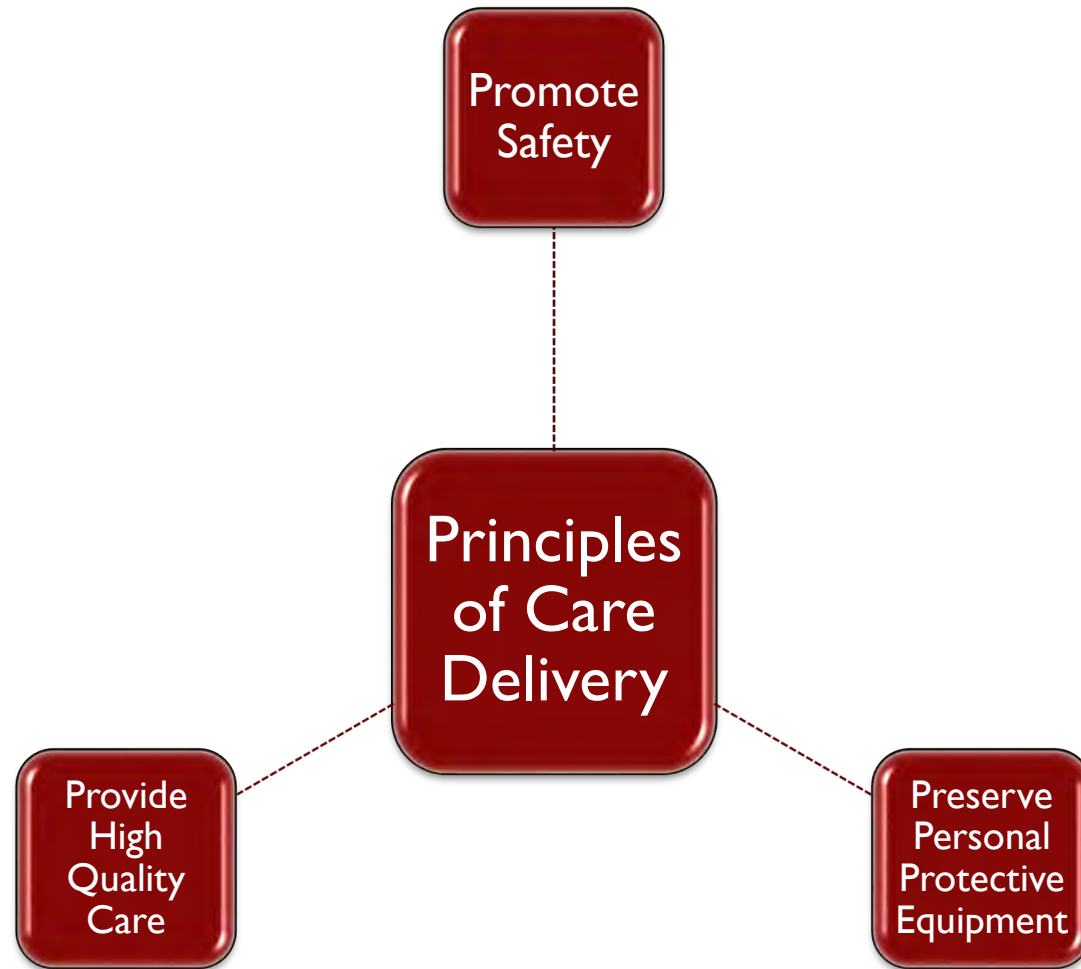
Call now for free and confidential support.



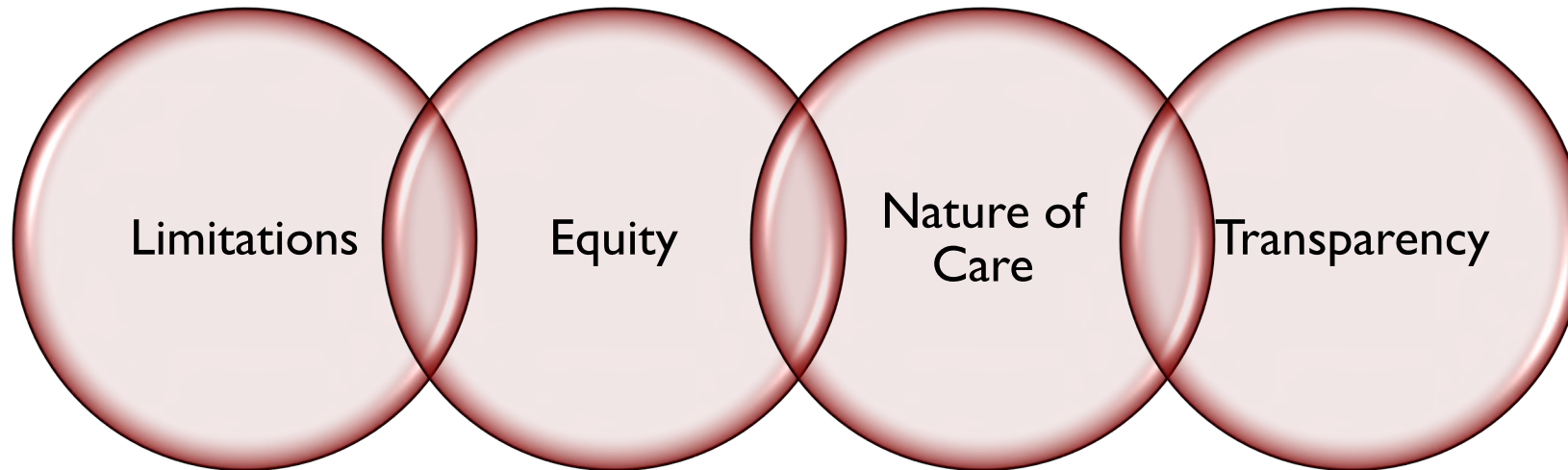
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Staffing Models

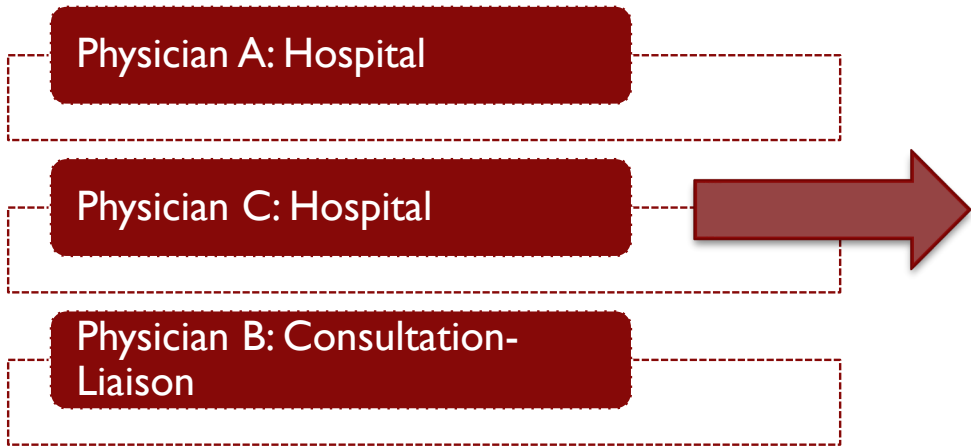


Staffing Models



During times of distress or crisis, challenges and gaps get amplified and strengths grow!

Staffing Coverage



Week One		
Physician A • General Hospital Milieu	Physician B • Consultation-Liaison • Hospital Sub-Unit	Back Up Coverage • Physician C • Physician Ambulatory • Physician D

↓

Week Two		
Physician C • General Hospital Milieu	Physician D • Consultation-Liaison • Hospital Sub-Unit	Backup Coverage • Physician A • Physician Ambulatory • Physician B

↓

Week Three		
Physician A • General Hospital Milieu	Physician B • Consultation-Liaison • Hospital Sub-Unit	Back Up Coverage • Physician D • Physician Ambulatory • Physician C

Mental Health Delivery Across the Children's Hospital

- Supporting clinical workflow
- Access to mental health services
- Physical Space
- Communication
- Crisis Management
- Regular Engagement



Implications on Future Resource Utilization

- Fiscal
- Staffing
- Professional Development
- Growth and Expansion
- Innovation
- Virtual Care Delivery



Clinical Service Delivery

Beau Carubia, MD

Medical Director Consultative Division, Pediatric Mental Health Institute, Children's Hospital Colorado, Associate Program Director Child and Adolescent Psychiatry Fellowship Program, Assistant Professor, Department of Psychiatry, University of Colorado School of Medicine

Nasuh Malas, MD, MPH

Director, Pediatric Consultation-Liaison Psychiatry
Assistant Professor, Division of Child and Adolescent Psychiatry, Department of Psychiatry, Department of Pediatrics, C.S. Mott Children's Hospital, University of Michigan Health System

Environmental Infection Control



Staff PPE

Family visitation

Shared Spaces

Group Therapy

Direct Clinical Care

Interdisciplinary Team Care

Workflow Adjustments



Infection Control

- Universal precautions
- Social distancing
- Preserving PPE



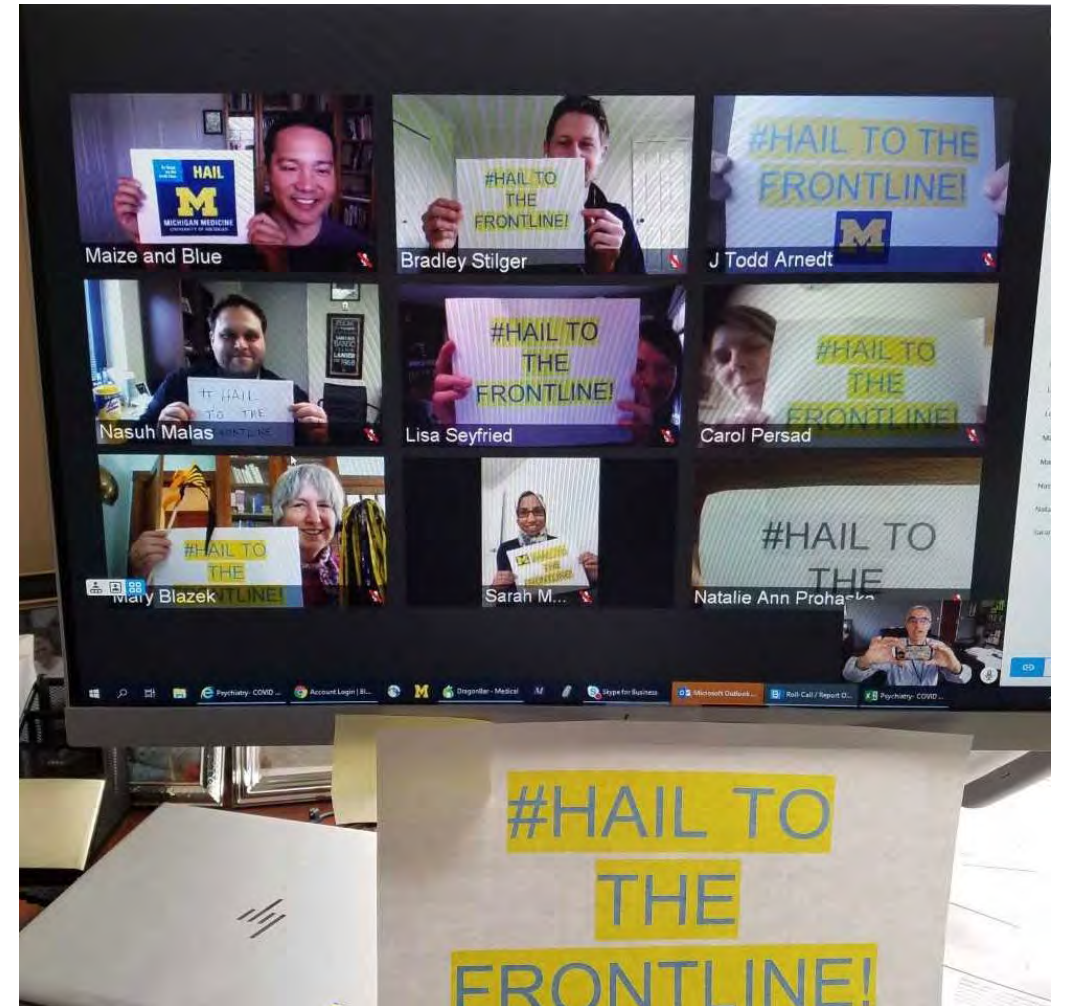
Maintaining quality and engagement

- Interpersonal dynamics
- Social aspects of care
- Ethical Concerns



Team Meetings

- All meetings held virtually
- Removing non-essential meetings
- Coordination is key!
- Addressing technical difficulties early
- Inclusive and collaborative



Care Logistics

To those
on the
front lines

HAIL



Consistency

Transparency

Regular Debriefings

Clear
Message

Data
Sharing

Guiding
Principles

Continual
Reflection

Broad
Engagement

Proactive

Clinical Services Delivery

- Changes in Volumes and Patient Mix
 - Many Psych ED and CL systems have seen 30-80% decrease in census*
 - *COVID bed utilization within hospital setting seems to correlate
 - Hospitals with higher utilization for “COVID Units” and overflow/surge have seen dramatic decrease in volumes
 - Some centers have reported increased CL volumes (ingestions, somatic complaints)
 - Why?
 - Fear
 - Messaging to community
 - Adult vs Pediatric use
 - Screening/Testing

Clinical Services Delivery

- Screening and Testing for COVID: How this impacts practice?



None	Limited	Robust	Universal
Screen: <ul style="list-style-type: none">• None	Screen: <ul style="list-style-type: none">• Only symptomatic patients <u>with</u> +COVID contact or travel hx	Screen: <ul style="list-style-type: none">• Symptomatic patients and/or staff regardless of contacts/travel	Screen: <ul style="list-style-type: none">• Asymptomatic patients and/or staff
Testing: <ul style="list-style-type: none">• None	Testing: <ul style="list-style-type: none">• Limited supply, hospitalized patients	Testing: <ul style="list-style-type: none">• Symptomatic patients and/or staff	Testing: <ul style="list-style-type: none">• Asymptomatic patients and/or staff

Clinical Services Delivery

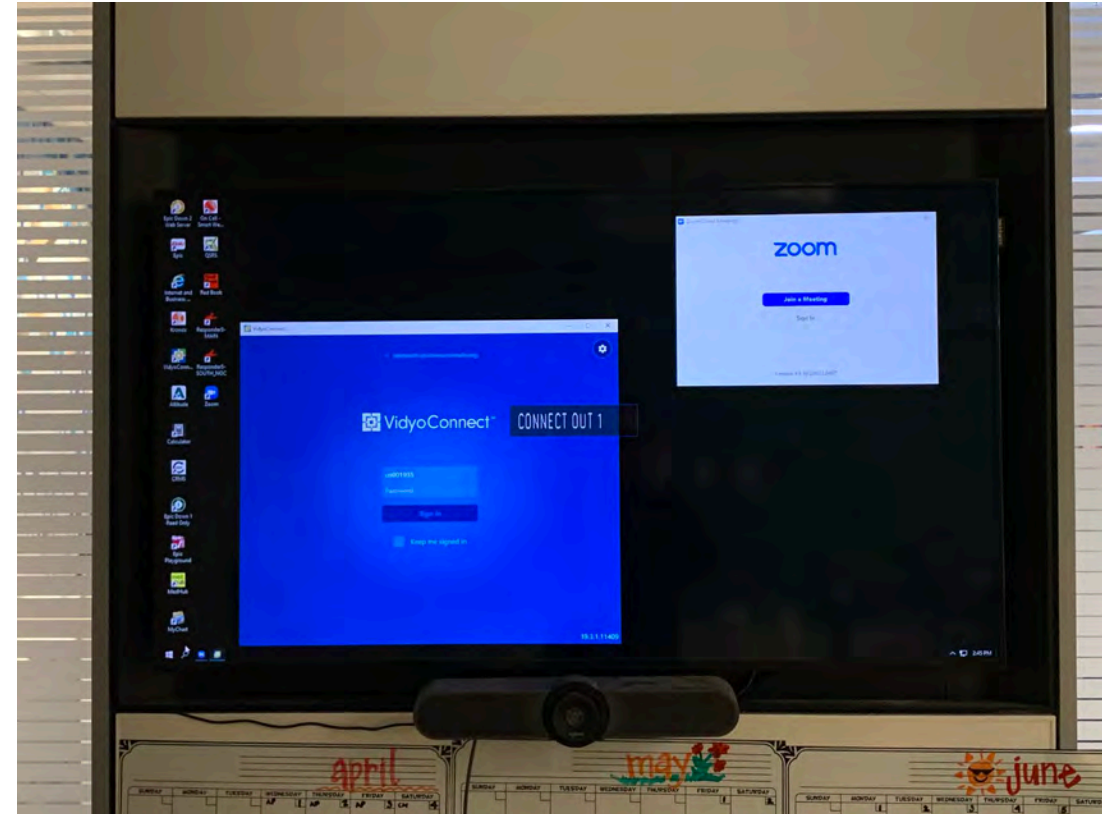
- Use of Virtual Health
 - Delivery Platforms
 - Integrated EMR video services
 - Vidyo, Zoom, Skype, FaceTime, BlueJean, Doxy.me, Healow, Webex, Microsoft Teams
 - Schedule/Timing
 - Peak hours with “bandwidth issues”
 - Evenings, weekends, early mornings
 - Increased administrative and training burdens

Clinical Services Delivery

- Use of Virtual Health
 - Documentation
 - Consent for telehealth services
 - Location of patient and provider
 - Description of technology type (audio, audio/visual, etc.)
 - Templates, smart texts

Clinical Services Delivery

- Use of Virtual Health
 - Billing
 - Impact of loss of facility fees
 - Emergency waivers allowing telehealth care via telephone
 - Location of provider/clinician providing telehealth services (home vs. clinical site)
 - Professional Fee charges; modifiers (GT)
 - Relaxation of Tele and HIPAA rules state by state
 - How impacts future hospital based mental health

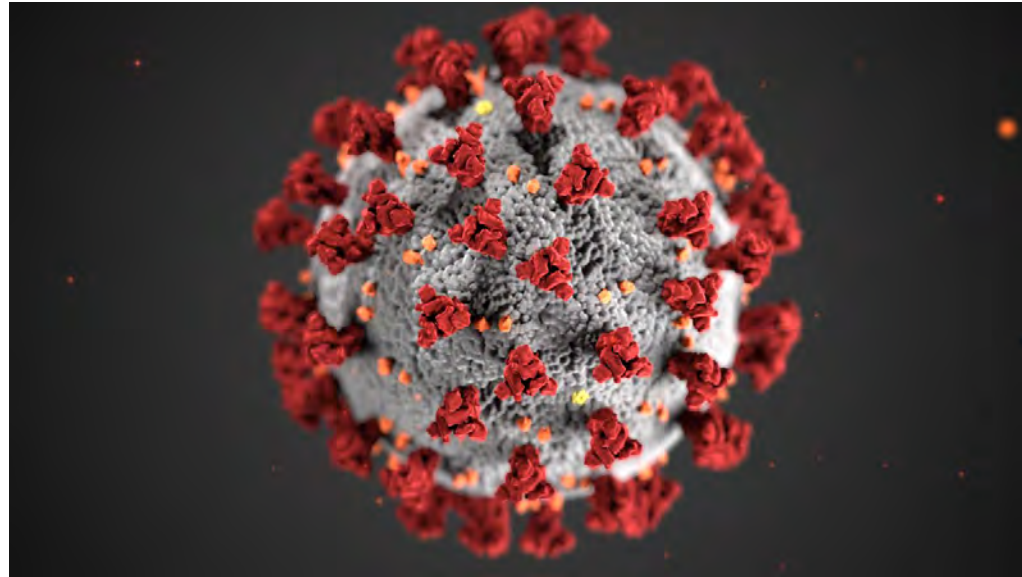


Training and Education

Anik Jhonsa, MD

Medical Director of Emergency Psychiatric Services, Children's Hospital of Philadelphia
Assistant Training Director, Child and Adolescent Psychiatry Fellowship Program
Clinical Associate Professor, Department of Psychiatry Perelman School of Medicine,
University of Pennsylvania

Balance to ensure safety from this.....



Doesn't lead to this



ACGME

- Work Hour requirements unchanged
- Changes such as redeployments of >4 weeks need to be reported
- Trainees should be fully trained in treatment and infection control procedures
- Self-study visits cancelled
- Tele-medicine supervision allowed
- Resident and Faculty surveys discontinued
- Review meetings to continue virtually

Feedback from our Fellows

“I never would have imagined being so protected and looked out for by a program”



Changes in the COVID Era

- All Didactics being done virtually
- Virtual supervision (phone or video)
- Regular wellness checks
- Rapid training and certification for fellows to be able to work via telemedicine
- Reduction of in-house and transit time has allowed for greater focus on QI, research and other scholarly activities

Outpatient Trainee Clinics

- Initially all non-urgent visits cancelled to reduce exposure and preserve PPE
- Fellows successfully transitioned case loads to telemedicine
- New patient visits being via telehealth with direct real time supervision
- Ability for supervisors to join video visits to provide supervision
 - Fellows can also contact supervisors if unexpected issues such as significant safety concerns arise and have them enter video visit

Consults in a Pediatric Hospital

- Trainees handling pager remotely
- Seeing Consults and Follow-Ups via Tele
- Staffing cases with attending by having attending join end of video visit

Changes to Call

- Fellows no longer rounding with attendings on weekends
 - Check in following rounds to provide opportunity to teach and discuss cases
- All ED consults switched to telemedicine
- Non urgent consults being deferred
- Fellows no longer required to be in person on weeknights (attendings have assumed this responsibility)

Changes to Inpatient Experiences

- Adequate PPE and hand sanitizer procured for trainees
- Reduction of days in person to 2 to reduce exposure
- Increased utilization of fellows in family meetings, presentations, obtaining collaterals during off campus days

Feedback from Fellows

“I have found it reassuring that we are able to continue to provide effective patient care in spite of the challenges that come with a rapidly evolving scenario while also feeling that our own physical and mental well-being has been taken into consideration and prioritized”

“I was personally impressed by and grateful for was the prioritization of fellow safety during this time”

“I believe giving the sense of being part of a community during this tough time has felt like an extra source of support.”

Feedback from Fellows

- Balancing fellows' health and education as priority, which a privilege made possible because of our attendings
- Continued communication and transparency regarding evolving protocols
- Fellows' involvement and feedback in new protocols (e.g., telehealth)
- Regular reminders and resources for self-care during this stressful time

Tips from the Education Front Line

- With high levels of anxiety excessive communication is a plus
 - Both with trainees and clinical service directors
- Get creative
 - How you used to do it likely doesn't work right now
- Great time to re-imagine experiences your trainees have and find ways to focus on their strengths to continue providing strong educational experiences

Considerations for the Future

- Virtual Graduation
 - Goodbye videos from staff
 - Gifts mailed/mailed to graduates
- Virtual Orientation (July 1st is 67 days away!)
 - Team building exercises that can be done remotely
 - Opportunities for using rising chiefs to be involved in creation of
 - Utilizing outgoing graduates to establish/update job aids for COVID
 - Reorganizing schedule to cluster in person days of orientation (tours/picking up pagers)

Considerations for the Future

Virtual interview season

- October 7, 2020: Match Opens
- November 4, 2020: Rank order list entry opens
- December 2, 2020: Quota change deadline
- December 16, 2020: Rank Order List Certification Deadline
- January 6, 2021: Match Day

Thanks!



Stress Response and Psychological Trauma

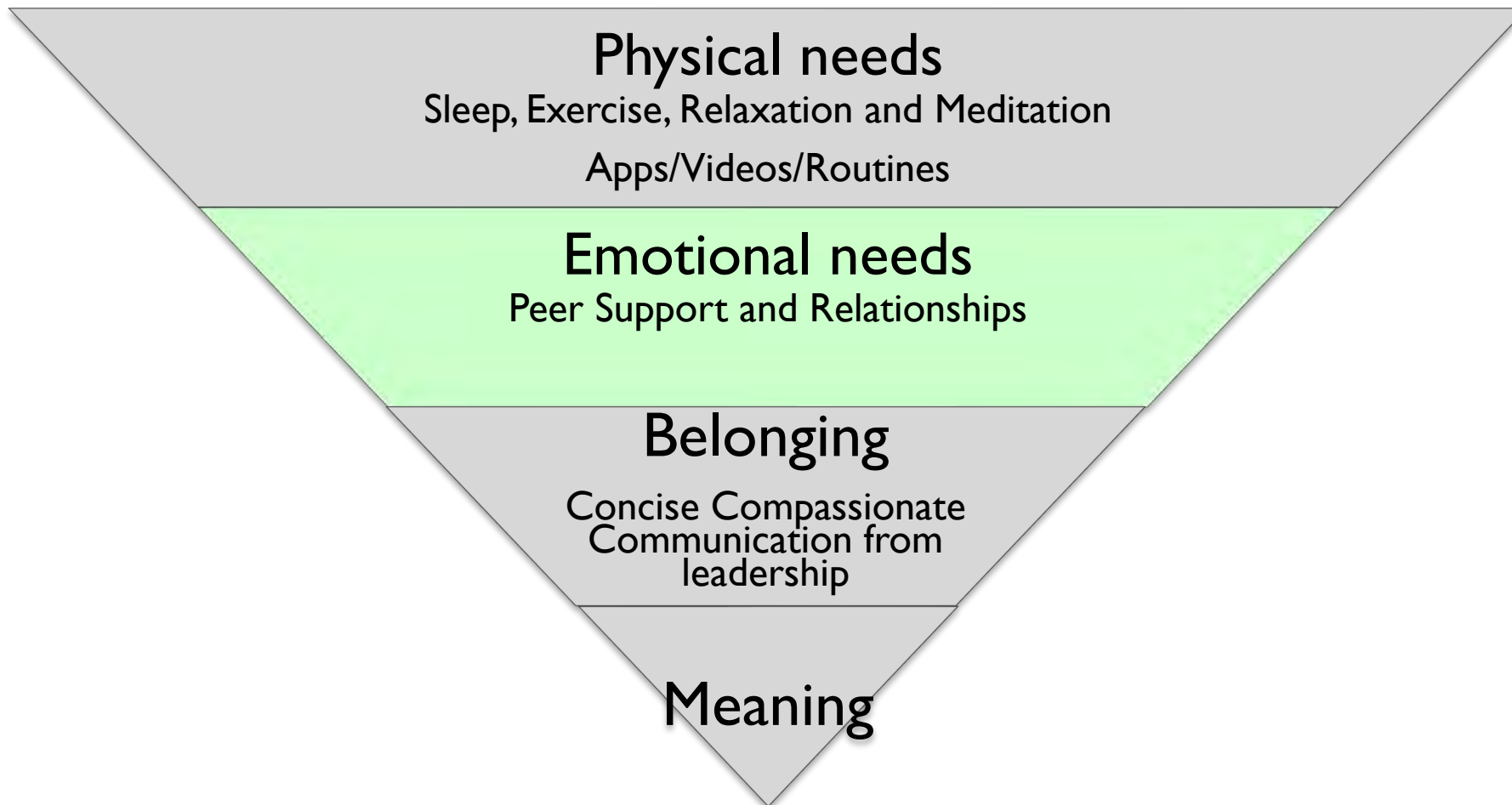
Vera Feuer, MD

Director, Pediatric Emergency Psychiatry and Behavioral Health Urgent Care, Cohen Children's Medical Center, Associate Professor, Psychiatry and Emergency Medicine, Hofstra-Northwell School of Medicine

Khyati Brahmbhatt, MD

Director- Child and Adolescent Psychiatry Consultation-Liaison Service (PPACT)
Associate Clinical Professor, Department of Psychiatry & Langley Porter Psychiatric Institute, Weill Institute for Neurosciences, Benioff Children's Hospital, University of California, SF

Hierarchy of Resource Need



Apps
Webinars
Websites
Daily mindfulness
Employee Discounts
Financial Support
Mini-Marts in cafeterias
Grocery delivery
Social Connectedness
Recognition program

Universal support

Peer Support:
Individual/
Groups)
Spiritual Care Services
Palliative Care
Community Partnerships
24/7 Emotional support hotline
EAP- short term counseling

Supplemental Support

Department of Psychiatry/
Faculty and Student Support services

- Therapy
- Medication management
- COPE program

Intensified Support

Universal Support

Breathe. Stretch. Reset.

Drop into a Code I-T-T session

Monday - Saturday

Reset & Stretch (5-7 mins)
8am, 11am, 2pm, 5pm, 8pm

Mindfulness Exercise (20-30 mins)
11:30am, 2:30pm, 5:30pm



Connect the Docs
Meal Nomination Form



Home-delivered groceries
coming to you!

As you continue to care for our patients,
remember to prioritize the well-being of you
and your family.

AAPTIV: CARDIO & RELAXATION CLASSES FOR COVID-19 ON APPLE PODCASTS

Stay fit and calm at home. Aaptiv, the #1 audio app, curated their best meditation, yoga, sleep, and cardio classes. Available on Apple Podcasts thru May 31.

Show More



ENRICH: YOUR FINANCIAL HEALTH DURING COVID-19

Concerned about the effect of COVID-19 on your personal finances? We've put together a guide for staying financially well during the COVID-19 pandemic. Available thru May 31st.

Show More



MEQ: HOW TO MANAGE STRESS DURING COVID-19

Resilience experts at meQuilibrium offer simple, effective tools to manage uncertainty, stress and anxiety. Visit daily for a moment of calm and reassurance. Free thru May 31st.

Show More



ZIPONGO: BE FOODSMART DURING THE COVID-19 PANDEMIC.

Zipongo is providing the full Foodsmart solution at no cost thru May 31 to enable food delivery, cooking, immune-boosting recipes, and over snacking avoidance while staying at home.

Show More



UPCOMING AND PREVIOUS WEBINARS

DATE	SPEAKER(S)	TOPIC	REGISTRATION/ARCHIVE
April 2	Eve Ekman, PhD, MSW Elissa Epel, PhD Daniel J. Siegel, MD	Psychological Strategies for Acute Stress	Archived video
April 9	Lisa Fortuna, MD, MPH, MDiv Bruce Perry, MD Robert Rodriguez, MD	Psychological First Aid Strategies to Deal With Acute Stress	Archived video
April 16	Roshi Joan Halifax, PhD	Healing Moral Distress, Moral Outrage, and Reducing Burnout	Archived video
April 30	Daniel J. Siegel, MD	Supporting Our Youth: How to Survive and Thrive	Register
May 7	Wim Hof Ashley Mason, PhD	Making Stress Work for You: Restoration Through Hormetic Stressors and Wim Hof Breathing	Register
May 14	Thupten Jinpa, PhD	On the Front Lines: Compassion-Based Strategies	Register
May 21	Bessel van der Kolk, MD	Resilience to Traumatic Stress: When the Body Keeps the Score	Register
May 28	Esther Perel, PhD	Relationships Under Shelter: Transforming Conflict to Harmony	Register



Supporting Care Teams and Patient Through COVID-19 Program
Frequently Asked Questions

Northwell Health Wellness						
Online Class Offerings						
Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.	Sun.
9:30-10:45am Ashtanga Primary Series Lisa Bondy	9:30-10:45am Vinyasa Flow Tina Conroy	9:30-10:45am Vinyasa Flow Lisa Bondy	9:30-10:45am Vinyasa Flow Tina Conroy	9:30-10:45am Vinyasa Flow Lisa Bondy	9:00-10:15am Align and Flow Tina Conroy	9:30-11:00am All Level Flow Lisa Bondy
10:00-11:00am Mat Pilates Tara Lester	10:00-11:00am Mat Pilates Amy Aranoff	10:00-11:00am Mindful Movement genetic fitness MaryJo Ruckel	10:00-11:00am Mat Pilates Amy Markowitz	10:00-11:00am Mat Pilates MaryJo Ruckel	11:00-12:00pm Mat Pilates Amy Markowitz	10:00-11:00am Mat Pilates Amy Markowitz
11:00-11:30am Meditation Lisa Bondy	11:00-11:30am Meditation Tina Conroy	11:00-11:30am Meditation Lisa Bondy	11:00-11:30am Meditation Tina Conroy	11:00-11:30am Meditation Lisa Bondy	11:00-11:30am Meditation Tina Conroy	11:30am-12:00pm Health, Hope, and Healing Meditation Lisa Bondy
11:30am-12:45pm Hatha Yoga Basics Lisa Bondy	2:00-3:15pm Chair Yoga Lisa Bondy					12:00-1:15pm Chair Yoga for Everybody Lisa Bondy
7:00-8:15pm Yoga Alignment Tina Conroy						

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WWW.AACAP.ORG

Supplemental Support

Team Lavender 



JOIN US FOR A VIRTUAL SUPPORT GROUP
OPEN TO ALL CCMC STAFF
FACILITATED BY CCMC Behavioral Health Team

Emotional Support Resource Center
provides assistance and reassurance to you and your loved ones during the COVID-19 pandemic



Employee and Family
Assistance Program (EAP)

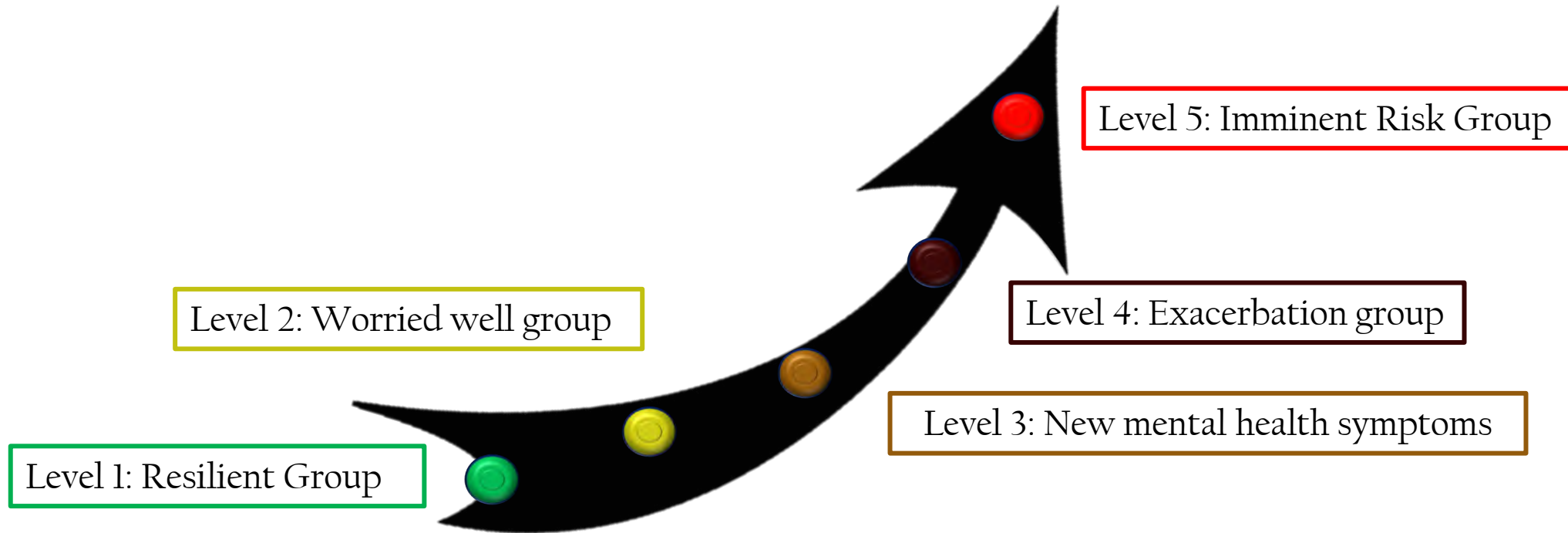


Schedule a
Heart to Heart
phone conversation
with a *Chaplain*

Intensified Support

- Psychological First Aid
- Stress First Aid
- Expediting therapy and psychiatry services for employees
- Extensive and updated community resources/linkages being made
- COPE Program

Mental Health Responses to COVID19 & Social Isolation



Andrew Solomon NYT 4/9/20

Special Challenges of the Pandemic for Healthcare Workers

- Lack of information (about how this virus behaves, testing, effective treatments, recurrence, risk factors, etc.)
- Lack of resources
- Enormity of the problem
- Patient safety and staff safety including staff family are in conflict
- Usual coping mechanisms may not work
- Scale of grief
- Duration of uncertainty and unpredictability
- Rapid changes to healthcare delivery

Spectrum of Mental Health Coverage Needs During COVID19 Pandemic

For patients and staff:



Needs will evolve:



Staying Connected - AACAP Listservs

Emergency Child Psychiatry Committee: 150+ members

Inpatient and Partial Hospitalization Committee: 100+ members

Physically Child Committee: 300+ members

Email qbernhard@aacap.org to join.

Looking Forward

If you have ideas for future Virtual Forum topics, please email
covidforum@aacap.org

Thanks!

- To AACAP and Dr. Carlson for hosting this Virtual Forum
- Quentin Bernhard III and all those at AACAP who made this possible
- The Emergency Child Psychiatry, Inpatient and Partial Hospitalization, and Physically Ill Child Committees for sponsoring this forum
- All the participants for your interest and care to improve the lives of our patients, staff, and trainees.